

Our Playing League Received a Record Number of Infractions Last Season . These Included Coaches, Players and Parents. In an Effort to Keep Our Focus On Fun, CVYSL Will Continue To Educate Players, Coaches and Parents on Proper Etiquette.

CVSOCCER.COM



Check out our online calendar for important dates and fundraisers.

WHAT TO DO ABOUT SIDELINE RAGE

It's that time of year again: school is well underway, fall soccer season is quickly approaching and someone asks me what we can do about coach and parental sideline behavior. In this age of reality television, I sometimes can't believe we haven't seen this yet: "What happens when you take a seemingly normal person and put them in the vicinity of a youth sporting event? Find out on: **"When Coaches and Parents Attack" – next on FOX."**

All jokes aside, we have all heard of the extreme incidents such as the New England hockey dad who killed another dad, the tee ball coach in Pennsylvania who paid his players to injure a teammate who wasn't that good, and the coach in Richmond who kicked a ref in the head.

There is some debate on whether this is an increasing trend or if it has always gone on and the information age has just magnified the problem. However, there is no debate on the impact it is having on kids and the need to address this problem.

First of all: Why should we care? Does sideline rage really affect kids? Here are 4 ways it takes away from our kids' experiences:

1 – **Leadership.** In a study I did on leadership, youth soccer players counted positive communication and setting a good example as the two most important qualities a leader can possess.

2 – **Motivation.** People are motivated in two ways: internally and externally. Internal motivation comes from within (i.e.: passion for the game), while external motivation comes from the outside (such as winning trophies and playing well to make other people happy). While external motivation is useful, it can often quash internal motivation. For young people, the cultivation of strong internal motivation is extremely important both on and off the playing field. Therefore, excessive yelling from the sidelines can actually reduce motivation.

3 – **Focus and performance.** Soccer players have many things to focus on while playing the game. There are 21 other players on the field, a ball, 2 goals, and 3 referees, not to mention field and weather conditions. Isn't that enough? If you know kids, you know they have trouble focusing on more than one thing at a time. Why distract them with instructions from the sidelines?

4 – **Low retention of referees.** By far the biggest targets of sideline rage are the referees. Many of our referees are young people themselves; trying to learn some thing new, maybe make a little (read: *very* little) money, and just plain help out. Unfortunately, a lot of young referees with tons of potential quit every year because it is not worth the abuse.

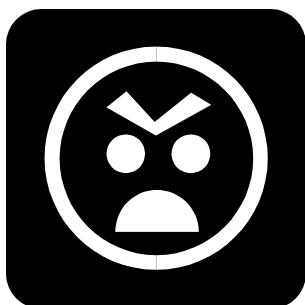
Before continuing, it is important to recognize the time, effort, family and financial sacrifice that youth soccer parents and coaches make. It is tremendous. There would be no youth soccer if not for the countless hours of volunteering, fundraising, and driving so many parents put in. The unfortunate downside of this sacrifice is the stress, ultra-competitiveness, and all-too-often unrealistic expectations that lead to violent behavior on the sidelines.

A recent study correlated "sideline rage" in youth sports to "road rage" on the highway. According to this study each of these phenomena is most-often triggered when the person is upset and takes the action personally (i.e. – "How dare that person cut *me* off! Or in soccer "How dare the ref calls a foul on *my* daughter!"). Feeling frustrated and getting angry are normal emotions - it is the way we deal with them that counts. As an adult, removing your self from the game is really the first step in avoiding "sideline rage."

WHAT TO DO ABOUT SIDELINE RAGE (CONT.)

The most effective strategy in removing your self from the game is in how you approach the game. Players call it the pre-game routine. There is a certain amount of preparation an athlete must go through to perform at a high level: setting goals for the game, warming up mentally and physically, knowing what to expect, and having coping strategies to deal when things are going their way.

The same can be said for parents and coaches. Going into a game, do you think about your actions on the sidelines? Or do you just show up and then when the whistle blows get lost in the action? What if the adults had a game plan too?



- **Goal for the day** – Today I will set a good example for my kids.
- **Mental warm up** – Talk to Julie's dad while the teams are warming up. "I'm really excited for this game. Do me a favor and stop me if I start to go overboard."
- **Knowing what to expect** – Everyone makes mistakes, even the referees. So I am going to expect 10 bad calls today.
- **Coping strategies** – Taking a deep breath; walking ten steps away from the field and back; counting to ten before speaking.

As leaders in youth soccer, adults work hard for their kids and teams. We do the best we can to help our kids because we love them and are passionate about what they do. Sometimes we forget that it's their game, and personalize their experience. Sometimes our passion and stress get the best of us, and in turn we do things that go against our intentions. Passion, frustration, and even anger are inevitable realities in youth sports, but violent and abusive actions do not have to be.

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CVYSL CONTINUES WITH 24-7 UK SOCCER ACADEMY

The league made great strides last season in both out competitive and recreational programs in part due to the league's new training company, 24-7. The trainers spent many hours with our competitive teams enhancing the players technical skills and team work.

CVYSL also asked them to provide drop-in sessions for Recreational players. These weekend sessions were very successful and well attended.

24-7 will once again be offering their training camps before and during the season this year. This is a great opportunity to stay local and get high quality training in a fun and safe setting.

For more information on their services, please see their camp schedule on Page 6 and come to registration and meet them,