CHANGING THE GAME PROJECT’S
COMPREHENSIVE RESOURCE GUIDE

A guide to all our best articles for Parents, Athletes, Coaches, and Administrators.
With Bonus Book Recommendations included.
Changing the Game Project Resource Guide

Here at Changing the Game Project, every week we get a call or email that says “remember that article you wrote about…? We want to use it in our newsletter and we can't find it. What was it called?” Well, after four years of publishing thousands of words a month, we have realized that we sometimes cannot even find the articles we are looking for. Therefore, we developed this resource guide as a way for you (and to be honest, us!) to easily find the articles you need to save you time and energy and keep you doing what you do best – coaching, parenting, playing sports, or running your organization.

**How to Use This:** The guide is organized into five sections: Parents, Coaches, Athletes, and Youth Sports Organizations/Schools/Clubs and Book Recommendations. Obviously some of the articles pertain to multiple categories, so feel free to peruse each category for headlines that interest you. As new articles come out we will update these pages to keep this as current as possible.

Our hope is you will use this guide as a means to share a better experience with your friends and colleagues, and continue to help us spread the resources for Changing the Game Project. If you are a Coach, link to articles in your emails to parents or athletes. Parents, share articles about specialization, the ride home, and why kids quit with your friends. Send your athlete an inspiring article. Clubs, you can share an article or two to prompt discussion prior to a board meeting or AGM. You could create a series of articles sent, add it to your website, or create study tracks that are required as continuing education. The information is all here in a categorized and hyperlinked format. Feel free to get creative with how you use it, and let us know what you do and how it is working.

Finally, while most of these articles have been written by John O’Sullivan, we have received some outstanding guest contributions over the years, and we want to thank writers such as James Leath, Reed Maltbie, and others for sharing their work with us.

Good luck!

**Parents (Top 5 Listed First)**

- The Race to Nowhere in Youth Sports
- How Adults Take the Joy out of Sports (And How We Can Fix It)
- Why Kids Quit Sports
- Is It Wise To Specialize
- The Perils of Single Sport Participation
- The 3 Myths that Are Destroying the Youth Sports Experience for Our Kids
- The Enemy of Excellence in Youth Sports
- The 4 Biggest Problems in Youth Sports Today
- A Letter to My Son’s Coach
- Rescue Your Kids From “Affluenza”: Teach Them Grit!
- I Never Thought it Would End THIS Way
- Five Messages Your Kids Need to Hear
- How to Raise a Lion-Chaser
- Release Your Child to the Game

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Jordan Speith's Multi-Sport Path to Golf Stardom
The Bare Essentials: Three Things Every Athlete Needs to Succeed
Help, my Child is a Late Bloomer: 5 Tips for overcoming the "Relative Age Effect" in Youth Sports
The 10,000 Hour Myth
The Tipping Point in Youth Sports
Redefining Success: 8 Tips for Being a Great Sports Parent
Surviving Tryout Season
Should My Child Play Up? The Do's and Don'ts of Moving Kids to Older Age Groups
Is Your Kid's Coach a Bully?
Why We Rage: The Science Behind Crazy Parents and Over-the-Top Coaches
A Case for Nurture Over Nature
Don't Turn Your Young Athlete Into a Mini Me
An Open Letter From the Back Seat
An Open Letter to My Dad, who Makes Me Want to Quit Sports
FUN is NOT a 4-Letter Word
The Ride Home
To Cheat or Not to Cheat: Is that Even a Question?
Five Thoughts that Will Change Your Youth Sports Experience for the Better
Are Your Kids Mentally Weak?

Coaches (Top 5 Listed First)
Are Great Coaches Becoming an Endangered Species?
The Adultification of Youth Sports
The Missing Ingredient in Talent Development
Our Biggest Mistake Talent Selection Instead of Talent Identification
Youth Sports Coaching: Not a Job but a Calling
Our Unhealthy Obsession With Childhood Athletics Achievement
The Talent That Whispers
The Incredibly Massive Importance of Play
Empowering and Educating Parents Will Fix the Youth Sports Mess
Coaches, Stop Dealing with Parents and Start Engaging Them
The Rule of One: How One Person, One Comment, One Time Can Change a Life Forever

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The Surprising Story of Simon Kjaer: Why Talent Selection Does Not Work
Yes, I Do Play My Favorites
3 Questions That Turn Losing Into Learning
3 Ways Coaches Can Inspire Their Athletes
The Secret Ingredient of Great Coaching
8 Coaching Mistakes I Wish I Never Made
3 Words Every Athlete Needs to Hear
Coaches, a Little Common Sense Please!

Athletes (Top 5 Listed First)
The One Quality Great Teammates Have in Common
More Important Than Talent
The Difference Between Winning and Losing
Dear Potential Recruit: Your Talent Only Gets You So Far
An Uncommon Man: Life Lessons from a True Sporting Role Model
Chapters: What it Feels Like NOT to Make the Olympic Team
Lionel Messi and the Will to Compete
The Rocky Road of Excellence
Developing Warriors, Not Winners, is the Path to Excellence
The Way of the Champion
The Extra Mile
Life Lessons from my "Old School" Sports Dad
The Mindset of High-Performers
Don't Choke: The Difference Between Playing to Win and Playing Not to Lose

Administrators/Organizations/Clubs/Governing Bodies (Top 5 Listed First)
Changing the Game in Youth Sports
Raising the Bar in Youth Sports
Let's Stop the Early Sport Specialization Madness!
The Accountability Problem in Youth Sports
Why Sports Matter
The Ostrich Effect: Why We Ignore Our Coaching Problem and How to Fix It

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Is Your Child's Youth Sports Experience Transactional or Transformational?
What is Your Club's D.N.A
Is Fear of Missing Out Ruining Youth Sports?
Four Words That Can Change the Culture of Youth Sports
It's Time for the NCAA to Stop the Early Recruiting Insanity
Does Youth Sports Get the Math All Wrong?
What Youth Sports Can Learn from Video Games
The Great Trophy Debate: Do We Need Participation Awards?
Do We Have a Coaching Problem?
A Higher Purpose Than Winning
When Will What We Know Change What We Do?
How Would You Spend $100 Million to Improve Your Favorite Sport? My Advice to US Soccer
Can We Shift the Paradigm in Youth Sports?
Why Kids Play Sports

Book Recommendations
2017 - How to "Win at Losing" and Our Other Favorite Books of 2017
2016 - Our 2016 Books of the Year
Never Stop Learning: 3 Essential New Books for Parents and Coaches
2015 - Our 2015 Books of the Year
Faster, Higher, Stronger: An Interview with Mark McClusky
2014 - The Best Youth Sports Books of 2014
How to Raise a Lion Chaser!
Three Books that Will Make You a Better Coach
2013 - The Most Thought Provoking Books of 2013
Controversial Book for Sports Parents, but Well Worth the Read: The Gold Mine Effect