POST-GAME CONVERSATION

One of the most important spaces for a youth sports parent to navigate is the post-game car ride. Unlike time together after practices, athletes are likely more focused and critical of their play after a game. Of course, this focus can shift depending on the outcome of that game and how emotionally ready that athlete feels to discuss the game.

Post-game is great parenting time, but that doesn’t necessarily mean talking about the game, or talking at all. Athletes experience several emotions, thoughts and feelings after a game, and how we address them is critically important.

**Tips on How to Handle the Post-Game Car Ride**

**ASK** This may sound simple, but ASK your child if he or she wants to talk about the game!

**WAIT AND SEE** If your athlete does not seem ready and willing to talk, then try discussing something else other than the game until he or she is ready.

**LESSONS NOT OUTCOMES** Once communication around the game has started, do not focus on the outcome of the game, but rather the life lessons your child learned through the game.

**ALWAYS FOCUS ON GROWTH** All athletes want to improve their game, so be sure to focus on development, goals, and how the game has provided opportunities for growth.

**ENCOURAGE** Tell your athlete you are proud of him/her no matter the outcome and that you love him/her.

Here are some direct questions you can ask:

- What did you learn today?
- What can you improve on next time?
- What was your favorite part of the game?

"If there’s anything out there that I encourage you to do is after a practice, after a game, when you watch your kid play or perform, give them some space no matter what their personality is."

MIKE BROWN, NBA COACH

Learn more about the Jr. NBA Parent Initiative by visiting jr.nba.com