

[Be a Parent, Not a Coach, at Your Kid's Game](#)

As another school year begins, kids are entering new seasons of youth sports, which means it is time for the annual reminder: **Chill, parents.**

Your little point guards, goalies and shortstops don't need another coach. They have those already! What they need are moms and dads who sit on the sidelines with words of encouragement and coolers of Capri Suns.

Author and speaker Glennon Doyle laid it out on Instagram when she shared what her wife, *two-time Olympic gold-medal soccer superstar* Abby Wambach, says to their daughter after every soccer game. Spoiler: It's not a dissection of each play via Powerpoint, nor a rant about how the ref was freakin' blind, nor a giddy rhapsody about how with a few more camps and clinics and private sessions, she could land a scholarship at Notre Dame. No, her words are much simpler.



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glennondoyle This is my wife and my daughter. After every soccer game our daughter plays, my wife says one thing to her and asks one question of her: 1. It was so fun to watch you play! 2. How do you feel about the game? Also: my wife is one of the greatest soccer players of all time. She knows what Tish did right and wrong and what she could do better next time. She knows! But what My wife also knows is this: our daughter has a coach. She needs a mom. Kids are quitting sports in record numbers. A few of the reasons they give: Too much pressure. Too much yelling. No fun. Soccer parents: be soccer parents. Unless you know more than my wife does, of course. Love, G @abbywambach #offsides

This is the type of calm, loving support that kids need after 35-minutes of high-stakes action on the field. You know who's a good model of this? Grandparents. In [The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed](#), author Jessica Lahey points to a survey of adult athletes, who were asked about their favorite and least favorite part of playing youth sports. Their least favorite? The tense ride home with their parents. And their favorite? When their grandparents watched them play.