

Skills Institute Soccer League



Welcome to the Skills Institute Soccer League!



As you sit back and enjoy watching your child play, grow and develop we invite you to celebrate, encourage and cheer until your voice goes hoarse! We also ask that you review and follow our spectator guidelines—created to make sure our families can LEARN this beautiful game together.

Parent Guidelines

Skills Institute Soccer Leagues were created so kids can enjoy learning to play in a fun, safe and age-appropriate environment where they feel supported and can thrive. Here's how you can help.

LEARN with SISL

Skills Institute Soccer League helps children, parents and coaches **LEARN** the game of soccer.

Learn Together

Encourage one another

Accept each other as part of the team

Realize the potential of all

Never Give Up!

DO!

- Cheer for all players on the other team
- Make positive and encouraging statements
- Let the coaches coach and enjoy your opportunity to simply spectate
- Reward the effort, not the outcome
- Build relationships with the other parents on the sidelines
- Have fun! Win or lose, these experiences are irreplaceable. Enjoy every second!

DON'T

- Lose perspective—this is a growth opportunity for your child participation is more important than performance
- Make demeaning comments about other players, coaches or officials
- Make your child feel guilty about the time, energy or money spent on these activities
- Compare your child's progress to that of other children
- Lose focus on the impact these games (and your response to them) will have on your children



SISL

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Healthy, Age-Appropriate Competition

We all get caught up with competition now and again—it's only natural since we live in a competitive world. The thrill of victory makes it easy to lose sight of the fact that youth sports are supposed to be a fun and rewarding experience regardless of the outcome of a game and not a stressful pursuit of a "perfect season." We also forget that there is beauty in the struggle and growth often comes through perseverance. In Skills Institute Soccer Leagues we do our best to keep this in mind each week, so that everyone gets the most from their experience. That's why we don't keep score, we focus on effort not outcome and our referees provide gentle encouragement and insight into the game. Kids are often competitive enough on their own. Keeping our environment minimally competitive will sustain their enthusiasm for playing and keep them engaged longer.

Our Goal: Keep Your Kids Active & Healthy for a Lifetime

According to research from The National Alliance for Youth Sports, 70% of kids in the U.S. stop playing organized sports by age 13. The top five reasons for kids quitting youth organized sports were:

1. Not Having fun
2. Too much pressure from parents
3. Too much time required
4. The coach was a poor teacher
5. Loss of interest

Fortunately, there are ways to mitigate these risks. Skills Institute Soccer Leagues does just that. We create a positive atmosphere by promoting healthy goals within the sports experience, emphasizing fair play and sportsmanship and teaching strong technical and tactical skills. Our growth mindset focuses on overall player development and removes the "winning at all costs" attitude so kids can have fun and concentrate on the task at hand—learning (and enjoying) this beautiful game.

A Letter From A Father, A Coach, A Fan...

As a father of three active boys who participate in sports and a Coach for more than two decades I have made plenty of mistakes when it comes to releasing my kids to the game. After all, I want what is best for them so it's difficult to turn off the innate urge as a coach to immediately debrief and offer pointers on what they could have done differently.

What I failed to consider is that in most cases my son's already knew what went wrong. Either from their own perspective of not playing as well as they wanted or from their actual coach in the post-game debriefing. Our car ride home wasn't the time or place to pile on to their misery or to deflate their confidence after they played well.

Over time, I have learned to just be their dad, to let the coach do the coaching and the let the game do the teaching. I have realized the only role they need me to fill after a hard fought match was to be their biggest fan. Here are a few things that have helped me to get there. Maybe they'll inspire you, too.

- Give them Time and Space to Recover
- Let them bring the Game Conversation to you
- Save your Analysis
- Offer more Approval than Advice
- Communicate that their Value is not tied to their Performance
- Share their Good Moments
- Be a "Confidence Builder"

Whether you are already on this path or need a little nudge to get there, I hope these tips help you to be more intentional with your conversations and keep your family striving towards a lifetime love of healthy habits and athletics.

Sincerely,

Ty Redinger, President - Skills Institute

