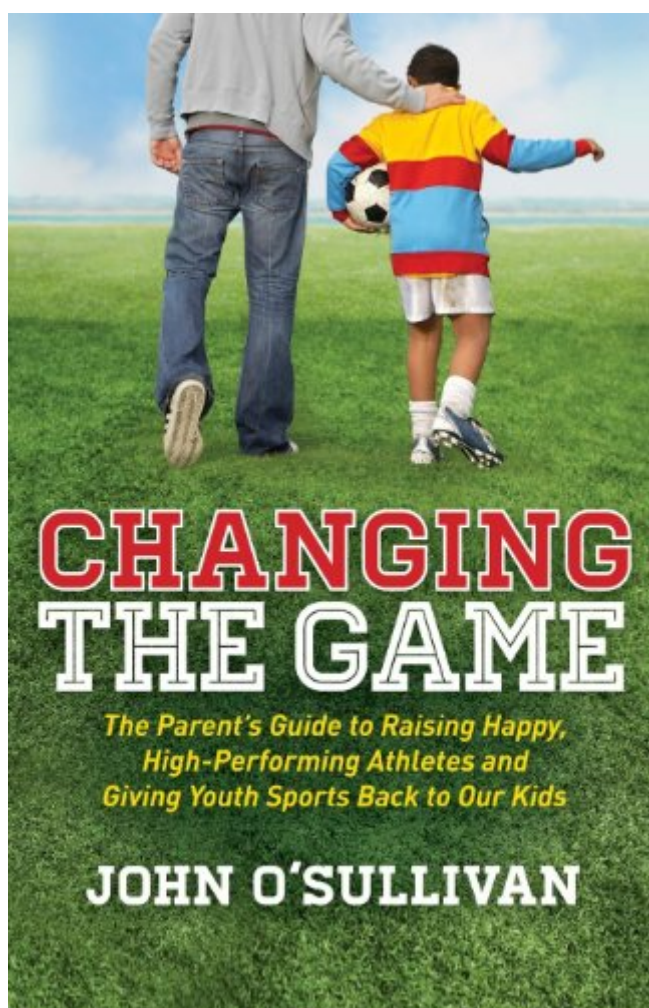


The book was found

Changing The Game: The Parent's Guide To Raising Happy, High Performing Athletes, And Giving Youth Sports Back To Our Kids



Synopsis

The modern day youth sports environment has taken the enjoyment out of athletics for our children. Currently, 70% of kids drop out of organized sports by the age of 13, which has given rise to a generation of overweight, unhealthy young adults. There is a solution. John Oâ™Sullivan shares the secrets of the coaches and parents who have not only raised elite athletes, but have done so by creating an environment that promotes positive core values and teaches life lessons instead of focusing on wins and losses, scholarships, and professional aspirations. Changing the Game gives adults a new paradigm and a game plan for raising happy, high performing children, and provides a national call to action to return youth sports to our kids.

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Customer Reviews

My oldest son plays football, basketball and baseball, while my younger son is almost old enough to follow his brother down the road of youth sports. I wouldn't have purchased this book unless I was troubled by what I've experienced, both as the father of an athlete, a former athlete, and a youth basketball coach myself. This book should be required reading for all coaches and parents of young

athletes, regardless of their involvement level. The truth is that adults are ruining sports for the kids. I find myself way too invested in my son's sports life, and I'm a very mild sports dad by most comparisons. I don't yell or make his athletics the center of our relationship, but I knew I was doing something wrong when my son really started to push back on letting me help him at home, even though I'm his coach. After reading this I have a much different perspective and so does my son. I'll give you one example of something I learned from this book: I stopped watching his practices. Yes, I'm there, but I don't sit and watch him anymore. I usually take a book and sit in the car or find something to do at the park. When I used to watch him, he was quiet and reserved on the practice field, even though I know he's a good leader on game day. I recently snuck up on a practice and watched for a good 30 minutes during baseball season. I was amazed to hear my son was such a vocal team leader. I'd never even seen that side of him before. He was telling the other fielders to shift, encouraging his teammates, etc. I was blown away. All this time I've treated practice like something that demands my full attention, and I was holding him back from being a leader. Needless to say, it re-enforced the main theme of the book. - Let your kids control their own sports lives, and you'll see them unlock their full potential, all while having fun and getting better. So coaches and parents, the time has come when we have to realize that we've gone too far. We've stolen youth sports from the youth. We just need to be there to make sure they're not hungry and not injured. We just need to be their fan base, not their agents.

I would recommend this book to all parents who have kids in any sport. If you were an extremely competitive youth sports nut and you now have a child with a lot of the same characteristics you REALLY need to read this book. This book will give you answers to things you have already encountered or are going to encounter. This is the closest thing you will find to a sports parent manual. Reading this book could also save you a lot of money by getting you as a parent to see the light that you don't need to make every single off season tournament, camp, etc. The book also reminds a parent what values you want your kid to learn from sports that are transferrable to their adult life. Changing the Game covers a lot of ground and is a must read for any sport parent to help you make good decisions for your athlete and your family.

I am interested in learning how to be a better sports parent with my sons, and found this book to be everything I could have asked for. I found myself guilty of a lot of the habits of overbearing parents, and realize that I need to release my sons to the game. I also must be the change I want to see in and around the sports club environment in my neighborhood, where competition is stressed before

development. Consistent skills development builds confidence, consistent confidence prepares for competition. A great read!

If you want to know what you are supposed to do as a parent or guardian, when your child is involved in a team sport, read this book. The opinions and ideas presented will put you in a position of knowing what should be going on within the framework of a team. Become knowledgeable about the sport and observe, analyze and evaluate the group based on your presence at all events pertinent to practice and play. Be active in your child's involvement in any sports team. That is the only way that you can be comfortable with and trust those in charge.

I'm a youth sports administrator, and this is one of the finest books I've read in the field. It really hits home with a lot of concepts, especially "The Ride Home".... Let's hope that all of us who have youth athletes do our part and return the game back to the children. Your first step is reading this book.

As a long time coach and trainer, it pains me sometimes to see how youth athletics has devolved to its current state i.e. year round play, too much emphasis on winning at all costs, no joy in the play, way over the top parents in all aspects, etc. This book provides a sound blueprint on how to change all of that and it starts from the bottom up with the parents getting a grip on reality. Youth athletics is supposed to be about the kids and creating an environment that encourages life long play and enjoyment of movement. The current state of the game does anything but that and this book provides a path out of that madness.

The author does an in depth analysis of what it will take to give youth sports back to our kids. Every parent should read this once per year and reset their focus on why their kid plays. Our kids are not future pros and highly likely not even to be future collegiate athletes. Let's bring the fun back into sports and all work together to make our kids better people first and better athletes second.

Love, love, love this book! The relationship with my 10 year old soccer player has suffered thanks to my behavior and the stress and pressure I have placed on him. You get so caught up in the "game" that you don't realize what you are doing to your child. At the end of the day you have a child that hates the sport and resents you. The author provides the big picture as well detailed behaviors and techniques everyone can pattern to avoid that negative outcome.

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