



## **Role of the Parents of U5 to U8**

- ➔ Before your child's game
  - Communicate with coach about any absences
  - Ensure your child has eaten and has had enough rest.
  - Ask your child if they have all their uniform and a water bottle.
- ➔ During your child's game
  - Play with your child, have fun with them.
  - Support the coach with praise and encouragement.
  - Praise effort; don't criticize mistakes.
- ➔ After your child's game
  - Praise the effort your child has given
  - Ask if they had fun
  - Give them food and a drink

## **Role of the Parents of U10 and up**

- ➔ Before your child's game
  - Communicate with coach about any absences
  - Ensure your child has eaten and has had enough rest.
  - Ask your child if they have all their uniform and a water bottle.
- ➔ During your child's game
  - Support the coach and your child with praise and encouragement.
  - Praise effort and implementation of new skills; don't criticize mistakes.
- ➔ After your child's game
  - Praise the effort your child has given
  - Ask if they had fun
  - Give them food and a drink
  - Get them to explain a new skills/strategy they learned
  - Have them practice their skills/strategies during the week