

# ***Most Common Parental Sports Issues - And Solutions to Help Your Kids***

***By Jack Perconte***

In my many years of coaching, parents often stated similar concerns when it came to their young players practice and playing habits. The top ones are below with some quick-fix things that will help alleviate their concerns.

1. "He never wants to work at it" - Practice with the player without giving instruction, just play with them, after doing this for a period of time try giving instruction again and see how the player reacts.
2. "I just want her to have fun" - Don't grill her after games about her performance - wait till a later time to talk about game details and to give tips for the next time.
3. "He won't listen to me" - Only use a matter of fact voice when giving advice - use excited voice when he does something good. Never show negative reaction towards a player's performance.
4. "My daughter has perfect form but never seems to have good game results" A great-looking action is not always fundamentally correct - have a knowledgeable coach check it out for suggestions.
5. "I want them to get a college scholarship"- Don't set such high expectations - scholarships are hard to attain and the expectations put unnecessary pressure on players.
6. "He can do it in practice but never in a game" - Try challenging the player in practice more.
7. "She can't do it because it's "in her head" - The player needs improved fundamentals and understanding of how to perform the skill. Confidence will usually follow and usually a more aggressive player emerges.
8. "He doesn't want it enough" - Give the player time, know-how and encouragement. Aattitude usually changes when success comes.
9. "She won't compete in a game situation" - It may be fear of failure, don't pressure her but help her understand that fundamentals lead to confidence, and knowledge can bring confidence so some good fundamental tips will help.
10. "His coach doesn't know anything" - Don't expect a volunteer coach to be an expert - volunteer to coach yourself if you feel you are more qualified.
11. "He wants to make the high school team"- Players with this goal should play and practice the sport as much as possible. Basic physical conditioning training should be done year round.

Finally, parents should learn to judge effort and progress and not results when commenting on their kids play, as well as emphasizing the importance of having fun while playing. Saying things like "I was proud of your hustle out there" and "I hope you had as much fun playing as I did watching you" are priceless phrases for parents to use that kids will never forget.