

THE DURABILITY REPORT

POWERED BY BENCHMARK HEALTH PARTNERS

WHY KIDS QUIT SPORTS: WHAT FAMILIES NEED TO WATCH FOR

WHAT TO KNOW

New research shows that many children begin dropping out of sports between ages 8 and 13. The most common reasons include **negative experiences such as overtraining, pressure from adults, poor coach-athlete relationships, and simply not having fun.** These factors increase the risk of dropout and limit the long-term benefits of sports participation.



WHY THIS MATTERS

- ◆ Lack of fun is one of the most consistent reasons children choose to leave sports.
- ◆ Youth sports dropout is common between ages 8 and 13 and is often linked to negative experiences.
- ◆ Factors such as overtraining, pressure from adults, and poor coach-athlete relationships are leading causes of dropout.

START A CONVERSATION

Use these prompts to check in with your athlete about their sports experience::

- ◆ *What's the most fun part of playing your sport?*
- ◆ *Are there parts of practice or games that make you feel stressed?*
- ◆ *Is there another sport or activity you'd like to try this year?*

EXPLORE EXPERT RESOURCES

See what trusted organizations say about sport specialization:

National Athletic
Trainers' Association

National Council
of Youth Sports

Aspen Institute
Project Play

LEARN ABOUT ATHLETE DURABILITY



RESEARCH SPOTLIGHT

Pisaniello et al. Determining factors of sports dropout of young scholars
Frontiers in Sports and Active Living (2024)

