

A lot of soccer parents (with good intentions) give a 15 minute lecture, covering all the player's supposed deficiencies and giving sage playing and tactical advice, in the car on the way to each match. PUL-EZE! The kids then arrive far off their optimal mental state, and dreading the critique they are likely to hear on the way home. Kids who are massaged in this way tend not to play badly, they just tend to not play, possibly to avoid making mistakes. And trying new things is how players learn in this game!

The environment during the game is akin to a classroom with 1 or 2 teachers (the coaches) and a lot for players to take in. You wouldn't sit in your child's classroom screaming "Christina! The answer is thirty-five! What are you thinking?!" so please do not do it at the games no matter HOW loud and obnoxious the other team's parents are behaving! Pass this on to other relatives too (Grandpa and Grandma!)

## Game Day Tips for Parents

Things to SAY <u>Before</u> the Match	Things to SAY <u>After</u> the Match
1) I love you 2) Good luck 3) Have fun	1. I love you 2. It was great to see you play 3. What would you like to eat?

ACTIONS <u>BEFORE</u> THE GAME	ACTIONS <u>DURING</u> THE GAME
<ul style="list-style-type: none"> <li>• Tell your child you are proud of her regardless of how well she has been playing.</li> <li>• Tell your child to play hard and have fun. Remind him or her that it's okay to be nervous ("Hey! Nervous is normal").</li> <li>• Make a commitment to yourself to Honor the Game, the Players, the Coaches, and the Refs no matter what others may do.</li> </ul>	<ul style="list-style-type: none"> <li>• Let the coaches coach! Avoid giving your child (or other players) advice during the game.</li> <li>• Fill your child's (and teammates') Emotional Tank.</li> <li>• Cheer good plays and good efforts by both teams.</li> <li>• Mention good calls by the officials to others.</li> <li>• Respect the referee's call. A call won't be changed BUT your attitude toward them DOES influence the game.</li> <li>• Enjoy it! It'll be over before you know it.</li> <li>• <b><i>IF YOU ARE FRUSTRATED/"GETTING HOT" OVER THE STATE OF THE GAME...TAKE A WALK AWAY FROM THE FIELD AND COOL DOWN!</i></b></li> </ul>
ACTIONS <u>AFTER</u> THE GAME	
<ul style="list-style-type: none"> <li>• Thank the officials for doing a difficult job. (Remember Refs never make the wrong call, they just make the right call for the wrong team...!)</li> <li>• Thank the coaches for their effort.</li> <li>• Let your child tell you about the game (avoid giving your post-game ESPN analysis unless asked!)</li> <li>• Ask open-ended questions to your player:  <i>"What was the most/least enjoyable part of the game?"</i>  <i>"What did you learn from the game?"</i>  <i>Tell your child again that you are proud of her! (Especially if the game didn't go well!)</i> </li> </ul>	