



GOAL SETTING

Remember that your child will be setting goals at the same time for both education and sport therefore it is essential to keep these things in mind.

- ✚ Achievable realistic goals
- ✚ Both education and sport are important, neither should take over importance

It is crucial to remember that both your child's sporting and academic career can hit pivotal moments at the same time, which can cause extra stress. Additionally, parents need to prevent one aspect from overpowering the other as this could cause them to choose one or the other.

Having shared goals can have a very positive effect on the child. This needs effective communication and for the parents to understand the needs of their child. This requires the parent to be prepared and know the what the child hopes to achieve in both education and sport to therefore help in any way they can.

If goals aren't shared it could cause conflict between parent and child. Additionally, parents must be willing to change and adapt shared goals, even if child or parents are unprepared.

The effects of verbal and non-verbal communication

Providing suitable amounts of communication between parent and child is essential when preventing them from **LOSING MOTIVATION.**

IMPORTANCE OF MOTIVATION

As shown in the three areas below, in order for a child to be able to balance a dual career within football and education they need to have a strong level of motivation.

Motivation can be easily lost within a dual career, especially if they experience negatives within parental pressures, burnout or goal setting. Any of these issues can cause the child to have less desire or determination to achieve their aspirations. If this is lost in either education or sport it commonly occurs to the other soon after due to a failure already occurring in their life.

As a parent it is crucial that you are aware of the circumstances your child is in, whether they have effective or non-effective motivation, this will help you and show you what needs to be changed.

Top Tips to Remember

1. Although sport is competitive that doesn't mean you as a parent have to be in competition.
2. Be supportive not critical.
3. Ensure there is enough balance between sport and education.
4. Ensure your child has time away from both education and football/chosen sport.



Supporting Children Involved in Sport and Education

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Does your child juggle their education and football career?

This leaflet will provide parents of dual athletes with the strategies to overcome issues they could be facing within their lives.

Areas parents should be more aware of within their child's life.

- Parental pressures
- Burnout
- Goal setting

Throughout this leaflet these three areas will be explained further and what you can do to help prevent or minimize them.

Why this is important?

It is crucial for the environment and atmosphere that parents provide for their children to be able to perform both within education and football.

Gaining the correct balance between the two areas will help them with their motivation and determination.

Within your child's life you as a parent can have a positive or negative effect dependent on the actions that do.

Research has shown that much of a child's motivation is created from the support provided by the parents.

PARENTAL PRESSURES

You as a parent are a constant figure within your child's life. Therefore, you need to be aware of the affects you are placing upon your child.

Negative pressures

- Excessive achievement expectations
- Exceeding relationship boundaries

Excessive expectation can be seen within sport and education. Parents should realise that there needs to be a balance for the child to be able to perform in either area. If too much is expected it will cause exhaustion and **LOSS OF MOTIVATION**.

Additionally, it could cause the child to underperform in one of the areas especially if it is being neglected due to extreme pressures in the other area. If neglect is placed upon sport the education of the child can have devastating effects and cause them to even drop out and stop it all together.

Positive pressures

- Support and encouragement
- Understanding needs of child

By providing a stable and supportive environment for your child to be in within and without with their education or sport it will help their enjoyment and motivation for both to increase. Additionally, they will be more willing to balance the two simultaneously as the support from parents is making it easier to cope with.

BURNOUT

This occurs if your child is taking on too much at one time, commonly caused by physical or mental exhaustion. This can be due to a build up of either academic or sporting goals or a mixture of both.

Educational side – having too many academic goals and if not achieved they will feel inadequate and **LOSE MOTIVATION**. This could then have a knock on effect within their education and cause grades and work ethic to decrease as a result.

Sport side – parents should understand the rules of football to be able to accurately critic the child and not provide them with unrealistic goals. This also gives security and safety to the child to be able to trust their parent's opinion. It allows the child to just focus on their performance instead of trying to impress their parents with unrealistic expectations.

Things to do:

- Ensure environment is safe and not over bearing.
- Have a place to relax and forget about both education and sport.
- Understand the simple rules of the footballing game, allowing children to trust you more.

Ensure your child is not being motivated by unrealistic, unachievable goals. If both parent and child have a strong enough relationship the child will want to impress the parent therefore will cause their expectation to outweigh their effort levels.

