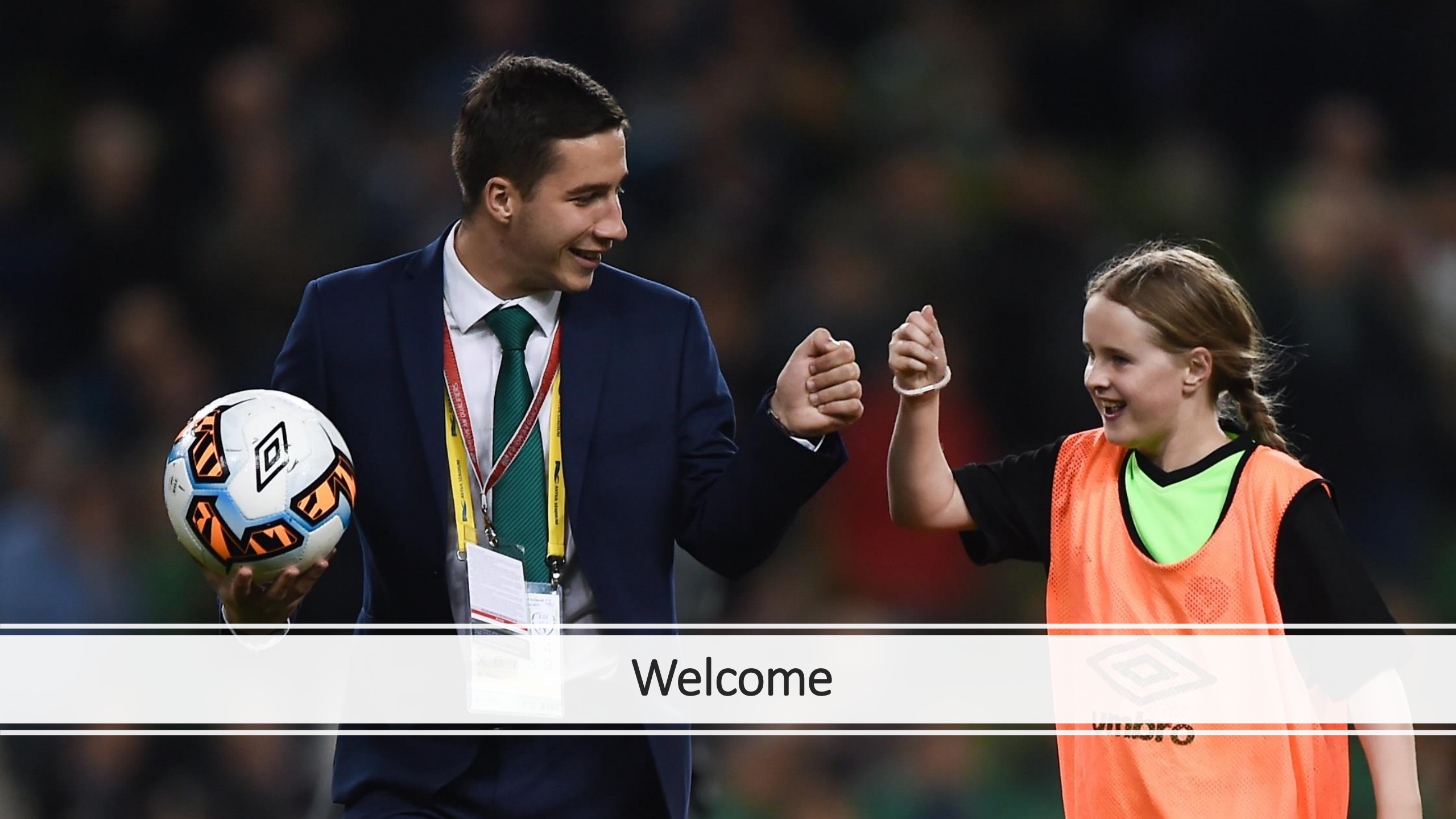




Parent Awareness Workshop



Welcome

Aims & Outcomes

- Parents will have a better understanding of their role in their child's enjoyment of football
- Introduce an inclusive player's support structure
- Provide better communication pathways for parents, players and coaches



Parents & Players

- The importance of young children becoming involved in sports activities outside of the school setting is the responsibility of the parent/guardian.
- Parents who understand the psychosocial and academic benefits that sports have to offer young children will pursue activities that they themselves enjoyed or that their child shows an appetite for.



Parent/athlete relationships has been studied extensively over the last 30 years (Sheridan et.al, 2014).



The support or pressure on a young player can lead to a healthy and enjoyable experience for the young player or it can cause maladaptive behaviour, health issues and lead to early drop out (Ommundsen et.al, 2004).



