

# COACHING VS CHEERING

## PARENTS SIDELINE GUIDELINE

*“We all have a built in, natural learning capability that is actually disrupted by instruction”*

Sir John Whitmore - Sports Psychologist and Performance Coach

We all want the best for our kids especially when they are competing. But remember, this is why you HIRED the club/academy/coach in the first place. Many parents confuse coaching for cheering and creates an uneasy atmosphere for players and spectators. We know it comes from a good place, wanting our kids to succeed and we do this by “coaching” them. Remember, **there is a coach that coaches them**. Our philosophy is to not remote control our players during games. If coaches don't do it, why are parents compelled to yell coaching commands? On every play? We hear enough of that with some opposing coaches, we don't need 100 voices directing our players what to do next & when to do it. Cheering, motivating, inspiring, supporting, are all GREAT and definitely encouraged. But we want to make sure we are clear with certain phrases that puts cheering in the coaching category.

We must eliminate the hundreds of commands being thrown at them while they are trying to make the decisions during games. Every player at every age, at all levels, process information and decision making differently. Some will develop faster than others, some at a slower pace. But commands on the sidelines from parents has been PROVEN to delay the decision making of a player, increase stress levels and delay their automatic response as they try to process their situation at that time. Please leave the coaching to the coaches. Become a REAL fan of your child by staying in the CHEERING column.





## Parent Coaching No No

- “Shoot”
- “Take him/her on”
- “Push Back”
- “Go to the ball”
- “Send it”
- “Don’t pass back”
- “Make a run”
- “Go get it”
- “Throw it down the line”
- “Pass it to “name””
- “Cover number “?””
- “Switch the field”
- “Keep dribbling”
- “Get there”
- “Kick it”
- “Clear it”
- “Be aggressive”
- “Don’t this, don’t that”
- “Do this, do that”

Copying the coach’s remarks also a NO NO.

First and foremost, you are their parent, not their coach. Remind them that your love is not conditional on their performance or the result. The comfort and support that comes from hearing ‘I love you’ will stay with your child long after memories of the game fade.



## Parent Cheering Yes Yes

- Great Effort
- Great Pass
- Great Job
- Keep it Up
- Great Goal

Uhm.....  
That’s about it.

And that doesn’t mean that these phrases should always be said every 10 seconds either.

**This List is Shorter**

## Drive Home Conversations

“I enjoyed watching you play today”

“That was a great Game **or** Close Game **or** Tough Game”

“What was your best part about the game?”

“What might you do differently next game?”

“I love you”