

# Reduction of Concussions in Youth Sports

Dr. Michael Gray

National Alliance for Youth Sports



- Prevention is more important than treatment



- Rule modification is an important step



Proper fitting of equipment is essential



# Training of coaches is vital



# PREVENTION

# AWARENESS

- Some states have mandated coach's training



- Level of intensity needs to be appropriate

- In conclusion, while all the steps in the reduction of concussions in youth sports are important, prevention through the training of coaches is critical.