

BEASTMODE

S-O-C-C-E-R

THE SWAG MINDSET: GREAT SOCCER PARENT CHECKLIST

Before The Game

- Pump them up! Make them feel confident by talking about what they did really well in the last few games and how that felt. Do not talk about mistakes they made, but tell them to focus on their goals and... Have fun!
- No matter if it's a regular game, or a Cup Final, stay calm! Don't add to the 'manicness' by being nervous! Become a 'master of calm'
- Let them know that regardless of the result, they're important to you!
- Do not give them instructions before the game. Let the coach do their job. If you give your player instructions that contradict the coach... That's a recipe for unwanted pressure and subpar performance
- Do not talk smack on the coach or other team members. This will just bleed down to your player, enabling them to become an excuse maker and undo all of the SWAG Mindset work!
- Don't focus on talking about specific technical elements of the player's game
- Remember to remind your player why they play. This is more than soccer

During The Game

- Be a good fan! Relax on the sideline. RESPECT both coaches, all players and yes... The referees! A lot of parents get to the game and leave their common sense at the door.
- Want to know if you're a crazy soccer parent? Set up a camera on the sidelines, leave it, forget about, watch the footage... You may be surprised at what you find!
- DO NOT offer financial incentives for your players! \$20 a goal turns into 'I'm not passing to my teammate because I want that money!'

After The Game

- Make sure that your player's performance doesn't reflect on them as a person. Often players tie their performance to their self-worth. Convince them that you are proud of them no matter how they played
- Use the Oreo Principle. Begin the conversation by pointing out a few positive things that they did in the game. Talk about these first regardless of how they played
- Think about your body language and your voice tonality. Your player KNOWS if they have or have not played well! Your player knows what to do next because of the SWAG Mindset, encourage them to do that
- If your player asks you about mistakes they made, ask them what they feel like they could have done differently. Help them SOLVE the mistakes that they made. No soccer player has EVER played a full game without making a mistake!
- This is a hard one, but do not focus on the score, win or lose. Focus on your player **DEVELOPING**