FOR THE GROWN-UP

PRACTICE TOGETHER

"WHAT WAS THE BEST PART?"

Young people who play say they do it for fun and to be with friends, so that is a good place to start.

"I SAW YOU KEEP WORKING ON THAT."

Praise for what they tried helps a child believe they can keep getting better.

"I LOVE TO WATCH YOU PLAY."

Athletes looking back said this sentence felt best to hear from a parent.

"A MONTH AGO THAT WAS HARD FOR YOU, AND NOW LOOK."

Feeling "I'm not good enough" is the part of sport players who stopped liked least.

Sources: Aspen Institute Project Play, national survey of youth and sports (2025 survey, published April 2026); Gunderson and colleagues 2013, parents' praise and children's beliefs about ability; Rob Miller and Bruce Brown (Proactive Coaching), interviews with college-age athletes, as reported by Daniel Coyle.

CUT HERE

FOR THE PLAYER

MY PRACTICE CARD

FIRST NAME

TODAY I TRIED

SOMETHING THAT GOT EASIER

MY BEST

LAST TIME	TODAY

HOW IT FELT

Practice makes progress. Only your own numbers go on this card.

DRAW TODAY'S DRILL

SSTRACKER · SCINTILLATION SKILLS TRACKER

The spark that ignites a love of youth athletic training.

PRACTICE MAKES PROGRESS

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