

**3. Playing Time Blues** Your daughter plays less than you like. You “know” she is better than an athlete who is playing more. As a Second-Goal Parent, what should you do?

In high school sports playing time is totally at the discretion of the coach, who has much more information than any parent about relative player ability, how much effort each player is making, etc.

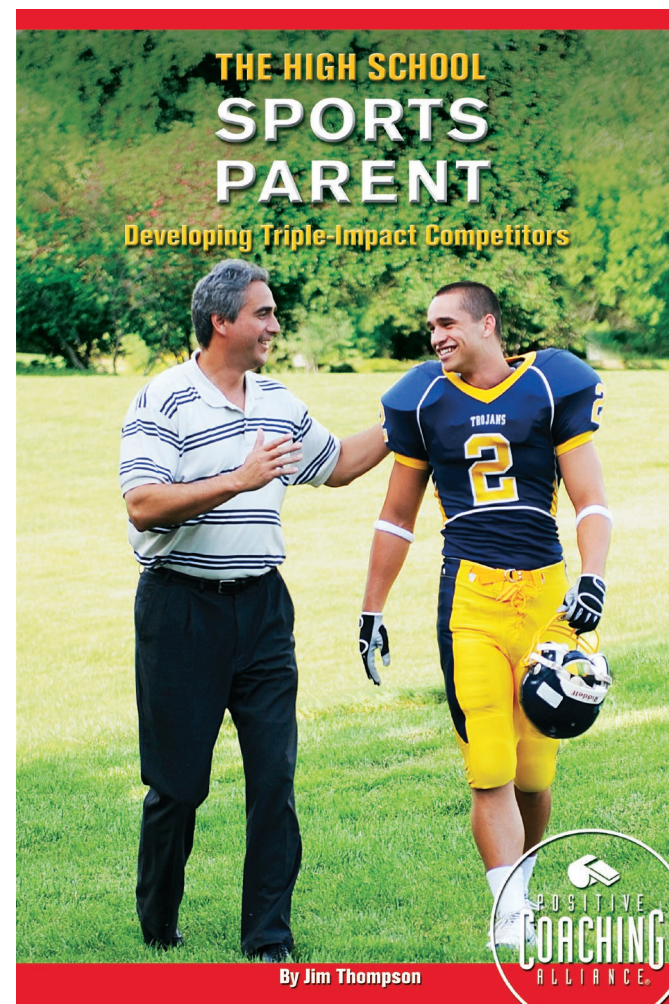
Although you are frustrated with your teen's playing time, she may not be. Find out. And try to do this without asking her. If you ask about whether he is frustrated by the amount of time she is on the field, you may be planting an unhelpful seed in her head.

Instead watch her. Is she excited to go to practice and games? Does she have a lot to tell you about after games? These are signs that she is engaged and not upset by her playing time.

If you come to believe that she is indeed discouraged by not playing more, you can suggest that she approach the coach to see what she can do to get more playing time. Imagine your athlete saying something like, “Coach, I'd really like to play more. Do you have any suggestions for things I can do to be able to play more?”

The coach may give her exercises to work on outside of practice. He may look for more opportunities to increase her playing time now that he knows the player is hungry to play more.

Perhaps the best thing to come from such a conversation is that your teen will have an experience talking with her coach that will be a model for dealing with supervisors and others throughout his life.



To learn more about *The High School Sports Parent* and other PCA books visit [www.positivecoach.org/our-work/our-books](http://www.positivecoach.org/our-work/our-books)

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# THE HIGH SCHOOL SPORTS PARENT

Developing Triple-Impact Competitors



By Jim Thompson



**BETTER ATHLETES  
BETTER PEOPLE**

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