

PARENT EDUCATION & SUPPORT

Sideline Parent Tips

Quick reminders to support your athlete the right way

WHY THIS MATTERS

Youth soccer is about more than competition. It is about confidence, resilience, enjoyment, and growth — both on and off the field.

Your support directly impacts your athlete's experience.

“Fine” Isn’t an Answer

The #1 reason kids quit sports? They stop having fun.

Look for:

- Talking, energy, loving teammates
- Resistance, silence, low energy

Start here:

- “What’s your favorite part right now?”
- “What would you change?”

Less pressure. More connection.

Before You Book Extra Training...

Who wants this—you or your child?

Try this instead:

- “Is there anything you want to work on?”

Not every tough game needs a fix. Sometimes it needs time.

Recovery That Actually Happens

Keep it simple:

- Massage gun or foam roller
- Lacrosse ball
- Bands + light stretching
- Ice or hot packs
- Cold water soak
- Magnesium + good sleep

If it’s simple—they’ll do it.

Parents are a critical part of the team.

When you support the experience, you build confidence and love for the game.