

SUPPORTING PLAYERS DURING & AFTER GAMES

Many times during games we yell at our kids. "Shoot the ball." or " Why did you shoot that?" "Don't turn the ball over." "Oh man why did you do that?" "That was dumb." "Don't miss your layup." We are all probably guilty of making comments like these. It is important to remember that the players have a coach and the coach will instruct them and provide the feedback they need. It is also important to remember that if the player just made a mistake...they know it and don't need or appreciate hearing it also from their parent. *Remember as a parent it is our role to provide positive support!*

It is also important to think about how we visit with our kids after a game. Often times we begin telling them what they should have done or could have done better. Or we ask why they didn't do certain things during the game. We begin to criticize the officials and the calls made during the game, often blaming the outcome of the game on the officiating. (this usually only happens when the team loses) We may even talk about their teammates or coach in a negative way and begin pointing out all the things we think they did wrong in the game.

As parents we all want to be supportive of our children and see them succeed. We would also like to enjoy the time we spend observing our children play sports. Since time and energy are being spent on playing a sport we want to do all we can to make sure our children get the most benefit from the effort and have fun! Below are some simple suggestions on how to provide that support during and after games.

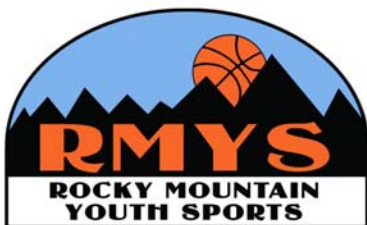
• DURING THE GAME

- Watch for the good your child and their teammates do and then recognize that!
- Refrain from yelling at your child or their teammates to do certain things. (Remember they have a coach and the coach may have asked them to do something different than you are instructing. This can be confusing to the player.)
- Avoid yelling at the officials. They too are human and will make mistakes.
- Make sure that the talk among the parents is positive.

• AFTER THE GAME

- Allow the player the opportunity to share their thoughts and provide feedback on the game
 - What did they do well in the game (have them point out two to three things)
 - What did they learn (don't let them get away with saying nothing)
 - What did they enjoy about the game
 - What do they think their team did well
 - What would they like to do better in the next game (have them pick one or two things)
- Provide positive support & encouragement regardless of how you think your child played or the outcome of the game.

We can do much to help our children enjoy participating in sports at any level and we also have the power to hinder or take away that enjoyment. When we focus on all they could have or should have done we are missing out on what they did do! We hope that these suggestions prove helpful and assist everyone in being a positive, supportive parent of their child's athletic endeavors!



970.631.9310
WWW.RMYOUTHSPORTS.COM

