

The Car Ride Home:

A Workshop for Sports Parents

Because sometimes the toughest part of the game starts in the parking lot.



The game is over. Your athlete gets in the car. You've got some thoughts.

About the missed shot. The referee. The coach's decisions. The fact that your child apparently forgot everything they've ever learned about soccer for approximately 45 minutes.

And you're pretty sure a little constructive feedback could help.

But here's the thing: The conversations parents have with their athletes before, during, and after competition can influence confidence, motivation, performance anxiety, and how kids feel about sports altogether.

Our The Car Ride Home workshop helps parents better understand the psychology of youth sports and how to support their athletes without unintentionally adding to the pressure.

Through humor, relatable examples, and research-informed strategies, we explore:

1



The postgame brain:

Why your child may not be ready for your thoughtful analysis of the second half.

2



Praise that actually builds confidence:

Why telling your child they're the best player on the team isn't necessarily helping.



2

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Encouragement versus pressure:

How even well-intentioned comments can contribute to performance anxiety and perfectionism.



Handling mistakes and disappointment:

Helping athletes take responsibility, learn, and move forward without feeling defined by a bad performance.



Motivation that lasts:

Supporting effort, growth, independence, and a healthy relationship with competition.



What to say and what to skip:

Practical communication strategies for wins, losses, limited playing time, and frustrating performances.

The art of doing less:

Recognizing when your child needs encouragement, perspective, or simply a ride home with absolutely no commentary.



Parents leave with practical tools to help their athletes develop confidence, resilience, and a healthier relationship with sports.



Because your child should know that whether they score the winning goal or accidentally pass the ball to the other team, **the relationship they have with you isn't on the line.**