The parent -child relationship is the main support at young ages as transport, finance, logistical and emotional support are heavily relied on by young players.



To work together to build the child's love of the game

- Positive parent behaviours can lead to increases in player enjoyment, self-esteem, and performance (Horn & Horn, 2007).
- Several dimensions of support (i.e., emotional, informational, tangible, and relational) have been highlighted as being important to the parent role (Cote, Hancock, & Abernethy, 2014).
- Being a supportive or a pressurizing parent has been suggested as being central to a child's motivation to stay involved in sport. (Holt & Knight, 2014).
- A child's goals, and a parent's goals can differ and affect how a child interprets comments made by their parents regarding their performance (Elliott & Murray, 2015).





Before, During and After

Before, During, and After

Parents interactions with their child before, during, and after training and games will impact their child's motivation and enjoyment in being involved in sport (Elliott & Murray, 2015).

Parents comments can be interpreted differently by children and have a different meaning.

Before- you need to play/train well today “ I had to leave work early to get you here”. “ What's the point of bringing you all this way if you don't even try”. “ You really need to beat these today if you want to win the league”. “ I'll give you a €5 for every goal you score today”.



Before, During, and After

The water bottle Parent – holds the water bottle so the child must come over to them for a drink which allows the parent the opportunity to pass on advice.

During – “Great tackle but you need to pass it quicker”.

“You're not even trying”.

“ Get rid of it”.

“ You should be beating these”.



Before, During, and After

After – the silent treatment (not speaking to the child on the journey home)- visible anger (showing aggressive behaviour i.e. slamming doors, being impatient) - punishment- (not getting the usual treat on the way home, not going to a planned activity).

These comments will lead to a child not continuing in sport.

Dropout rates of young players in Ireland are on the increase and, in one sport alone, this was represented by over 19% of participants between the ages of 12 and 16 years leaving organised sport (Lavelle et al., 2019).

A study that compared the opinions of children and their parent's involvement in football, found that children believed that their parent was a lot more involved than the parent realised (Goodman & James, 2017).





Let's make Changes

How can we change this ?

- While feedback from parents has been seen as positive for children, the delivery of this feedback can make all the difference.
- Although this study, by Goodman & James (2017) found more positive feedback than negative, the structuring of the parental feedback changes the nature of how criticism is perceived by each child. <https://youtu.be/-0e8zvvY-x8> True Sport (2022).
- A compliment can often be followed up with instructions on how to proceed next, and leaves a negative tone (Goodman & James, 2017).
- If Parents aren't supported in how best to ensure their child's long-term involvement in sport, then things won't change for the better. Many parents will rely on their own sporting experiences and pass them on or will look for other avenues for knowledge.



Parents Goals for their Child

There are 3
types of
goals parents
have for their
child in sport

- **Instrumental goals** – grow their confidence – try new things – Health benefits – social benefits – enjoy learning
- **Identity goals** – showing their child in a good light – can be seen as a reflection of them – others will think they are a good child
- **Relational goals** – spending more time with their child – wanting their child to make new friends – build a better bond with their child. Dorsch et.al, (2015)



Why your child plays football?

“Children understand fun in different ways. For example, soccer players stated that fun was experiencing freedom and self-expression” (Piggott, 2009)

Enjoyment

Like football

Emulate their heroes

Expect it to be FUN

Learn skills

Make new friends

Enjoy competition

Friends are playing

Part of a Group





Providing the right Support

Providing more Support

- Providing more support for parents who may not have had sport related experience in recent times is crucial. Developing a parents understanding of the game will help parents relate to their child's involvement in football.
- A study of parent support (Knight & Holt, 2013) found that many parents were unaware of how their sport worked, and how best to support their child through it.
- Some of the challenges they reported were not knowing the rules, who to ask for help, and difficulties getting their child to training and games while working. What are the progressions, and what will their commitments be?.
- It was found that answering these questions relieved their frustrations and allowed them to enjoy their child's football more (Knight & Holt, 2013).



Speak to your Coach

- It is now considered good practice for all coaches/managers to hold a preseason meeting with all parents, where questions can be asked.
- The purpose of these meeting is to set out the season plan for the team and provide parents with training days, times etc.
- It also allows the coach to set out the rules for the team and parents should be at the centre of this as they will provide the support and transport required to attend training and games.
- Parents should ask What is the long-term player development pathway? And where does my child fit into this ?



Speak to your Coach

- An information evening like this can address formats (7v7, 9v9) and squad size.
- Playing time for all players, basic rules around attendance, punctuality, wearing club gear, and behaviour are all important issues that can be addressed here.
- Agreeing time and days that you can discuss any issues with the coach are important as most parents will try and speak to the coach while he is distracted on game day or while the team are training which is not advisable.
- Having open and honest conversations during the season is an opportunity for parents to educate themselves on any relevant issues.





