

## Physical Training

### Why should my child engage in physical training?

Trained young people are fitter, faster, stronger, and have a lower risk of injury than untrained youth. Youth sport practice and games often do not allow for time to receive coaching in order to ensure that every child maximises their physical potential. Physical training should be viewed as an ideal way to prepare young people for the demands of sports.

### Is it okay for my child to participate in resistance training?

Absolutely! Resistance training involves an individual performing movements against resistance, which can come from body weight, weight machines, free weights, elastic bands, or medicine balls. It is a safe and effective form of training for young people of all ages and abilities. The amount of resistance that a child works against should never be increased at the expense of technical competency.

### When should my child start some form of formalised physical training?

As early as possible! Because young children are experiencing rapid developments in their nervous and muscular systems, childhood is the ideal time to engage with physical training. Early years physical training should focus on the development of motor skills and basic levels of strength.

### How do I know if my child is doing too much physical training?

The answer to this question should also consider the amount of sports practice and competition that your child is undertaking. When a child is doing 'too much' sport (including training and competition) they may display a range of physical (e.g. frequent tiredness, disturbed sleep, loss of appetite or sore muscles) and/or psychological (e.g. bad mood, reduced confidence, apathy, loss of motivation) symptoms. Balancing training with opportunities to rest and recover is important, and regular conversations with your child are important to see how they are feeling.

More information on this topic is available on this website.