

Coaching Your Child Successfully in any Sport

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By: Coach Steve Pavlovic

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This book is dedicated to my wife Missy and my boys, John and Joe, who have always been there for me, as I have tried to be there for them.

Disclaimer: The opinions and techniques in this document are based on my own experiences and observations. You as a parent must use your own judgment to determine what is in the best interest of your child, and how to deal with your own child.

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Foreword

I have been a basketball coach for 22 years now. In that time, I have seen it all! I started out coaching because of 3 reasons: 1) there was a shortage of coaches, 2) I enjoyed basketball and working with children, and 3) I felt I owed something back, because adults had coached me when I was in youth sports. How could I let some young person miss out on youth sports?

As my coaching career progressed, I became more observant of parent and child interactions. I observed how the attitude and actions of the parents, especially the ones who were coaching, effected their own child. As you might suspect, the parents who did things “the right way” had children who were relaxed, worked well with their teammates, and seemed to have a good relationship with their Mom and Dad. The coaches and parents who were very vocal, pushed their child too hard, coached from the stands and confronted the coach when things didn’t go their way, had children who seemed frustrated and withdrawn. Which way would you want your child to be?

Though I don’t claim to have all of the answers, I have taken many of these techniques and used them as my children have started participating in

sports. I have found that these tips that I have assembled really do work! I have coached my 2 boys, ages 11 and 8 now, in basketball, baseball, and soccer. I have used the same method in each sport with much success.

In this book, I will present to you how you can successfully coach your own child. I will prepare you for certain situations that are bound to occur, and show you how to work through them. I can't promise you that the road will not be bumpy at times, but I can tell you that coaching your own child can be one of the most rewarding experiences of your life!

Since you are viewing this book, you are either coaching your child or thinking about coaching your child. Either way, congratulations! Spending time with your children is invaluable to their development. It is something that you can look back on and say, "I'm glad I coached my child". Just make sure you do it the right way. By doing so, you and your child can both be in a win-win situation.

Good luck to you as you read through this book and apply the techniques.

Feel free to email me at steve@scoremorehoops.com if you have any questions.

A handwritten signature in blue ink that reads "Steve". The signature is written in a cursive style and is underlined with a light blue line.

Steve Pavlovic
Coach and Author

Should You Coach Your Child?

The first thing that must be determined is if you are even eligible to be a coach. Some programs have guidelines that say a parent can't coach a team that their child is on. Or a program might have certain minimum requirements that a parent must meet in order to coach. If you don't qualify, you can't coach. There might be an experienced coach or two that has put in to coach your child's team. The knowledge they possess might want you to think twice about coaching, as they might be able to better handle the team and help them progress at a quicker pace.

Though the above situations do arise sometimes, it is more prevalent now that there are probably not enough coaches for your child's team. Everyone is busy these days, whether it be work related or other activities. People just can't or won't make the commitment to coach a team. It might come down to either a few parents stepping forward to coach a team, or there may not be a team at all. Talk about putting pressure on the parents!

So what do you do if you are approached about this situation? You certainly don't want to disappoint your child, yet you may not feel comfortable coaching. The first thing to do is to look at the level of competitiveness of the team. Is it a beginning team that will just learn the basics? Or is it a team that will need to be taught advanced topics and will be

counting on winning games? With this, you must also examine your knowledge of the particular sport. Do you know anything about the sport you might be coaching? For example, if you played basketball up through high school, you would definitely have enough knowledge to coach a team up through junior high. However, if you have never played basketball, you could probably coach a beginning team by learning the basics first, but you would have a difficult time coaching a junior high team. It could lead to frustration on both your part and your players too. Really sit down and evaluate your knowledge, as well as how you could handle the team. If you feel you could bring some benefits to them, then by all means move on to the next step!

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