Parents supporting Parents

- Spouses can support each other particularly if they have more than one child involved in sport. This can be very demanding on parent's time and career which may lead to frustration with your child's perceived performance and lack of understanding of the sacrifices being made.
- Building a plan to cater for your children's commitments should be agreed with your coach if it deviates from the team plan and flexibility is vital to this.





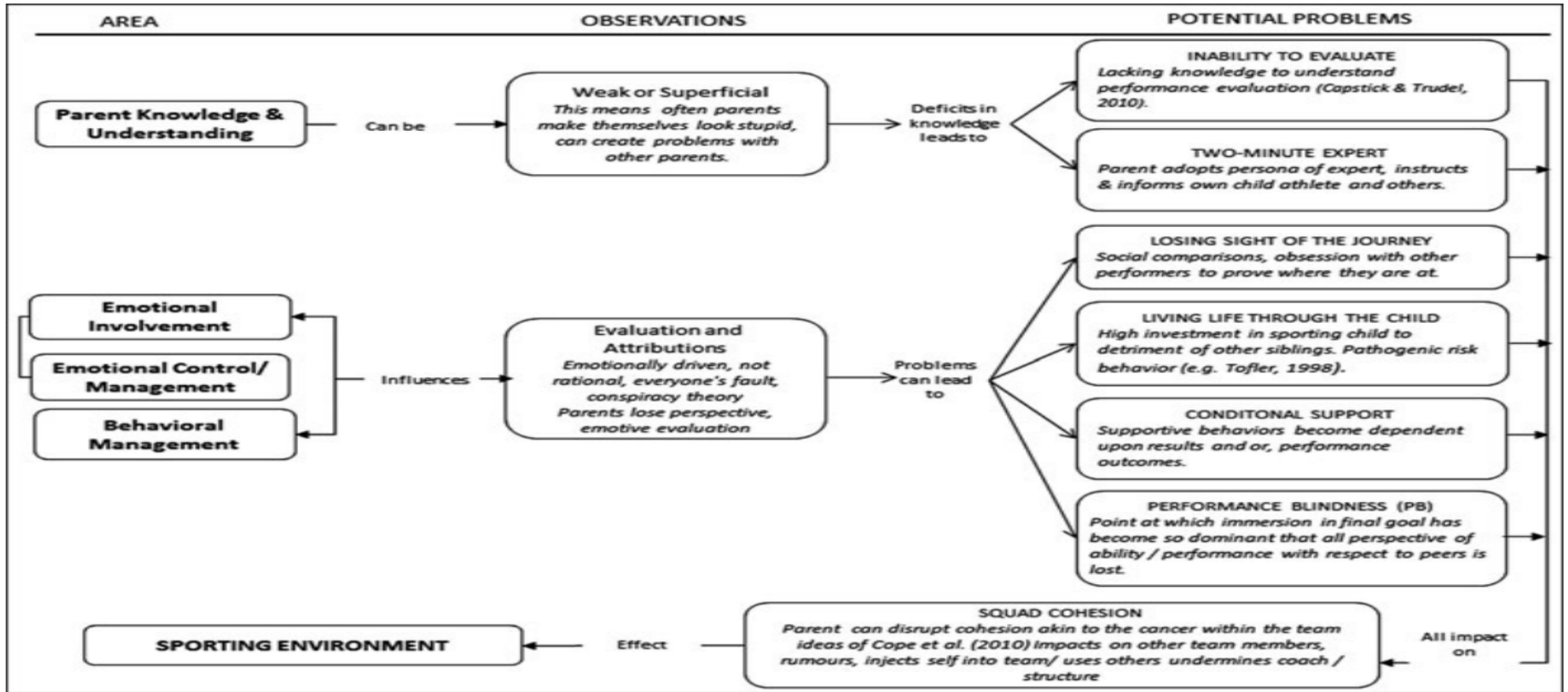
Parents supporting Parents

- Not all parents are in the same position, but all will go through the same experiences at some point. It is important that parents can “buddy up” with other parents where transport is needed, this can alleviate the stress caused by work commitments and unforeseen problems.
- The same system can be used when dealing with frustrations or a lack of knowledge about the structures or rules concerning your child’s team. You can be sure that other parents are having similar concerns and raising them together can benefit everyone.



The Working With Parent's in Sports Model

(WWPS-Model, Lafferty & Triggs, 2014)



- This diagram illustrates the many issues that can arise if there aren't positive communication channels open to parents.
- Clubs and coaches should work with parents and support their education in these areas to reduce the occurrence of negative behaviour and keep children in football into adulthood.





Thank you