

COACHING YOUR OWN CHILD



- Know what your sports goals are for your daughter.
 - Make a list of your sports dreams for you child.
 - Think about how your persistence as a coach will impact these dreams.
 - If you remain convinced you are the best coach for your child, go ahead. If not, coach another team.
- Examine and understand your motives for coaching your child.
 - Be sensitive to your child’s level of sport ambition as compared to your own.
 - If you want sport success more than your child, your relationship is at risk.
 - Be aware of how hard you press your daughter; your relationship may suffer if you press to hard.
- Encourage your daughter to communicate openly with you.
 - When you coach your child in team sports, other players may become jealous.
 - They may express jealousy by rejecting or ignoring your child socially.
 - Teammates may criticize you to your child so she needs to know she can talk to you and that you will listen.
- Treat your child equal to the other players.
 - Never be harder on your own child than you are on the other players.
 - Some coaches try too hard to prove their objectivity by pushing their child more than their teammates.
 - This is bad for your child’s self-esteem and destructive to the parent child relationship.
- Use assistant coaches.
 - Your child may be more open to feedback from assistants, especially once puberty hits.
 - At puberty and sometimes before, children have a strong drive to assert their independence so advice may be easier to take when it comes from outside the family.
- Catch your daughter being good and playing well.
 - Reinforce behavior you want to see repeated.
 - She will react and continue to act in response to your praise.
 - Notice and compliment when she does a skill correctly as well as when she makes an error.

“Effort only fully releases its reward after a person refuses to quit.”

- Napoleon Hill