



YOU AND YOUR PARENTS



Understanding Their Reactions in Sports

Youth sports can be intense, and parents often get caught up in the emotions of watching their kids play. Their reactions - whether overly supportive, critical, or even overwhelming - stem from a deep love for you, mixed with their own past experiences and subconscious emotions. While some handle it well, others struggle to find the right balance.

Parents' words and actions may come from a place they don't fully understand themselves. Even professional athletes have shared that parental pressure sometimes made sports less enjoyable. However, despite their intensity, we still want our parents' support and approval.

Try This: Media Training with Your Parents

To communicate your feelings effectively, create talking points - simple, clear responses that express your truth without sparking arguments.

Example:

Parent's Comment: "Have you thought about talking to your coach about more playing time?"

Talking Point: "I know it's hard to see me on the sidelines, but I trust that as I improve, my coach will give me more opportunities."

By practicing these responses, you can create a healthier dialogue with your parents and make your sports experience more enjoyable.

If these questions sparked some curiosity and understanding for you, pick up a copy of **"FROM GOOD TO GREAT ATHLETES JOURNAL"** and dare dive deeper. **3A Athletics** exists to transform the landscape of youth sports into a place where we all thrive. See you on the field.



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