

Sport Psychology

U.S. Youth Soccer

National Championship Series

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Adding to What You Already Do Well...

- What keeps them (and us) going...
 - Principles of Motivation
- Improvement, Achievement, & Too Much...
 - Goals and Burnout
- So what do I say when...
 - Communication: When, Where, How

A Parable: Grumpy Guy

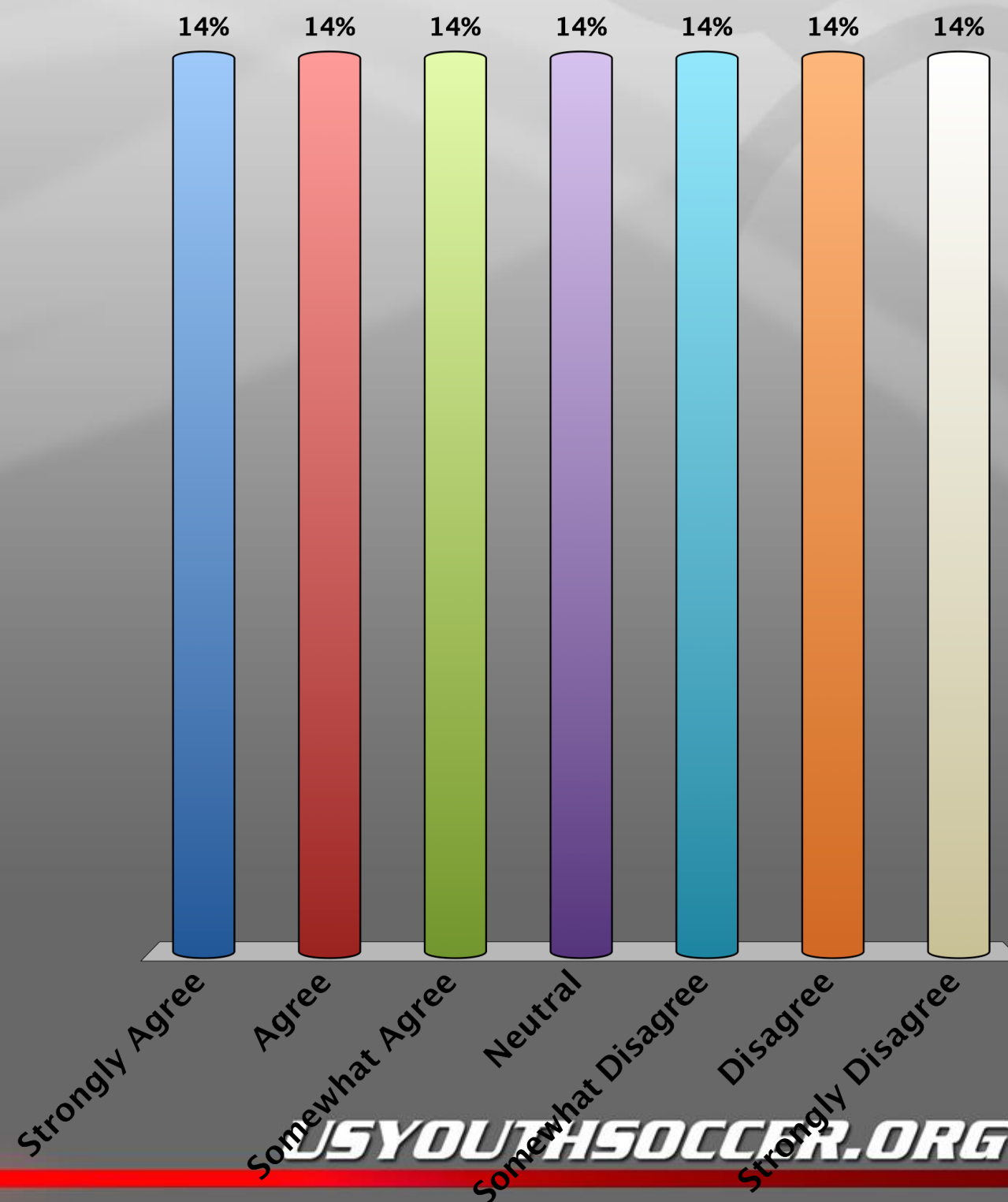
- The Kids Played Soccer
 - 1.To be with friends
 - 2.They thought they were good at it
 - 3.They got to decide where, when, and how to play their game
 - 4.All of those

