

SIGNALS PARENTS SEND

Take a look at the the following two lists. What stands out to you?

Answers are from a group of over 100 Elite female soccer players, ranging 13-18 years old.

What subtle signals do your parents send after a game that show your performance affects their mood?

TOP 10 ANSWERS

- Total silence on the car ride home
- Leaves the field without me / Leaves the game before it ends
- Anger/Cursing
- The rear-view mirror “look”
- Avoids me/Gets on the phone
- Complains about club fees/time
- Body language: walks in front of me, sits instead of cheering, moves away from other parents, shakes head
- Tells me what I need to work on
- Compares me to other players
- Reminds me that my scholarship rides on this

What are the emotions that you feel during/after the car ride home?

TOP 10 ANSWERS

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|--|------------------------------|
| Disappointment in myself | Scared |
| Anger (at myself and my parents) | Self-conscious/not confident |
| Feel like I let others down | Embarrassed |
| Feel like a failure | Frustrated |
| Guilty for spending my parents money on my sport | Worthless/Self-hatred |