

Negotiating the post-game conversation

Sport can be an emotional experience for children, parents, and coaches. Feedback from parents greatly influences how a child perceives their ability, enjoys their sport, and feels motivated to continue participating. In such an emotionally charged environment, ensuring well-timed and delivered feedback is crucial.

Here's how parents can navigate the post-game conversation:

Keeping Your Child Safe in Sport



When

Emotions can be extremely high after a game and it's important to allow time for your child to process their performance. You should:

- allow your child to complete their cool-down and team discussion with the coach and teammates before giving your own feedback
- ask if your child feels ready to have a conversation about the match

Each individual child and circumstance will vary, so it's important to regularly talk with your child about how they prefer to receive post-game feedback.



Where

Some children may be conscious about receiving feedback in front of their peers, especially if it is overly positive or negative. Most young people prefer post-game feedback to be saved until they are in a private environment, away from their team.

What

Focusing feedback on the outcome of the game can leave children feeling under pressure. Instead:

- help to keep motivation high by providing feedback around aspects your child can control, such as attitude, behaviour, and personal skills development
- remain consistent with the coach's message
- ensure feedback is appropriate for both yours and your child's level of knowledge



How

It's important to wait until your child indicates they are ready to talk about the game before initiating the post-game conversation. When this happens, you should:

- encouraging your child to share their views, and be ready to listen
- ensure your feedback is positive and focused on areas for improvement, rather than appearing critical



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