Motivation

- SDT: Self Determination Theory
- Intrinsic & Extrinsic Motivation
 - Autonomy
 - Affiliation
 - Competence
 - ...How we judge our competence

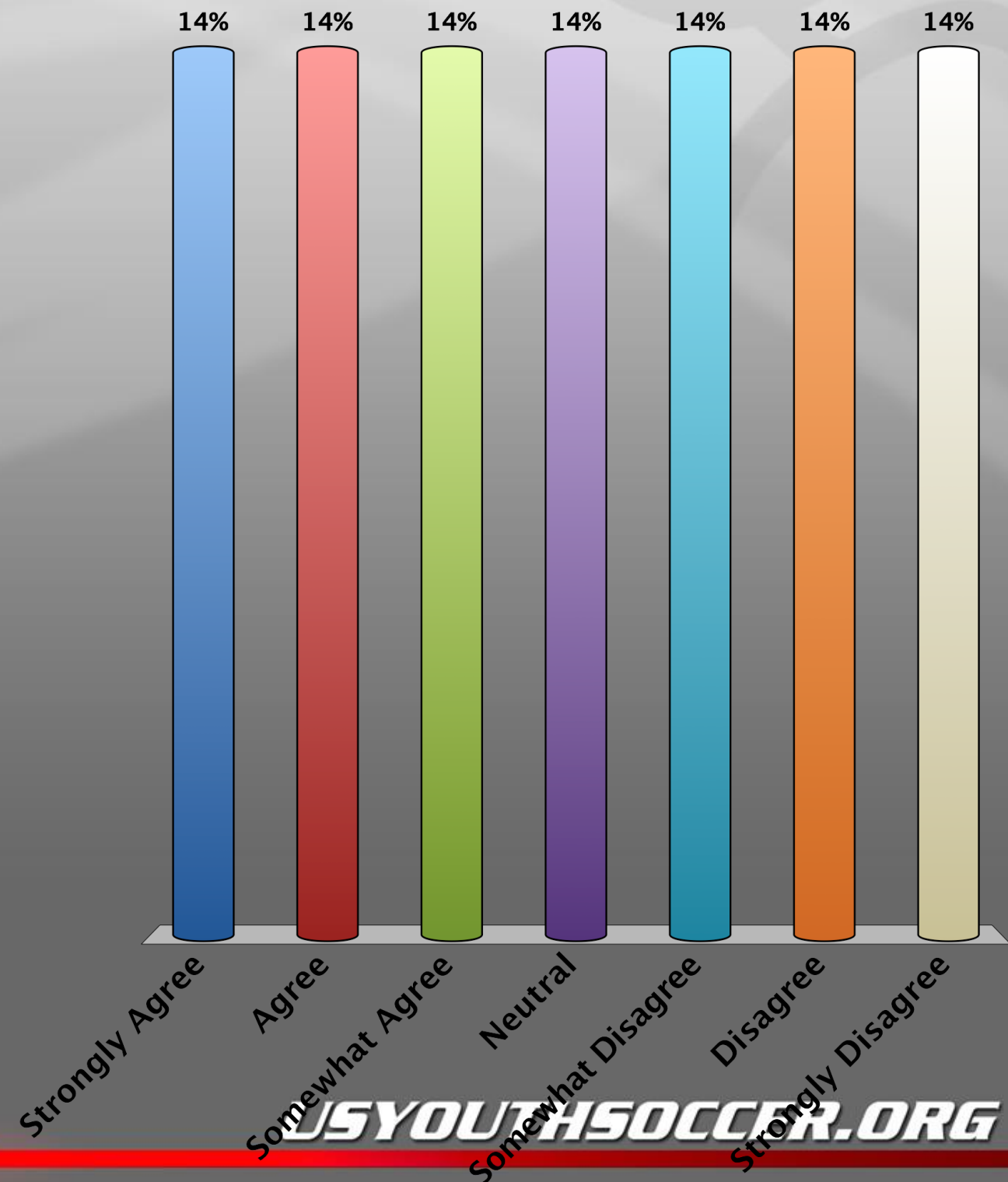
My soccer player knows they have improved when they can see they are better than others.

