



Help Your Son Be a Better Player

Family = Teamwork

A large part of how well a player performs has to do with how well he does at home. We would like our players to be at home in an encouraging atmosphere. A family is itself a team. Everyone works together every day. Encouragement is a large part of our success now and in the future. It starts at home and continues onto the field.

As parents, we have some ideas of how to help.

- Get Involved! It's easier than you think to have a catch with your son. You can grab a baseball mitt and throw back and forth or use your hands.
- Go get your own lacrosse stick! Learn the game with him! It could be a huge positive impact in his life for you to be there. It may even help him to become a better player for him to teach you.
- Build a wall outside or get a bounce back. This is one of the top avenues to become a better player is to encourage them to be out with a stick during down time.
- **We have workouts set up** for the boys to do with wall ball and personal workouts that help them stay in shape and up to speed. They should be doing the personal workouts three times a week and wall ball Monday – Friday. Do the drills with them, or go with them to the park when they do their routines!
- Help your player develop successful habits. The first month is the hardest and requires extra encouragement to do it Monday - Friday. The preferable way to do it is come home from school, grab a snack, do your homework, and go out and do wall ball. After a month of doing this, it should become a habit.
- Nearly **every athlete struggles with some form of perfectionism or fear of failure**. Positive encouragement goes a long way. Exhibit emotional control. Tell your player how well he did at the game! Don't get angry on the sideline. Keep in mind you're your kids' role models!
- Provide Emotional, Logistical, Managerial and Financial support. Stress good on field conduct! Emphasize good work ethics and fun.