

Module 1 * Worksheet

The Parent's Role

Parent Role Audit

Rate yourself from 1 to 5.

1 = rarely true 2 = sometimes true 3 = inconsistent 4 = usually true 5 = consistently true

Section 1: Role Clarity

1. I allow the coach to coach during games. (1) (2) (3) (4) (5)
2. I avoid giving tactical instructions from the sideline. (1) (2) (3) (4) (5)
3. I understand what I control and what I do not control. (1) (2) (3) (4) (5)
4. I do not use the car ride home as a performance review. (1) (2) (3) (4) (5)
5. I support my child before evaluating their performance. (1) (2) (3) (4) (5)

Subtotal: ___ / 25

Section 2: Decision Discipline

1. I know the true annual cost of my child's soccer. (1) (2) (3) (4) (5)
2. I can explain why we are in our current club or program. (1) (2) (3) (4) (5)
3. I know what problem private training is solving, if we use it. (1) (2) (3) (4) (5)
4. I do not buy camps, showcases, or programs just because of the logo. (1) (2) (3) (4) (5)
5. I ask for evidence before making major soccer decisions. (1) (2) (3) (4) (5)

Subtotal: ___ / 25

Section 3: Emotional Control

1. I do not yell at referees. (1) (2) (3) (4) (5)
2. I do not criticize teammates from the sideline. (1) (2) (3) (4) (5)
3. I do not compare my child to other players in harmful ways. (1) (2) (3) (4) (5)
4. I wait before sending emotional messages to coaches. (1) (2) (3) (4) (5)

5. I can separate my child's value from their soccer performance.

① ② ③ ④ ⑤

Subtotal: ___ / 25

Section 4: Player Support

1. I know my child's actual soccer goals.

① ② ③ ④ ⑤

2. I know whether my child is tired, injured, or burned out.

① ② ③ ④ ⑤

3. I protect school performance.

① ② ③ ④ ⑤

4. I protect sleep and recovery.

① ② ③ ④ ⑤

5. I help my child take ownership instead of managing everything for them.

① ② ③ ④ ⑤

Subtotal: ___ / 25

Total Score Total: ___ / 100

Interpretation

85-100: Strong Parent Operating Position You are likely supporting the player without contaminating the environment. Keep auditing yourself during high-pressure moments.

70-84: Functional, But Needs Discipline You understand your role, but pressure may still pull you into emotional decisions. Tighten your habits.

50-69: High Risk of Role Confusion You may be over-involved, under-informed, or reactive. This course should create immediate behavior changes.

Under 50:

You Are Probably Part of the Problem That is not an insult. It is a warning. Your child's environment may be carrying unnecessary pressure because of your behavior. Reset now.