

BUILDING CONFIDENCE THROUGH OPPORTUNITY

Confidence and opportunity are two of the most important things that you and youth football coaches can give players.

For some, things come easy, and their personalities exude confidence. Others struggle to believe in themselves enough to give their best effort.

Confidence is something you can instill and improve by exhibiting great energy, providing positive feedback, and showing your child you know how hard they are working.



4 PHRASES THAT INSTILL CONFIDENCE

As your child leaves and prepares to join their teammates, choose your words wisely as they will carry those words with them onto the field.

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SHOULD SAY ...

"You can do it."

"We're rooting for you."

DON'T SAY ...

"Woah, those guys look big."

We're rooting for you.
"You are awesome."
"You've done it before.
You can do it again."

"Don't screw up."
"It can't be as bad as last time."
"Make me proud."