

HOW TO HELP YOUR PLAYER — IN — FOOTBALL



BEFORE

- ✓ Help them prepare their kit
- ✓ Make sure they get enough sleep
- ✓ Encourage them to eat breakfast
- ✓ Help them arrive on time
- ✓ Reassure them if they are nervous
- ✓ Offer encouragement

DURING

- ✓ Take a step back
- ✓ Focus on effort rather than outcome
- ✓ Be a positive supporter
- ✓ Control your own emotions

AFTER

- ✓ Be honest
- ✓ Be reassuring
- ✓ Provide positive and realistic feedback
- ✓ Discuss what areas they want to work on
- ✓ Talk to your child about what works for them