

# WAS IT BEING WRITTEN OFF TOO EARLY?

*Some kids take time to shine.  
Don't let them walk away too soon.*



**KEEP UP WITH  
THE PLAY**

**YOUTH SPORT IS CHANGING.  
THE THINKING IS CHANGING.**

[KeepUpWithThePlay.org.nz](http://KeepUpWithThePlay.org.nz)



**SPORT  
NEW ZEALAND  
IHI AOTEAROA**



# WAS IT BEING EXPECTED TO PLAY LIKE PROFESSIONALS?

*Asking too much can  
push kids out of sport.*



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**SPORT  
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# WAS IT SPECIALISING IN ONE SPORT TOO SOON?

*Specialising limits their development.  
That's when kids walk away.*



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# WAS IT BELIEVING YOU HAVE TO BE IN THE TOP TEAM?

*Whatever their level, kids who  
aren't encouraged drop out.*



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# WAS IT TOO MANY PRACTICES A WEEK?

*Overtraining can burn them out.  
That's when kids quit the game.*



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