



2 minute drill

for parents



monthly tips from Positive Coaching Alliance

Game Day Tips After the Game

Game days present unique challenges. Athletic contests involve excitement, joy, frustration, anger and a host of other emotions. As a *Second-Goal Parent™* who is committed to emphasizing life lessons through sports, consider the following post-game tips:

- Officials have difficult jobs – thank them!
- Coaches have difficult jobs – thank them too!
- Let your child talk first – ask open-ended questions:
 - *“What was the most/least enjoyable part of the game?”*
 - *What did you learn from the game?*
- Tell your child you are proud of him or her – especially if the game didn’t go well.

adapted from *Positive Sports Parenting* by Jim Thompson



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