



## 10 Questions Parents and Coaches Should Ask Their Athletes

It can be very difficult to both coach and parent young athletes these days. We live in a sometimes crazy youth sports environment ([click here to learn more about the pressure and stress of modern day youth sports](#)).

In over two decades of coaching and working with young athletes on the youth, high school and college level, I have found that often communication issues are one of the biggest factors that negatively affect performance. By asking your athletes these ten questions, you will have a far greater understanding of why they play, what their goals are for sports, and what they need from the adults (parents and coaches) who are guiding them along the sports journey. Some of the questions have hyperlinks to blog posts that explain them in further detail. Enjoy some quality time with your athletes, and have them write down the answers to these questions. You never know what you will learn. Good luck!

### **Five Questions To Help Improve Your Athlete's Playing Environment:**

1. Are you [enjoying yourself](#)? (First and foremost, this answer must be YES)
2. What do the coaches/parents/other adults do that makes sports more enjoyable for you? What do the coaches/parents/other adults do that makes sports more stressful and less enjoyable?
3. How would you like me to cheer for you during games/matches? Should I say nothing, cheer positively, cheer equally for everyone, etc?
4. In the [car ride home after the game](#), do you like to talk about the game, or would you rather wait till later or the next day?
5. What other sports do you want to play? ([Click here for an article on the dangers of early sport specialization](#))



**Five Questions to Help You get on the Same Page as Your Athlete:**

6. What are your individual goals for this season? Make sure they are specific, measurable, and timely. [Click Here for Article on Goal Setting](#)
  
7. How do you plan of achieving these goals (what will you do, practice more, extra fitness, etc)?
  
8. What are your goals for your team this season? (can be both specific and forward thinking, i.e. win a league championship)
  
9. How do you plan on achieving your team goals?
  
10. What is your role on the team? Are you happy with it?

Thank you for taking the time to go through these questions with your athletes. If you are interested in learning more about *how to raise both Happy AND High-Performing kids*, then please check out our additional books and videos that will take you and your athletes to the next level!

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