Coaching young athletes

THE ATTENTION WINDOW

Kids can stay locked into a game far longer than they can sit through a talk. Plan around the talk.

AGE	INSTRUCTION FOCUS	WHAT WORKS
6-8 TRY	**One clear cue**	Show it, say it, let them try.
9-11 PRACTICE	**One or two key points**	Demonstrate, practice, reinforce.
12-14 BUILD	**Add the why**	Explain briefly, then apply.

Practical coaching recommendations informed by developmental research. Individual needs vary.