

# 4 EXPRESSIONS TO AVOID SAYING ONCE YOU LEAVE THE FIELD

The car ride home after a game or practice can be a magnet for emotionally charged comments that could later lead to regret.

After a disappointing loss or performance, silence is a valid option if you aren't sure what your child wants to hear.

**Here are four things you should avoid with your child after a hard loss:**



- 1 “If only you hadn’t ...”** Remember to give kids some credit. They know their performance wasn’t great and probably feel bad about it. Reliving it could just make things worse.
- 2 “We worked on this.”** Let the coaches coach, and instead focus on giving your child the support he or she needs instead of discussing missed opportunities on the field.
- 3 “Why didn’t the coach put you in?”** Avoid asking why your child’s playing time dwindled or why they lost a starting spot. It will only demoralize and discourage– and maybe even plant ideas that weren’t there to begin with.
- 4 “I’ve seen you play harder than that.”** Effort and performance are unrelated, especially at younger levels. Avoid making kids feel like they have to please you while out on the field. Athletes who aren’t trying their best already know.