



2 minute drill *for athletes*



monthly tips from Positive Coaching Alliance

Your Parent as the Coach

Playing on a team coached by your parent can be both a wonderful and difficult thing. Having a conversation with your parents before they sign up for this role can go long way to setting the table for a great season.

During this discussion, be sure to explain why you want them to coach the team and how you will play for them. Players who expect advantages (like playing favored positions) that haven't been "earned" by effort or talent poison the well with other parents and players.

Having your parent as the coach is a great opportunity to be a leader on the team and set a fine example. However, many coaches are harder on their own children than they are on other players. Be open and honest with your parent (coach) whenever you have these feelings. Maybe agree on a sign, such as patting the top of your head, to let your "coach" know when you feel like this is happening.

adapted from *The Double-Goal Coach* by Jim Thompson



To purchase this and other books by PCA Executive Director Jim Thompson, please visit:
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