



The Pitch Plan

Coaching Your Own Child

“In the blink of an eye, they’re grown up and out of their cleats. Therefore, what an incredible opportunity to spend time in “their” world as “their” coach!”

The Role

At early ages, the game itself is the best teacher. Your role is to give children the opportunity to discover the game’s joys in a safe and nurturing environment.

View the game through your child’s eyes.

Fun, exercise, and the chance to play sport are the priorities.

Keep in Mind

Maintain realistic expectations. It’s only a game. Odds are against your child making the pros, so make sure your adult expectations align with those of your child.

Avoid being harder on your own child because you’re worried about perceptions or favoritism.

But Mom...

When coaching for the first time, you may be introducing your child to a new experience other than the game: sharing your attention with a larger number of *other* children.

Explain to your child that when you’re coaching, you need to be fair and treat them like the other players.

Tips

- Be mindful of comments as they’ll likely come across as personal.
- Acknowledge your child’s accomplishments as you would any player.
- Assess if your reactions to your child’s play or behavior are the same as they are to your child’s teammates.

Take off your coaching hat when the game ends and limit post-game soccer talk.

Once the topic of food is raised, it’s time to switch back to your full-time role.

