



Positive Coaching Alliance

Positive Coaching Alliance, a national non-profit based at Stanford University, is creating a movement to transform the culture of youth sports so that every youth athlete can have a positive, character-building experience.

The club hopes that the partnership with PCA will provide your child with a positive soccer experience. The following tips are taken from the best practices of successful coaches and athletes, as well as lessons learned from sports research and psychology.

Before the Game:

Tell your child you are proud of him/her
Tell your child to play hard and have fun. Nervous is normal, mistakes are ok.
Be a role model. Honor the Game by always remaining respectful.

During the Game:

Let the coaches coach. Don't call out advice or instructions.
Cheer the good plays and efforts of all the players. Fill the emotional tank.
Honor the game, even if the official makes a bad call.
Have fun and enjoy the day. Remember that this program is instructional.

After the Game:

Thank the officials and the coach.
Let your child tell you about the game (not the other way around). Be a good listener! Avoid the dreaded Post Game Analysis. Instead, ask open-ended questions.
Tell your child you are proud of him/her, *especially* if the game did not go well.

