

# Your CHECKLIST to supporting your child's development in football

Assess your own input:

## BEFORE MY CHILD'S MATCH / TRAINING SESSION:

- ▷ Have I ensured their kit was ready & available?
- ▷ Have they been fuelled correctly?
- ▷ Have they had enough rest?
- ▷ Have I left them in a positive frame of mind?

## DURING MY CHILD'S MATCH / TRAINING SESSION:

- ▷ Am I praising effort?
- ▷ Is my body language positive?
- ▷ Am I dealing well with bad decisions?
- ▷ Will my child be proud of my behaviour?

## AFTER MY CHILD'S MATCH / TRAINING:

- ▷ Have I offered encouragement?
- ▷ Have I given praise for effort?
- ▷ Have I given unconditional support?
- ▷ Have I identified the life lessons they could have learnt from this match / training session?

## WHAT CAN I DO NEXT

- ▷ Attend a Positive Coaching Scotland workshop and learn how to:
  - HONOUR OUR GAME
  - REDEFINE 'WINNER'
  - FILL THE EMOTIONAL TANK

# The ROOTS of Honouring our Game

Help your child learn to be a "good sport" by teaching them the **ROOTS** of honouring our game and by setting a good example of a sporting parent!

## RULES

Refuse to bend the rules to win. Breaking the rules, even if you get away with it, dishonours our game.

## OPPONENTS

Respect your opponents by doing the best you can in the fairest possible way. Try your hardest to win, because you want to be all you can be.

## OFFICIALS

Respect the officials at all times. They have given up their time to play a vital part in sport. They try to be fair, they are not biased but they do make mistakes. This does not however give anyone the right to abuse them.

## TEAM-MATES

Do not let your side down by your actions or lack of effort. Being part of a group should be fun. Learn to work together by encouraging and supporting each other on and off the pitch.

## SELF

Never let yourself down! Despite the conduct and actions of others, live up to what you believe. Do not dishonour our game.

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# Positive Coaching Scotland FOOTBALL PARENTS



# Helping you become a positive footballing parent honour our game!



sportscotland  
the national agency for sport

SCOTTISH FA  
YOUTH FOOTBALL  
LIVE IT PLAY IT LOVE IT



Developed from the original programme created by  
Positive Coaching Alliance.

## Football Parent

You are the most important person in the development of your child. In the early years, as a football parent you have a significant role in stimulating interest, encouraging involvement and fostering a love of football. As a football parent, you are:

### ROLE MODEL

Children mimic their parent's behaviours – ensure they mimic your good behaviours!

### TAXI DRIVER

Show support to your child by watching and supporting them rather than just dropping / picking them up.

### FIRST AIDER

Bumps & bruises happen in football; your job is to make the pain go away with affection for your child.

### CHEF

Helping your child do their best by ensuring they are fully fuelled and ready to go!  
...and of course the most important role

### HEAD CHEERLEADER!

Although it seems a good idea to shout instructions from the sidelines, these can often be more of a distraction than a help. These instructions interfere with coach to player and player to player interactions, and more importantly, your child's ability to think for themselves!



## Why keep your child involved in football?

For most children in Scotland, football plays a huge part in their lives, it can do them a lot of good, give them a sense of belonging, build character, self esteem and encourage good health.



Research has shown that children who stay involved with football in a positive environment will:

- ▷ Build self confidence
- ▷ Stay fit and healthy
- ▷ Develop self discipline
- ▷ Learn to set targets
- ▷ Become better team players
- ▷ Cope with failure and bounce back
- ▷ Handle criticism

As a parent, what a fantastic opportunity you have to make a real difference in your child's life!  
Become a Positive Parenting Ambassador

### WIN AT ALL COSTS MENTALITY!

Winning a game of football is important. However as a parent you must ensure that you see the bigger picture. Your child will be a **winner** when you see **success** as **winning** through **effort** in everything they do.

When parents, teachers, coaches and others work together reinforcing the same key principles, we will create a positive learning environment which will help all young people become:

- ▷ Successful Learners
- ▷ Confident Individuals
- ▷ Responsible Citizens
- ▷ Effective Contributors

## Create a Positive Footballing Culture Parental Codes of Conduct

As a parent, you play a special role in creating a positive football experience by consistently setting a good example. You can ensure that all young players learn character building life lessons.

### SUPPORT YOUR CHILD

Teach your child that hard work and honest effort are often more important than victory - that way your child will learn to be a winner no matter the result of the game!

### ALWAYS BE POSITIVE

Parents serve as role models for their children. Become aware of this and work to be a positive role model. Applaud good play by your child's team as well as good play by the opposing team.

### YOUR CHILD WANTS TO HAVE FUN

Remember that your child is the one playing football, not you. Let the players express themselves on the field without interference from the sidelines.

### REINFORCE POSITIVE BEHAVIOUR

Positive reinforcement is the best way to help your child achieve their goals and overcome their natural fear of failure. Nobody likes to make mistakes. If your child or a child in your team makes a mistake, remember its all part of learning, it must not be an opportunity to criticise.

### SIDELINE COACHING OR REFEREEING

Coaches spend a great deal of time in preparation, they work hard to make your child's football experiences positive. Refereeing decisions are not always right but they must be respected. That means refraining from coaching or refereeing from the sidelines.

Let the Coaches - Coach

Let the referees make decisions - don't interfere!