



RAISING GREAT PLAYERS STARTS AT HOME

A WESA Parent Guide to Supporting Your Soccer Athlete.
 WESA Values Development, Leadership & Character, Teamwork & Positivity.
 Your Role as a parent: Support your player!



MIND PATH PERFORMANCE
 Elevating performance and athlete wellbeing

Let's keep sports FUN for kids so they build their intrinsic motivation & a lifelong love of sport. Focus on building these three aspects this season:

AUTONOMY	CONFIDENCE	COMPETENCE
<p><i>Let them own it</i></p> <p>Resist the urge to fix things for them. When you step back and ask "What do YOU think?", you build a player who trusts herself.</p> <p><i>Try: "How did that feel to you?"</i></p>	<p><i>Your words become their inner voice</i></p> <p>Focus on effort and character, not outcomes or playing time. Your unconditional belief gives them the courage to take risks and grow.</p> <p><i>Try: "I love watching you play."</i></p>	<p><i>Trust the process</i></p> <p>Skills come through mistakes and time. When you stay calm after an error, they feel safe to keep trying.</p> <p><i>Try: "I saw you trying and how you kept going the whole game."</i></p>

WHAT SUPPORTING YOUR PLAYER LOOKS LIKE IN ACTION			WHEN YOUR PLAYER HAS A CONCERN about a coach or playing time
<p>AT THE GAME</p> <p>Cheer for every player Stay relaxed—they feel your energy No coaching from the sideline Enjoy watching them learn, try, develop and grow Regulate your emotions.</p>	<p>AFTER THE GAME</p> <p>"I loved watching you today" Wait to talk in the car, then follow their lead Ask: "What was your favorite part?" No unsolicited coaching Regulate your response.</p>	<p>AT HOME</p> <p>Make home a pressure-free zone Validate their feelings Ask about teammates, not stats Love them unconditionally Regulate your expectations and the pressure on your kid to win.</p>	<ol style="list-style-type: none"> 1. Listen First Hear them out fully before offering solutions. 2. Encourage Them to Speak Up Ask: "Have you talked to your coach?" This builds life skills. 3. Help Them Prepare Practice together what to say, then let them go in first. 4. Step In If Needed Request a calm, private meeting. Focus on wellbeing and not the win. <p>WATCH & LEARN 5 Tips & Mistakes Parents Make in Youth Sports How to Talk to a Coach as a Parent</p>

PARENT RESOURCES				
<p>WESA Parent Resources Communication policies & parent code of conduct</p>	<p>Positive Coaching Alliance positivecoach.org — making sports fun again</p>	<p>Project Play Age-sorted guides for healthy sport development</p>	<p>TrueSport Guides for families, coaches & educators</p>	<p>Mind Path Performance Visit to learn more and reach out to me anytime for resources.</p>

After their first game this season, try saying: "I love to watch you play." This is the most powerful thing you can say to your athlete. Followed by: "Did you have fun?" and "Are you hungry?"