

Coaching Your Own Child's Team

Golden Rule: Treat other Children as you treat your Child.

Tips for coaching your child's team:

- 1. Talk to your child about what your role as a coach means and what your philosophies.**
- 2. Listen to your child's reason for playing. If he just wants to have fun with his friends make sure some of that happens every week.**
- 3. Avoid living thru your child. Just because you were a great athlete, or wanted to be, doesn't necessarily mean your kid wants that.**
- 4. Let your child know he/she will be treated just like every other child. That includes discipline and skills corrections. Remind him that you are the coach when you are with the team, and that is your job. This job, however, will never diminish how much you love your child. Make sure they know that.**
- 5. Have a meeting at the start of the season for all the parents and kids where you outline your goals and expectations for the season. Be as professional and caring as possible. Let the parents know you are there to help all the kids.**
- 6. Do not bring problems home. Leave them in the field. Remember, your kid has to live with you, so don't give him double duty when there are hard times.**
- 7. Find a person who can help you keep a fair perspective. This person should be as objective as possible (probably not your spouse). Usually other coaches can offer good support system for each other.**
- 8. Learn as much as you can about your sport. Take seminars, read books and get as much information as you can about how to coach at your level. This will not only help your team and increase your credibility, but it will increase your child's confidence in you.**
- 9. Never blame a kid for a loss. That includes your kid. There will be a lot of pain associated with this, which is totally unnecessary. If you need to blame someone, blame yourself.**
- 10. Some parent-coaches are so afraid of being accused of favoring their kid they actually end up doing exactly the opposite. The kid will usually get corrected more than others and will play less than other kids, even when the team needs them. Even though this is a noble effort on the part of the coach, it is overcompensating behavior, which is unfair to the child.**
- 11. Spend extra time with your kid away from the coaching. Make sure you spend quality time with him when you are just mom or dad.**