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Champion Parent Focus: Sports Confidence

The dictionary defines confidence as

1. Full trust; belief in the powers, trustworthiness, or reliability of a person or thing,
2. Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance.

Sports confidence means a young person believes in him/herself enough so as to accomplish fair goals.

Parents are the central role model for their children. Kids will always look for your approval before anyone else's. Let your children know that you care for them unconditionally and work to build your children's confidence in sport. This does not mean you tell them that they are the best on the team or something that isn't true. Kids are typically realistic of their natural abilities, so parents should honestly praise their child's performance. If they played poorly, highlight the things they did well. If they played exceptionally, point out some areas they can continue to work on.

Parents can build the confidence of their athletes by

- Not criticizing your children when they make mistakes. Players need to take chances to grow and those chances will often result in failure, but that is how learning occurs.
- Encourage athletes to strive to



"Some parents look at a youngster's failure as the final thing. It's a process and failure is part of the process. I would like it if the coach and the parents would connect more."

~Coach Mike Krzyzewski

succeed no matter what the odds.

- Give athletes positive feedback when it is deserved as well as appropriate correction (constructive feedback vs. yelling and critical correction).

- Don't ever give up on an athlete

- Be patient and remember no kids are doing poorly on purpose.

Work to develop your child's confidence in his/her skills, especially with kids who doubt themselves. Remember to be patient. Not every athlete will gain the confidence overnight that they need to succeed, but with continued coach and parental support and advice, each child can find their inner Champion.

Play and Parent Like A Champion Today(R)!