



COACHING THROUGH ATHLETE BURNOUT

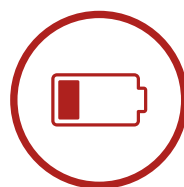
*Recognize burnout. Support recovery.
Help athletes thrive.*

1 BURNOUT OR NORMAL FATIGUE?



NORMAL FATIGUE

- Improves with rest
- Follows hard training
- Effort stays steady
- Performance bounces back



BURNOUT

- Persists after rest
- Motivation drops off
- Emotions feel heavier
- Performance keeps slipping

2 WHY ATHLETES BURN OUT



Year-round schedules
with few breaks



Pressure to perform
through pain



Fear of losing
playing time



Sport feeling like obligation,
not enjoyment



PRESSURE POINTS TO WATCH



35%

of women athletes
and 16% of men
athletes felt
mentally exhausted
almost daily.¹



1.81x

Specialized youth
athletes faced
1.81x higher
overuse injury
risk.²



+Risk

High training,
specialization pressure,
and poor recovery
can raise
burnout risk.³

3 COACHING THE COMEBACK



ASK FIRST

- How are you feeling outside of practice?
- Are you still enjoying the sport?
- What kind of support would help?



REBUILD WISELY

- Schedule real rest, not just lighter workouts
- Adjust training load when warning signs appear
- Praise effort, learning, and teamwork, not only results
- Give athletes some choice and voice
- Use game-day moments to spotlight teamwork, effort, and encouragement
- Make space for fun, variety, and connection



REST IS NOT A SETBACK.

FOR AN OVERLOADED ATHLETE, RECOVERY CAN BRING
PERFORMANCE, CONFIDENCE, AND ENJOYMENT BACK.

FAIR-PLAY

SOURCES

¹ https://ncaaorg.s3.amazonaws.com/research/wellness/Dec2023RES_HW-MentalHealthRelease.pdf

² <https://publications.aap.org/pediatrics/article/142/3/e20180657/38602/Sport-Specialization-and-Risk-of-Overuse-Injuries>

³ <https://publications.aap.org/pediatrics/article/153/2/e2023065129/196435/Overuse-Injuries-Overtraining-and-Burnout-in-Young>