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.