Why coaching your child from the sidelines only works in Hollywood

Written by: Dean Koski, Lehigh University dkoski@lehigh.edu

2005 Univertal Pictures

A player with the ball is required to



make many decisions.

For example, consider this decision making matrix of a 9 yr oldsoccer player



He has no less than 16 possible decisions to make...

...and 14 reasons to be distracted.



1 coach + 5 teammates + 14 parents = sensory overload

Average total time for 9 year old to make <u>16</u> decisions with <u>14</u> external influences...



...1-5 seconds

Now, consider this....

...decision making matrix of a 40 year old at work:



6 Possible decisions

External influencers during decision making matrix...



...4 Potential Interferences

Average total time for 40 year old to make **6** decisions with **4** possible interferences and no one yelling at him...





So my wish for all the parents who feel compelled to interfere (coach, yell, shriek or "encourage")...



... is to be able to show up at their office with the soccer team and support them.

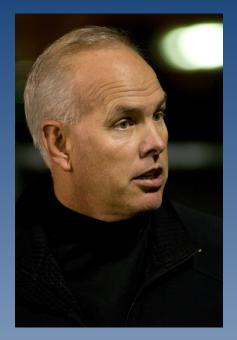


So to all well intended parents:

It is not as easy as you think and while you believe that you are helping by yelling, coaching or encouraging...

You are not.





Created by Dean Koski, Men's Soccer Coach Lehigh University

34 years as a coach and educator
Coached over 1,000 games
Scouted over 6,000 games
Watched over 8,000 games (in person)
Interviewed over 1,200 parents and athletes
Observed over to 200,000 parents
Coaching and mentoring over 1,000 athletes

dkoski@lehigh.edu