

MULTIPLE SPORT PARTICIPATION

School aged children (7 to 12 years) should participate in multiple sports throughout the year to continue to develop their fundamental movement skills and their physical literacy.



Through the participation in different sports overall athleticism will develop, burnout and injury risks will decrease, enjoyment and motivation for sport participation will increase, physical literacy will develop and the foundation for future sport specific skill development will be laid.

Let's change the way our children play ice hockey!

More emphasis on individual skill development and performance, more focus on developing fundamental movement skills and physical literacy, and late specialization in ice hockey!

Scoreboards, results, specific game tactics, away-games, high-level competition are for the late Intermediate and the Advanced stages of player development. Early specialization and a focus on competition can lead to long-term failure, burnout, injuries and hinders athletic development.

Let's focus on the fundamentals in the beginner stage of player development, this means enjoyment, development of fundamental skills and physical literacy.

BENEFITS OF MULTIPLE SPORT PARTICIPATION	NEGATIVE EFFECTS OF EARLY SPECIALIZATION
	
fewer overuse injuries	under developed basic motor movements
improved decision-making skills	under developed fundamental movement skills
better overall athleticism	limiting possibility to reach maximum potential

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more diverse social network	overuse injuries
experience different coaches and coaching styles	burnout
better foundation of fundamental movement skills	staleness
develops better 'game sense'	los of interest to play sports at young age
develops better understanding of how the game is played	limited time for recovery
overtraining	increased risk for dropout
more consistant performance	psychosocial problems
longer interested in sport participation	attrition
more enjoyment	peer isolation
lexposure to different training philosophies	
lifelong physical fitness	
lifelong enjoyment of physical activity	
greater variety of sport skills	