- A. Strongly Agree
- B. Agree
- C. Somewhat Agree
- D. Neutral
- E. Somewhat Disagree
- F. Disagree
- G. Strongly Disagree



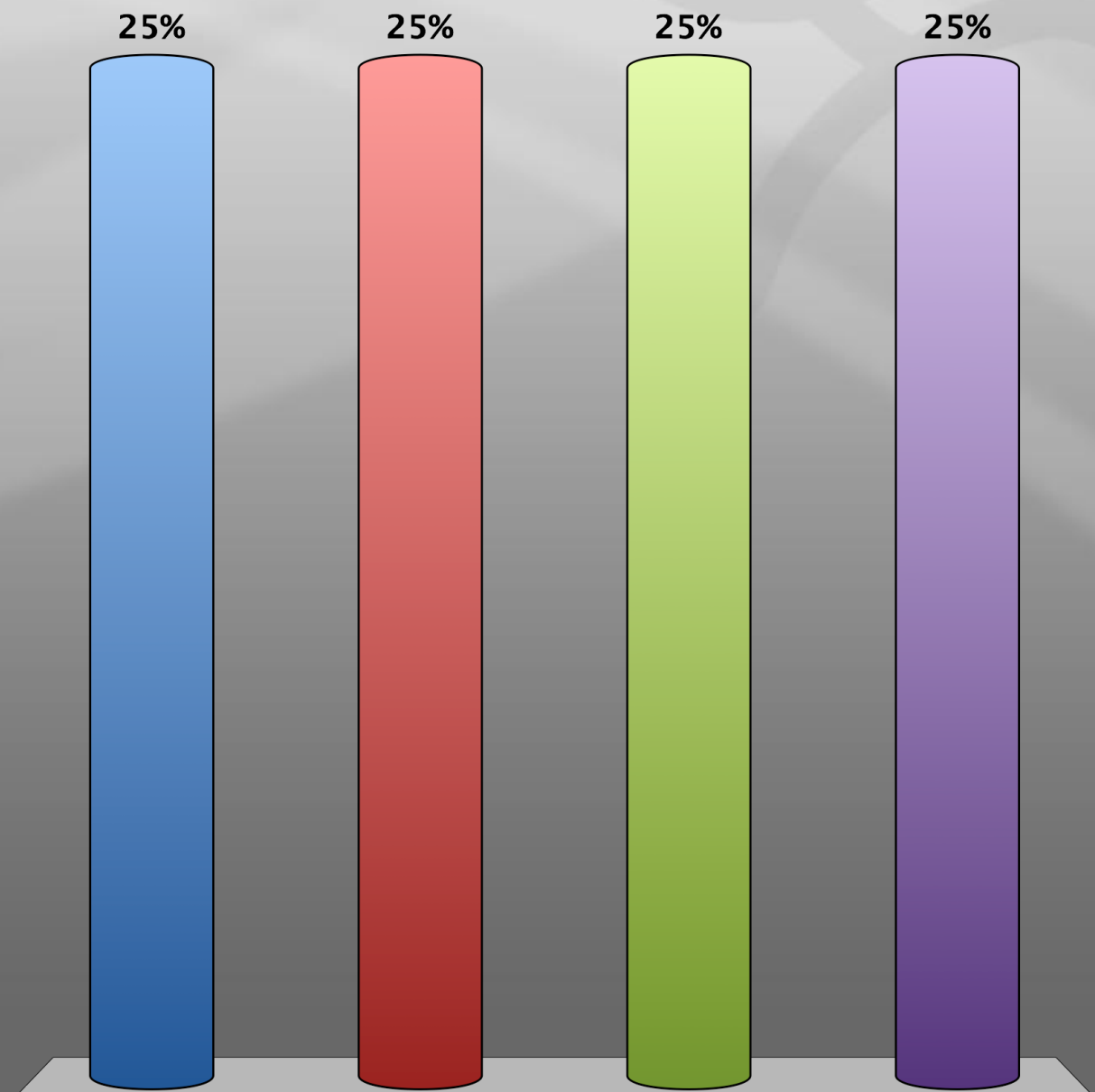
My soccer player knows they have improved when they can see they are learning skills and understanding the game

- A. Strongly Agree
- B. Agree
- C. Somewhat Agree
- D. Neutral
- E. Somewhat Disagree
- F. Disagree
- G. Strongly Disagree



