

By using the positive approach you can help your child feel good about themselves and promote a strong desire to achieve. *It's what youth sports should be all about!*

Research shows that the frequency of reinforcement given by parents and coaches aid the child's performance and progress.

***Praise Effort--Instruct & Correct Skills  
Make it Enjoyable  
and remember, "It's all about the Kids!"***

Try these at your next practice and game:

1. Give it your best effort
2. Do your best today
3. You CAN do it
4. Great hustle
5. Way to go
6. Do it for the team
7. Good idea
8. Keep plugging
9. You earned that win
10. Super team effort
11. You're getting better everyday
12. You'll get it, keep trying
13. Learn from it
14. Be confident
15. Stay with it
16. Relax and play hard
17. Don't be afraid to make a mistake
18. Be tough
18. Hang in there
19. Atta Boy, Atta girl
20. Your effort is great!
21. Keep working on that skill
22. Failure is an education
23. You are really helping your team today!
24. Get out there and smile
25. Have FUN!