

# 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](#)

[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](#)

[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](#)

[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](#)