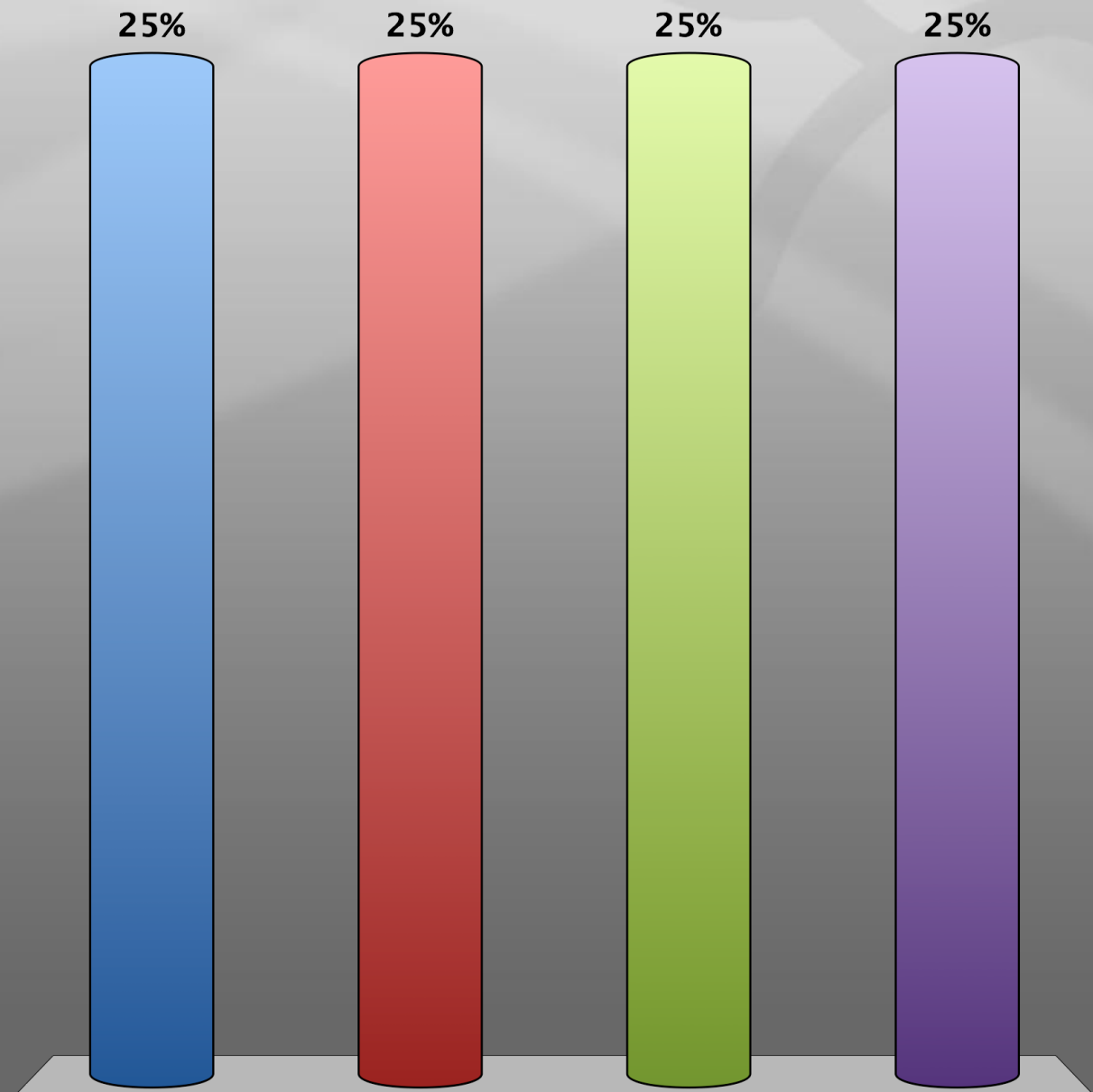
Burnout in Youth Athletics is Associated With...

- A. Too Much Choice in Athletic Activities
- B. Multi-sport Athletic Participation
- C. Trying to Prove Oneself by Beating Others
- D. Gauging Improvement Compared to Oneself



Goal Setting Priority for Elite Athletes is...

- A. Consistency
- B. Rock Star
- C. Development



Setting Goals...



