

6 Ways to Reduce Overuse and Burnout Injuries in Young Athletes



1

Avoid sport specialization by participating in a variety of sports throughout the year

2

Limit training to no more than 18-20 hours/week

3

Limit practice to 1.5 hours/day and competitive games to 3x/week

4

Young athletes should have at least 1-2 days off/week to decrease risks of injuries

5

Young athletes should have at least 3 months off every calendar year, in increments of at least one month each, from organized sport training to allow for physical and psychological recovery

6

Focus on form and technique before intensity.