



## **Top Ten Expectations that Hurt Young Soccer Players' Motivation**

1. My athlete shouldn't make any mistakes
2. I expect my athlete to score in every game
3. My athlete shouldn't give up the ball or easy passes
4. My young athlete should play the entire game
5. My athlete should always be confident
6. My athlete should never get frustrated on the field
7. My young athlete should practice every day
8. I want my athlete to get a college scholarship (or go professional)
9. My athlete should work as hard (and play for the same reasons) as I did when I played sports
10. I expect my athlete to be as talented as I was

Most of the time, parents place harmful expectations on their young athletes without realizing it. At Peak Performance Sports we work with parents and their young athletes to help instill confidence and motivation in sports. Please contact us today to learn more about our program, or visit: [Mental Game Coaching For Soccer Players and Parents](http://www.SoccerPsychologyTips.com)