

3 Crucial Things Parents Need To Know About Their Kids And Sports

If you're reading this, I already know you are a dedicated parent and whole heartedly wants your child to succeed. I'm not exactly sure how you got here; maybe you saw us on ESPN or Sports Illustrated, maybe it was on TV, maybe it was a Podcast or on Facebook, or maybe it was pure dumb luck...

But, however you got here, you have arrived at what is, without question, *the most valuable piece of sports training content on the entire Internet!*

Having dealt with over 5,000 kids at live sports training camps in addition to selling workouts in over 60 countries, I feel it is an obligation of mine to share some of the knowledge I've accumulated over the last 10 years of training.

1. Understanding how to properly motivate and challenge your children with sports:

If you are forcing your child to play a Sport chances are they will get burnt out. There are proactive ways to get your kids more interested in any specific Sport. If you challenge them in unique ways so they can compete against themselves that is a great way! For example; instead of telling your kid to practice their Jump Shot, you would make it a Challenge. Make an X with chalk near a local hoop, and tell them to see how many they can hit from that spot. You can compete against them if you'd like as well.

Once they get their score, you then have an anchor with your Child. The next day or the next week, you can simple re-challenge them...Hey - I bet I will hit more X shots than you. Or...Hey - The day you hit 20 in a row, I will take you to XYZ for Dinner or Ice Cream etc...

Get the point?

The subtleness of just making it a Challenge with a reward keeps kids in check. You will start to notice their behavior as a whole changing. They will become more competitive, they will want conquer the challenge even if you don't ask them to and they will naturally start to fall in love with their Sport. If they can associate having fun and spending some quality time with their parent, they will have a much better Sports experience, and will become a MUCH MUCH better Athlete (and Person) over time.

2. Actively Search For Information To Help Them:

I've noticed throughout the years that the parents who are on; [Facebook Fan Groups](#), Forums, Websites, Reading Articles like this one, etc. are typically the ones who have kids who are more athletic. The same goes for people in the business world (mainly entrepreneurs) are the ones who are seeking out the most information and learning from other successful people around them, this shaves off a lot of time on the learning curve. How valuable would it be for you to learn from

100 other parents mistakes? That would save you a lot of time, money, and stress...So my biggest recommendation is find sources online that you trust ([This Is My Favorite Free Source](#)).

3. Make Your Kid More Athletic:

Sounds pretty crazy right? Impossible? Nope! You can actually make your kid more athletic by just having them implement a few things. What actually separates the best athletes from the mediocre? It's being faster and more agile than them. Think about sports for a second...Who is the fastest and most agile kid on your son or daughter's team? I would be willing to bet that regardless of what sport, the most athletic kid is also the fastest. With speed comes strength, coordination/balance, intimidation and most importantly confidence. The fastest athletes on the field 100% have a different swagger about themselves because they know they have a one up on their competition.