

Switching the Field

RESOURCES

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Soccer Parent Guide

to help your child succeed

Life Lesson	Parent's Action
Confidence & Love of the Game	<p>The parent's role is to support their children – not to coach or make them better players. No matter the child's performance, we must AVOID COACHING and tell them how much we enjoy watching them play.</p> <p>By coaching or speaking to our children during games or practice, we become a distraction and often become a constant thought in the back of their mind that they do not want to disappoint.</p>
Responsibility	<p>Do not carry your children's equipment for them – let them learn to be responsible for it. Also, help them learn to remember everything on their own – don't go back to fetch forgotten items – a difficult but long-lasting lesson.</p>
Independence	<p>Try to stay far away from the players during practice and games. Do not hold their water or sit near the team's area – let your child get used to being on their own. Ideally, we want our presence to be forgotten so that they can be in the moment and focus on playing.</p> <p>If a child is seemingly misbehaving or not doing something correctly, let it go and allow the coach to fix the issue if he/she sees fit.</p>
Respect, Overcoming Adversity	<p>Do not yell at the coach, referee, or other team's parents. Even if they act wrongly. It is the responsibility of the referee, coach, or league to handle such issues, depending on the situation. By forcing our kids to figure how to succeed despite drawback of poor calls or unfair play, we help them develop resilience.</p>
Self-Motivation and Excellence	<p>Do not offer rewards like money, candy, toys for scoring goals or performing a certain way in games. We want them to be motivated by personal excellence, not outside rewards.</p>
Communicating and Conflict Resolution	<p>If a child has a concern or issue with the coach, have the child engage in a conversation directly with the coach about it (a parent can be present if needed). Do not talk to the coach on his/her behalf. This is a difficult situation, but vital for children to learn how to confront and resolve problems by communicating with others.</p>

Post-Game Best Practices

Speaking to Coach	Wait 24 hours to speak to the coach after the game if there is an issue. Allow emotions of everyone – yourself and coach included – to calm down and better ensure a respectful, constructive conversation.
The Car Ride Home	Don't talk about the game when it's over. Simply ask if the child enjoyed playing and if they learned anything, then move on to go get food, go to Grandma's house, etc. All our children need to hear from us is that we loved watching them play. They already know how the game went, and if they need to hear more, the coach will address it when and how he/she sees fit.