



CONCUSSION RECOGNITION AND CONDITIONING

Proper preparation using sport-specific training techniques, combined with knowledge of the rules, are essential to improving performance and preventing injury in lacrosse.

Generally, lacrosse is considered to be a moderate risk sport in which the vast majority of injuries are minor strains, sprains, and bruises. However, more significant injuries can occur.

Overtraining and specialization are becoming serious issues in youth sports today, and athletes who overtrain can suffer serious injuries. It is important that parents and coaches remember that young athletes are still growing. Each team will have athletes of varying levels on it and care must be taken to train each player at his or her appropriate level, using sport-specific and training techniques based on modern research.

Parents and coaches should encourage players to take some time off from lacrosse, especially if they've been playing in multiple leagues or consecutive seasons. This can prevent burnout and overuse injuries, which is extremely important at the youth level.

Children and adolescents should play on only one team per season (of any one or multiple sports) and take a vacation of 2-3 months from a specific sport (not all sports necessarily) each year.