

Why They Stop

By Vince Ganzberg, Director of Education for Indiana Youth Soccer, proud member of US Youth Soccer

"Mom and Dad, I don't want to play anymore!"

After investing the time and money into any sport, this is the last thing a parent wants to hear, but it happens.

Frequently.

Children quitting organized sports occurs more often than one might think. Research has shown that approximately 70-75% of children will quit playing a sport by the age of 14. Why do they want to stop? To answer that question let's look at why they start or why parents put their children into a sport in the first place.

1. Competence (learning and improving)
2. Affiliation (Being a part of something like a team or a club)
3. Fitness (agility, balance, coordination, and physical health)
4. Fun (This is the overwhelming reason why children play sports)

Notice that "winning" is not one of the reasons.

When children leave a game, they want to know two things: 1) When do we play again? 2) Where is the snack? Children are not as concerned about winning as adults may think. Children all want to compete, but they each have their own interpretation of competitiveness. For most, if one team is red and the other is blue then "game on." Children strive to do their best when they step into "competition." They also want competitive matches. Remember when you were a child playing in the backyard and the game was too lopsided? What did you do? I remember stopping those games to start a new one with different teams or balance the game out. I think many of us forget what emotions we went through growing up as a child and how we viewed competition.

Let's get into why they stop. Research says children stop playing sports for a variety of reasons. Six of the seven primary reasons are "ADULT CONTROLLED" behaviors. Can you guess which one isn't?

- Lack of Playing Time
- Overemphasis on Winning
- Other Activities are more interesting
- Lack of Fun
- Coaching/Adult Behaviors
- Dissatisfaction with Performance
- Lack of Social Support

If you guessed "Other activities are more interesting" then you are correct! Give yourself a pat on the back. There are times when a child just finds something new that they really like. The rest of the reasons are adult controlled behaviors. When adult controlled behaviors are forcing children out of a sport, adults are putting themselves before the needs and development of children.

Hey guys does this sound familiar

Why They Stop

By Vince Ganzberg, Director of Education for Indiana Youth Soccer, proud member of US Youth Soccer

"Mom and Dad, I don't want to play anymore!"

After investing the time and money into any sport, this is the last thing a parent wants to hear, but it happens.

Frequently.

Children quitting organized sports occurs more often than one might think. Research has shown that approximately 70-75% of children will quit playing a sport by the age of 14. Why do they want to stop? To answer that question let's look at why they start or why parents put their children into a sport in the first place.

1. Competence (learning and improving)

2. Affiliation (Being a part of something like a team or a club)
3. Fitness (agility, balance, coordination, and physical health)
4. Fun (This is the overwhelming reason why children play sports)

Notice that "winning" is not one of the reasons.

When children leave a game, they want to know two things: 1) When do we play again? 2) Where is the snack? Children are not as concerned about winning as adults may think. Children all want to compete, but they each have their own interpretation of competitiveness. For most, if one team is red and the other is blue then "game on." Children strive to do their best when they step into "competition." They also want competitive matches. Remember when you were a child playing in the backyard and the game was too lopsided? What did you do? I remember stopping those games to start a new one with different teams or balance the game out. I think many of us forget what emotions we went through growing up as a child and how we viewed competition.

Let's get into why they stop. Research says children stop playing sports for a variety of reasons. Six of the seven primary reasons are "ADULT CONTROLLED" behaviors. Can you guess which one isn't?

- Lack of Playing Time
- Overemphasis on Winning
- Other Activities are more interesting
- Lack of Fun
- Coaching/Adult Behaviors
- Dissatisfaction with Performance
- Lack of Social Support

If you guessed "Other activities are more interesting" then you are correct! Give yourself a pat on the back. There are times when a child just finds something new that they really like. The rest of the reasons are adult controlled behaviors. When adult controlled behaviors are forcing children out of a sport, adults are putting themselves before the needs and development of children.