



2 minute drill *for parents*



monthly tips from Positive Coaching Alliance

Knowing your Role

Let's say your child has just had an opportunity to make the winning play in a game and blew it. If you competed in this sport growing up (and perhaps even if you didn't), you may have suggestions for how your child could have made the play. Suggestions from parents are often not well received by their children.

Athletes get so much coaching already – from coaches, from teammates, and from the game itself. When parents add to this flood of feedback, it often overwhelms the child, like the proverbial straw that breaks the camel's back. Rather than obsessing about the skills and strategy of the game, engage your children around the life lessons from their experience. This is your role as a Second-Goal Parent!

adapted from *Positive Sports Parenting* by Jim Thompson



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