

# SUPPORTING PLAYERS WITH ADHD

ADHD (attention-deficit/hyperactivity disorder) is a developmental condition that affects how the brain works. The most common symptoms include inattention, impulsiveness, and hyperactivity. Despite its name, ADHD does not mean that a player is unable to pay attention. Instead, it just means that it's often harder for them to control their attention or direct it to certain tasks. Here are some practical tips for supporting players with ADHD:



## Keep Practices Active and Engaging

Mix in short, high-energy drills.



## Set Clear, Short-Term Goals

Breaking goals into smaller steps helps keep motivation high.



## Give Quick, Positive Feedback

Recognize effort right away to reinforce focus and progress.



## Embrace Movement Breaks

A quick reset can help restore concentration.



## Stick to a Routine

Consistency helps with self-regulation and confidence.

**IMPORTANT:** Remember that every person is unique, and that players with ADHD will have a wide spectrum of strengths and challenges. These strategies may work well for certain players but not for others.

# KEYS TO COLLABORATION

Ongoing communication between coaches, parents/caregivers, and players is essential for developing trust and understanding. Here are some ways that coaches and parents can collaborate to support players with ADHD:

## COACHES

- Recognize that all athletes have good days and bad days, including players with ADHD
- Understand that all players want to be a part of the team and are not trying to be disruptive
- Be patient with players, parents, and caregivers as they learn to manage new situations and behaviors
- Allow stimming, fidgeting, or other movements which may help players self-regulate
- Reach out to parents or caregivers if certain behaviors become concerning or problematic

## PARENTS / CAREGIVERS

- Have an early conversation with coaches about the types of behavior they should expect from the player
- Share any special interests or hobbies, along with things that are known to be motivating or distracting for the player
- Share any strategies or adaptations that have worked well for the player at school or in other group settings
- Discuss whether there is a trusted teammate or friend who may be able to provide peer support
- Encourage the player (when old enough) to speak with coaches directly and learn to advocate for themselves

\*This resource was adapted from:  
[ADHD & Youth Sports - A Guide For Parents & Coaches](#)