

FREE REPORT: 3 Things **98% of Parents Do That** **KILL Their Kids** **Confidence**

By: Andrew Simpson

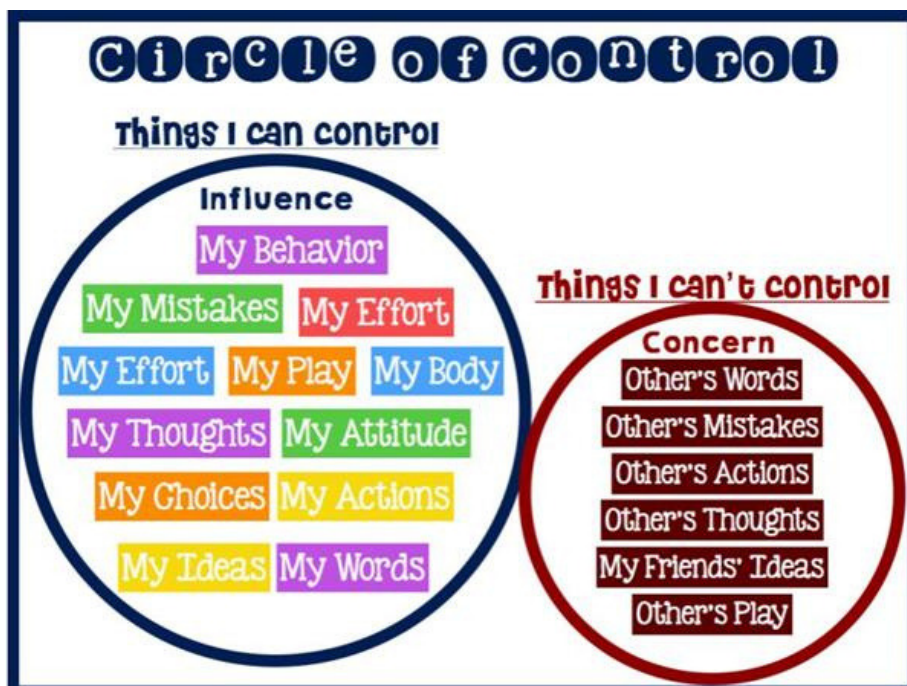


1. UNKNOWINGLY ENCOURAGE THEM TO FOCUS ON THEIR CIRCLE OF NO CONTROL

Has your kids' coach ever benched them unfairly? Not explained why? Have they ever been cut from a team? Not made all-conference? Have they been defeated by one of their friends? Have one of their friends outshined them? Has one of their peers ever treated them poorly in sports? In life?

One of the worst things you can do is “fuel their blame-shifting, others-focused fire”. The BEST thing a parent can do is encourage their kid to focus on their CIRCLE OF CONTROL.

8 years ago a mentor taught me the concept of the two circles. One is the circle of control, the other is the circle of no control. It is amazing how empowering this concept can be when fully grasped and understood.



Next time your athlete is ticked off about how things ended up, instead of agreeing with them that their coach/teammate/circumstances stink (which may be true), encourage them to focus on their CIRCLE OF CONTROL! What CAN they do? What COULD they have done better?

The name of the game is Failing Forward. Sometimes you win, sometimes you learn.

2. PRE-GAME REMINDERS, IN-GAME YELLING, POST-GAME CRITIQUES

Here is my best advice for you. Stop ALL advice before or after games (unless you've built the very rare parent-coach relationship where your child actually craves your coaching)

I know parents who remind their athlete of many things before games. Sounds good, right? Wrong.

Reminders = Overthinking
Overthinking = Not Good For Performance

Your athlete intuitively knows what to do. If they are past the age of 13, chances are they know a lot more than you about their sport.

If you do happen to know more, but they clearly do not want to hear it, you must ask yourself..."Are my words falling on deaf ears? Are they doing more harm than good?"

If you say ANYTHING, say this: "You know what to do. You're the athlete. I'm going to sit back and watch. Because I love watching you play."

Sending your athlete motivational quotes throughout the day, pre-game reminders, etc. typically creates MORE pressure and in their mind, reveals perceived expectations you have for them.

Again, 1/20 parents do have that rare coach-kid relationship with their child. But my recommendation is you keep LIFE COACHING separate from SPORT COACHING. Life coaching is based on long-term success and joy in life, whereas coaching them for sport (when you are not their coach) is short-term and may show ulterior motives, selfish ambition on your part, vicarious living, etc. Not good for your athlete, not good!

Coach, parent, or teach during NON-PRESSURE, NON-CONFLICT TIMES. Save your coaching for non-game days, non-competition weekends, non-final exam days, etc. There are already enough nerves going wild (which is good, nervousness is fuel), they do not need extra reasons from you to turn that nervousness into full blown anxiety and worry (getting in their head).

3. BRIBES AND PRESSURE PACKED, SUBTLE EXPECTATIONS

Two years ago a young lady came to workout with us because she was nicknamed “the feather” by one of her coaches. As if that was not already insulting enough, she proceeded to tell me that her dad gives her two dollars every time she gets a steal in a basketball game.

So on one side, she has her coach putting a label on her, and on the other side, she has pressure packed expectations from her dad. Let’s think about what is going on in her mind...

“I’m a weakling. Coach will only be happy with me if I put muscle on. I need to go to the gym.” Kara is motivated not intrinsically, but extrinsically.

I need to get more steals in order for dad to think I am awesome. If I don’t get steals, obviously that is not a good performance.” During the game, every time Kara misses an opportunity to get a steal, she is reminded that she is a failure. She thinks more about what her dad is thinking that she does about the game. This causes her to perform worse. After the game, her self-worth drops even further because her confidence and identity is more and more tied up in how she does on the field. Why would she care about being a good teammate? Working hard? Keeping a positive attitude? Those things don’t get rewarded...

Subtle expectations are “encouragements” like, “You are GOING to do great, Kara. You’ve got this. You’ve got 2 goals in you tonight, I just know it!”

Pressure. Packed. EXPECTATIONS.

Don’t do it!

No bribes. No pressure packed expectations.

I know you may be thinking, this is A LOT to remember. Yes, but your kids confidence is worth it. 10 years of studying this. I promise you that if you stop these three things, your student-athlete will play better, you will enjoy the game more, and everyone wins. If you do not stop, either nothing will change for the better, or things will get worse.

You can do this. I know you can. Make sure to hop on over and join the Private SAY NOTHING CHALLENGE Page to receive more cutting edge Sports Parent Coaching and to connect with other parents who are committed to being THEIR best for their child’s best.

Dedicated to your athlete’s success,

Coach Andrew Simpson