



LINCOLN
Parks and Recreation

10 TIPS FOR SPORTS PARENTS

- ⇒ Cheer for all players (even those on the other team!) Leave the coaching to the coaches.
- ⇒ Write down your goals for your child for this season. Talk to your child about these goals, as they likely are not the same as his or hers.
- ⇒ When setting goals with your child, remember to focus on both effort and outcome related goals. For example, a great effort goal in basketball is praising a player for their consistent effort to box out.
- ⇒ There are a lot of basketball organizations out there. Take the time to evaluate options for where your child might play. Talk to other parents whose kids have played in these organizations.
- ⇒ Resist the temptation to critique your child on the way home. Ask if your child wants to talk about the game. If the answer is “no,” respect that.
- ⇒ When your child is ready to talk . . . listen and be engaged! Reinforce your child’s self-worth with statements, like “I know you are disappointed with the loss, but one thing I like about you is you’re the type of person who bounces back and tried hard the next time.”
- ⇒ After observing a practice or a game, be ready with truthful and specific praise. This might sound like, “I really liked how you hustled after the loose ball: or “I was proud of how you helped your teammate up after the foul.”
- ⇒ If issues arise, such as your child wanting more playing time, encourage your child to address this with the coach directly. “What can I do to get better and earn more playing time?”
- ⇒ Studies of world-class athletes in basketball and other team ball sports have demonstrated that top performing athletes often delayed single-sport specialization until age 16 or later. This, delaying specialization until this age range is recommended. Specialization in basketball prior to age 14 is discouraged.
- ⇒ At every possible turn, let your children know that you love them unconditionally, regardless of their athletic performance.

10 Tips For Sports Parents courtesy National Basketball Association.