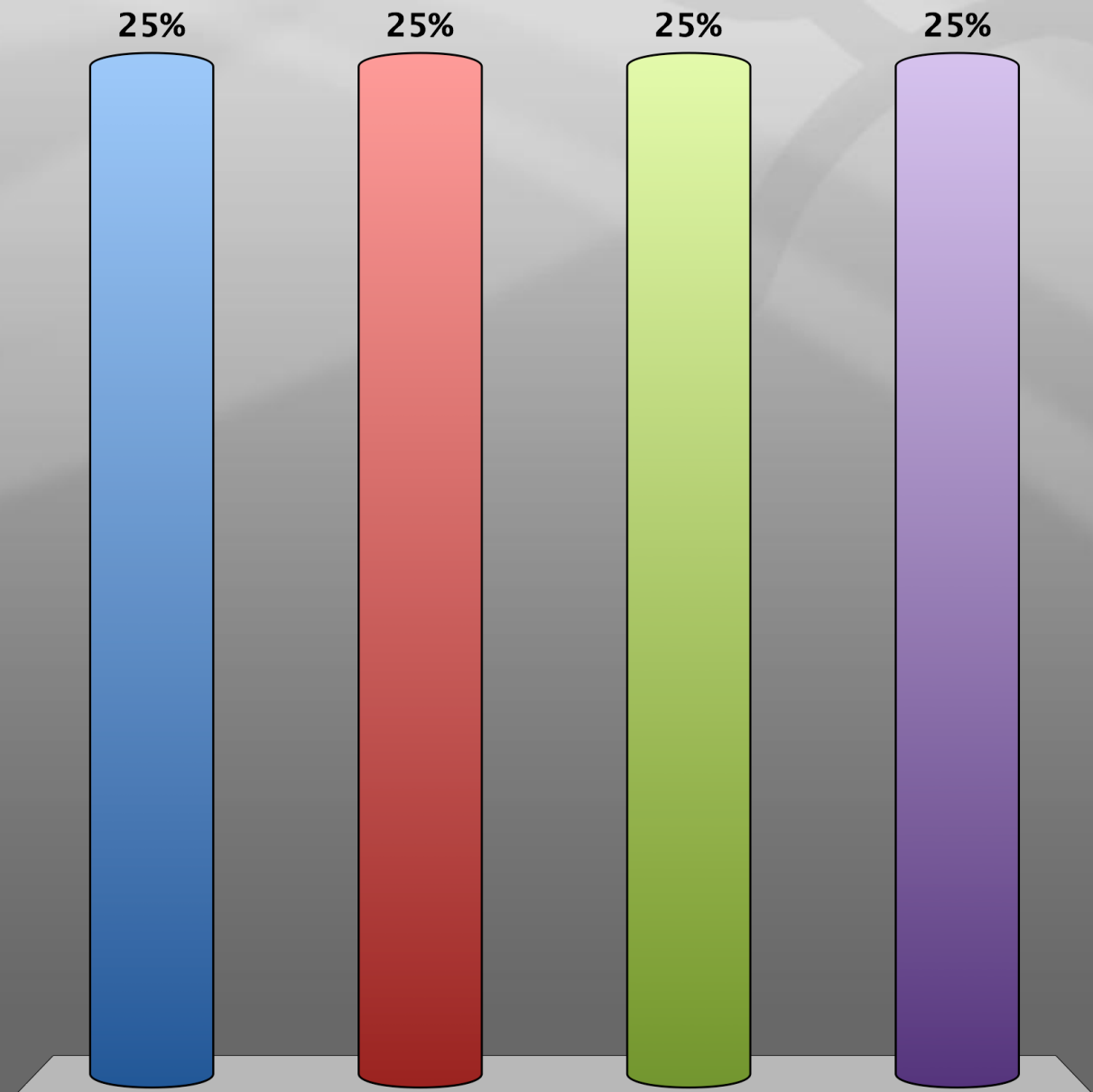
Rock Star
Development
consistency

A Cheer by Any Other Name...

- My Friend John...
- Kat's Run...
- My "Cheer"

My “Cheer” diminished Kat’s...

- A. Autonomy
- B. Competence
- C. Feeling Cared About by Me
- D. All of the above



A Cheer by Any Other Name...

