



## COACHING TIP OF THE WEEK #5

### *Psychology Tips for Lacrosse Parents*

To excel in any sport, athletes must develop and then continually practice various skills. Initially, athletes spend countless hours developing their physical, technical, and tactical skills required by their particular sport. Lacrosse players typically improve their physical and endurance; work on cradling, shooting and stick skills; and learn defensive and offensive strategies. After an athlete has become competent at these sorts of skills, performance in both practice and competition will be enhanced if psychological skills are used.

Effective use of psychological skills allows an athlete to better access the physical, technical, and tactical skills that he/she has spent years learning and perfecting. Although there are a multitude specialized psychological skills that athletes can learn, there are also many general things that athletes, coaches, and parents of athletes can do to enhance the psychological aspects of sport performance. Continual practice of the following tips will exert a positive impact on the performance of lacrosse players of all ages:

1. Get behind your child, not in front.
2. Be realistic about your child's ability and attitude – there is only one Gary Gait.
3. Provide unconditional support. Your love, caring, and backing must not be based on your child's level of performance.
4. Accept imperfection in your child's performance and behaviour – this means he/she is human.
5. Allow your child to experience success and failure independently. Do not protect him/her from failure or “hog” their success.
6. Help your child maintain their “love of the game” for the value of playing, not for what they can get from it.