



Keeping it Fun

Support your child through your positive efforts.

1. **Make sure your child has what she needs.** Proper footwear, training gear suitable for the weather, clean uniforms
2. **Let the coach do the work.** Nothing stresses a coach out more than having too many helpers on the field or in the stands. Realize that he knows how to best support your child's performance. Let him do his job. Parents your reaction to games and your child's highs and lows and your comments concerning games and these highs and lows will do more to help or harm your child's performance as well as the overall teams performance.
3. **Be aware of the coach's rules.** Touch base with your child and the coach about expectations. If you disagree with anything, speak with the coach privately – out of earshot of the kids. **Our main rules are the same as the schools rules. We have a few additional rules that we need to enforce.** Be on time...never miss a team function...100% effort each and every day we are together
4. **Ask how you can help.** The coach does a lot of work, on and off the field. Ask what you can do to lighten his load (without taking over)
Needs: **game and practice snacks...organize team functions**
5. **Learn how to handle injuries.** Injuries happen. See a doctor if an injury persists ..rehabbing at home is important as the season is short and missing 2 weeks for an injury that should take a few days if properly cared for is unacceptable.
6. **Foster your child's fitness.** The coach can only transform your child so much. Be aware of her eating habits and encourage good health. Eating is good and necessary for the athlete. I do not know one athlete that can train after school much less play in a game when they eat lunch at noon...the proper snack after school will keep the girls feeling good for the duration of the game...and prevent girls coming out of games because they are hungry.
7. **Notice your child's behavior.** This is important regarding behavior on the field and on the bench...I know girls are not happy sitting on the bench and they shouldn't be....every athlete wants to play and start every game..not possible...Plus we do have to realize, especially the young players that this is not about everyone receiving equal playing time...we are striving to everyday through our training and hard work and sacrifice to have a successful program... every girl in this program knows that each day brings on new challenges and they all need to be ready to play every game..
8. **Have fun.** Maintain a sense of humor, even in the face of defeat. Keep the mood light. I'm convinced a child will play all day if it's fun. When it stops being fun and it's about a players / parent's own agenda the fun ends and the child's dream ends. Playing a school sport should create memories that will last....these memories are greatly influenced by what is discussed in the car on the way home or at the dinner table after the game.

Bringing *BackYard Soccer* to Your Training

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One day, One practice, One game, One half at a time