



Game Day Tips

Before the Game

- Tell your child you are proud of him or her, regardless of how he or she plays.
- Tell your child to play hard and have fun. Remind him or her that's okay to be nervous ("nervous is normal").
- Make a commitment to yourself to Honor the Game no matter what others may do.

During the Game

- Let the coaches coach. Avoid giving your child (or other players) advice during the game.
- Fill your child's (and teammates') Emotional Tank.
- Cheer good plays and good efforts by both teams.
- Mention good calls by the officials to others.
- Remember to have fun! Enjoy the day.

After the Game

- Thank the officials for doing a difficult job.
- Thank the coaches for their efforts.
- Let your child tell you about the game (avoid giving your child post-game analysis unless asked).
Ask open-ended questions:
"What was the most/least enjoyable part of the game?"
"What did you learn from the game?"
- Tell your child again that you are proud of him or her! (especially if the game didn't go well)

What if

- The official makes a "bad" call against your team?
(Honor the Game – be silent!)
- Another spectator on your team begins to berate the official?
(Hand them this list. Remind them nicely, to Honor the Game.)

Transforming youth sports so sports can transform youth.