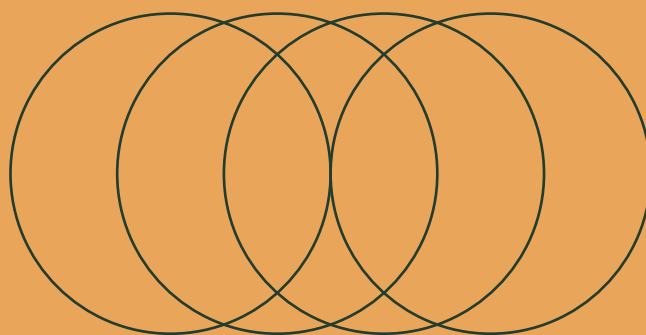


EDUKAIZ / THE SPORTS PARENT SERIES

The sideline reset.

10 practical conversation ideas
for parents of young athletes



Read less. Apply more.

FREE PREVIEW / A SHORT LOOK INSIDE

An original educational toolkit. Prepared for editorial approval; not yet a reviewed paid edition. The examples are fictional and can be adapted to your family.

Ask before giving feedback.

A familiar moment

The car is quiet after a disappointing game. You have three things you want to explain, but your child is looking out of the window.

A different starting point

You do not have to use the journey home as a review meeting. Your first decision is whether this is a useful moment for a conversation. Offer a choice without asking the same question repeatedly if the answer is no.

Words to try - fictional example

Parent: I have some thoughts, but I want to check first. Would you rather talk now or have a quiet journey?

Athlete: Quiet.

Parent: Okay. If you want my perspective later, ask me.

Watch out for

Turning permission into a formality: asking if they want feedback, then giving it anyway.

One small practice

Before the next game, write the question you will use. Afterward, note whether you followed the answer. You are measuring your own behaviour, not whether the child becomes more talkative.

Reflect: Did I make space for their preference?

Make room for a better conversation.

The full 20-page draft includes ten practical ideas, three worked situations, a ten-day experiment and two printable planning sheets. It is written for parents and caregivers of school-age and teenage athletes.

Three situations covered

The journey home after a difficult game.

A question about selection or playing time.

A difference between your ambitions and the athlete's preferences.

Proposed launch price: EUR 29

Checkout is not enabled yet. The full edition is an editorial draft awaiting approval and review. This preview does not place an order.

About this example

The conversation scripts are original, fictional suggestions. Background reading includes Positive Coaching Alliance's conversation and game-day resources, and Self-Determination Theory's parenting overview. They do not establish that this particular script produces a specific result.

Further reading

Positive Coaching Alliance: conversations with your athlete

Self-Determination Theory: parenting and family

General educational content. This guide does not replace safeguarding procedures, medical care, mental-health support, legal advice or coaching instructions.