

The Car Ride Home

A one-page parent guide · What to say (and not say) after the game

CHAMPION'S PEDIGREE™

Train the mind like you train the body.

The car ride home is the most important 10 minutes of your athlete's week. It is where confidence is either deposited or withdrawn. Your job in that car is not coach. It's parent.

SAY THIS	NOT THIS
✓ "I love watching you play."	× "Why didn't you shoot?"
✓ "What was the most fun part today?"	× "The ref cost you that game."
✓ "What's one thing you'd do differently next time?"	× "When I played..."
✓ "I'm proud of how you handled ____."	× "You need to be more aggressive."
✓ "Want to talk about it now, or later?"	× Instant film review from the front seat.
✓ (Silence. Let them start.)	× Comparing them to a teammate.

THE 3-STEP CAR RIDE

1. Decompress (first 5 minutes)

No questions about the game. Music, food, small talk. Their nervous system needs to land before their brain can reflect.

2. Connect

Lead with the relationship, not the results: "I love watching you play." Then ask one open question and listen twice as long as you talk.

3. Champion Response™

If they bring up a mistake, help them separate the event from their identity: "That was one play. What's the reset next time?"

YOUR COMMITMENT

This week, the first thing I will say in the car is:

One question I will stop asking:

Champions are built between the games. Train the mind like you train the body.