

**PLAY LIKE
A CHAMPION
TODAY**

Character Education Through Sports

Champion Parent Note

Educating and Forming Champion Parents

Coaching from the Sidelines



Most sports parents have the best intentions when attending a child's game. These parents hope to support their young athlete by cheering and offering positive encouragement from the stands. Yet too often this encouragement takes the form of "coaching" the child, even if that's not the intention. As Athletic Director Matthew Pope points out [in the video above](#), a parent offering seemingly harmless instruction can create confusion for the athlete, undermine the coach and hurt the team.

Keep in mind that your child's coach most likely has the best interests of both the team and your child's athletic development in mind. He or she has instructed the athletes based on certain goals or strategies and will be providing important instruction to that end during a game. Consider also that a game can already be a difficult place for a young athlete to focus; a cacophony of coaches, parents, teammates and even officials all trying to communicate while an athlete focuses on his or her next move can sow confusion and limit a child's ability to maximize performance. Something as simple as the common admonition to "shoot" or "pass" from parents can hurt the athlete more than it helps.



Don't just take it from us. University of South Carolina Men's Basketball Coach Frank Martin has thoughts on parents coaching from the sideline. [The animated Martin has a great perspective on the topic.](#)

Play Like a Champion encourages parents to leave the coaching to the coach and do their best to encourage the whole team through cheering and affirmation. Wonder if you

are guilty of "coaching from the sideline"? **Take a moment to ask your athlete if they hear you in the stands.** What does he or she think? Is what you're saying helpful? Is it difficult for them to focus on their coach or the game in front of them? Take to heart your child's response and consider your approach during the next game. Share this advice with other parents and encourage them to do the same. By focusing on our role as parents and leaving instruction to the coaches, your athlete and his or her team will better develop while enjoying the experience.

Scripture of the Week: *He who restrains his words has knowledge, and he who has a cool spirit is a man of understanding.* (Proverbs 17:27)

Play Like a Champion's Quarterly Webinar Series Tackles Officiating

Join us this **Thursday, March 12th** at Noon EDT for the latest edition of our Quarterly Webinar Series:

[Officiating Solutions: Make the Call & Make a Difference](#)

This edition will feature retired **NFL Official and ESPN Officiating Analyst John Parry** along with **Dr. David Pierce, Director of the IUPUI Sports Innovation Institute**. John will share his journey, discussing how educators and coaches changed his life while challenging attendees to implement one simple and easily sustainable process to find future sports officials. David will share his experience collaborating with students on projects dedicated to officiating solutions, including innovative means of developing officials and improving the retention of officials. Join us to learn how your school and league can take a fresh look at officiating and improve the future of sports. The webinar is completely **FREE** to attend, simply [click below](#) to register now and you'll be emailed with instructions to access the webinar on March 12th!



Register Now for Thursday's FREE Webinar!

A Prayer for Parents



God, I thank you for the wonderful blessing it is to watch my children play sports. Thank you for the smile that it brings to their face and for the ways in which sports help them to grow in virtue and skill. I ask that as they participate you protect them from injury and harm and bless them with the grace to reach their full potential. Bless their coaches that they may embrace their role and have the courage to always do what is right for the children you have entrusted to their care. Grant all sports parents the graces we need to be supportive and to have perspective. May we seek not our own will for our child, but yours, and in doing so be freed to let them enjoy this experience no matter the result. May each of us - child, coach and parent - glorify you through our actions and come to know you better through this experience. I ask this through Christ, our Lord. Amen.

Access Resources & Learn More at PlayLikeaChampion.org

Play Like a Champion Today Educational Series
PO Box 72, Notre Dame, IN 46556 | information@playlikeachampion.org
www.playlikeachampion.org

FOLLOW US ON SOCIAL MEDIA!

