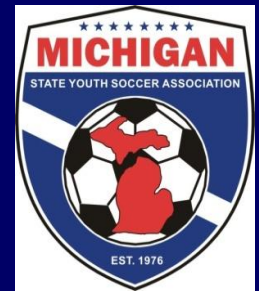



WMYSA Academy Parent Education



Prepared by Gil Urban WMYSA Academy Director with support from MSYSA Director of Coaching Bryan Thorp





Parent Education

For some reason, adults - some who can't even kick a ball - think it is perfectly okay to scream at children while they're playing soccer. How normal would it seem if a mother gave a six-year-old some crayons and a coloring book and started screaming? "Use the red crayon! Stay in the lines! Don't use yellow!" You think that child would develop a passion for drawing? **Most important parents must realize that playing sports is a way for children to express themselves."**

Claudio Reyna, Former Men's U.S. National Team Captain

What Matters to Your Child?

Psychologists attribute three motivational factors in children's involvement in sport:

1. For Approval – take up sport for the approval of adults/parents/grand-parents
2. For Success – they enjoy competing in contests with other children
3. For Mastery – to improve and master at least some aspects of the sport

“Most children play to have fun with their friends. They do not play to entertain the adults, boost the adults ego, or improve the family social status within the Community. (Adams, Univ. MO)

Did You Know.....

The major two reasons children give up sport:

1. It's no longer fun
2. It's too competitive



YOUTH PLAYERS

- “The most fundamental skill is individual mastery of the ball and the creativity that comes with it.”

US Soccer Coaching Education department

- “Talking tactics becomes important as players get older, but the three most important cornerstones of any tactical discussion will always be technique, technique, technique!”

Jay Hoffman US National Staff



Under 8 Academy 4v4

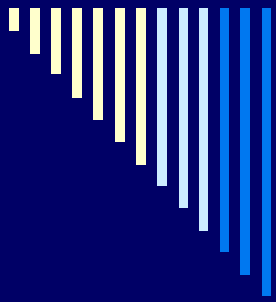


- ❑ Conceptualize me and a teammate
- ❑ No sense of pace. Flat out!
- ❑ Overly sensitive and needs constant reinforcement
- ❑ Limited ability to execute more than one task



PLAYER DEVELOPMENT IS...

- ❑ “Creating soccer environments which allow for creativity, spontaneity and experimentation that help promote the players’ lifelong love of the sport.” *United States Soccer Federation*
- ❑ Understanding that youth soccer rarely looks like adult soccer (PATIENCE!!!)
- ❑ Focusing on the process, not the outcome!



WMYSA Academy

Promotes Development versus Winning

DEVELOPMENT

versus

WINNING

Skill Oriented



Attitude

Creative Environment



Sterile Environment

Holistic Model

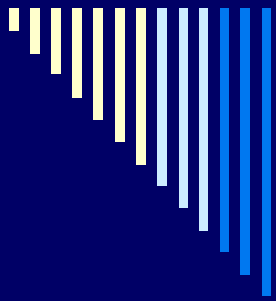


Individual Model

Long Term Success



Short Term Success



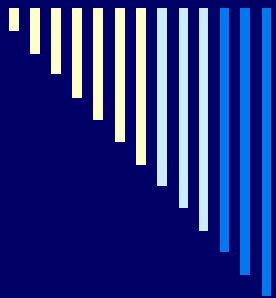
Parent Guidance

Think of the soccer field as a playground!

- Emphasize enjoyment
- Encourage your child regardless of success
- Cheer for all Children
- Applaud a good effort no matter who makes it
- It's okay to talk to other teams parents
- Be a parent – not a coach
- Resist the urge to critique

6 Guidelines for the Sidelines:

- Cheer**
- Relax and Let Them Play**
- Yelling Directions = Distraction**
- Remember, they are just kids having fun**
- Have reasonable expectations**



Parents ABC's

- ATTITUDE- Be positive and supportive of the player and the team.
What are you Telling/Teaching your kids by your words and tone?
- BELIEF- Development is a marathon. Be patient and let your child develop love for the game and the skills will come.
- CONTROL- You set the standard for behavior!



Parenting Do's and Don't

DO'S

- ❑ Hold Realistic Expectations
- ❑ Act Calm and Positive During Matches
- ❑ Emphasize Player Development over Winning and Losing
- ❑ Hang on to your temper
- ❑ Focus on the Process
- ❑ Respect All Participants

DON'TS

- ❑ Expect Youth Sports to Resemble Adult Sports
- ❑ Yell Instructions from the Sidelines
- ❑ Treat Your Child Differently Whether Win or Lose
- ❑ Get Caught Up in the Game
- ❑ Focus on Winning or Losing
- ❑ Engage in conflict With Other Parents

BE THE SPORTS PARENT YOU WISH YOU HAD

Competition Phases

- Understand Age Appropriate Training and Stages of Development



Children at various ages require different training

*It is important to keep things in perspective ...
the WMYSA U8 Academy players are 6 & 7 year olds*



Age Appropriate Competition Phase

DEVELOP A SPORTS PARENTING PHILOSOPHY

✓ **FUN**

✓ **LEARNING**

✓ **ONGOING-DEVELOPMENT**

□ **WINNING**

U8 Academy is all about Fun, Learning and Ongoing Development. The importance of Winning will come later.

Coaches and Parents

- “The game is the Greatest Teacher”
United States Youth Soccer Association
- Coaching is an aid to learning, but facilitation of the game for young players is what it’s all about!
- What does no lines, no laps, no lectures mean?



THE JOURNEY TAKES YEARS



MSYSA - WMYSA

Remember the FLOW ...

FUN
LEARNING
ONGOING-DEVELOPMENT
Then **W**INNING





Resources

□ US Youth Soccer

<http://www.usyouthsoccer.org/parents/>

□ Positive Parenting DVD

<http://www.usyouthsoccer.org/parents/positiveparenting.asp>

□ Responsible Sports Liberty Mutual

www.ResponsibleSports.com