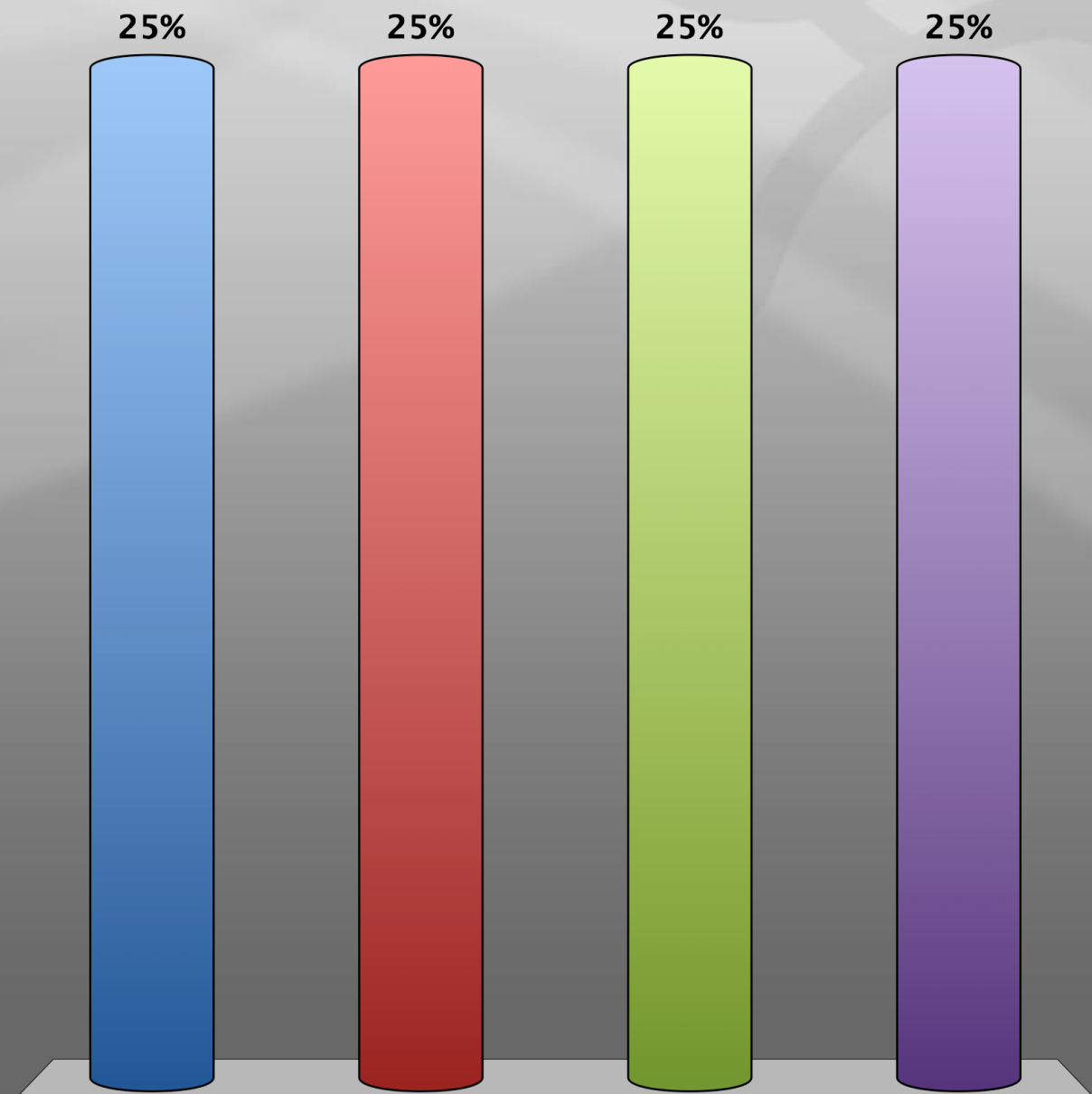
- A Cheer is a Reward That:
 - Happens after something obviously good
 - Is not prescriptive
 - Supports Autonomy, Competency, Affiliation or Belonging

Communication

- What to ask
- When to ask it
- What to expect

At home, we talk about soccer

- A. Right after practice or games
- B. During the ride home
- C. On a non-soccer night, maybe over dinner



Talking About Soccer

- Try this...
- When: Over Dinner on a Non-Soccer Night
- Ask: When is it best to talk about how soccer is going?
- What would you like your child to tell you about?
- Expect...
- You Build: Belonging and Autonomy

Talking About Soccer

- My Personal Favorite...
- ... "it's fun to watch you play."

Being a Safety Net

- Help develop a checklist
- Surprise! I have an extra bottle of water!
- Let them....

»...fail

Mirroring

- It's about Emotional Development
- Emotional expression of people we are attached to develop our sense of self
- Emotions tell us What's Important to us
- Words describing what's important are Values

How Our Soccer Players Want to Be Known

- Dedicated
- Hard Working
- Loyal
- Honest
- Humble
- ...and more...and not just as soccer players



What will your athlete remember?

- How do you want to be known?
- As a parent of a soccer player?
- As a parent of a student?
- The parent of your son or daughter?
- What words do you hope they will use to describe you?

Mirroring

- “What you get is what they’re seeing.”

We Help Develop Children...

- ... with broad brush strokes.



Light Bulb

- How many psychologists does it take to change a light bulb?
- Only One...
 - ... but the light bulb has to really want to change.