Coaching young athletes

IT'S NOT EFFORT. IT'S MEMORY.

Kids hold instructions in working memory, the brain's short-term scratchpad. It's small at 6 and keeps growing into the teenage years.

FOR KIDS

WORKING MEMORY IS LIMITED

CAPACITY DEVELOPS WITH AGE

MORE INSTRUCTIONS ≠ MORE LEARNING

> When a kid "doesn't listen," **the instructions could be the problem.**

Informed by research on working memory development and following instructions in children (Gathercole et al., 2004; Cowan, 2001; Riggs et al., 2006; Jaroslawska et al., 2016). General guidance for young athletes, not an individual plan.