

In college, I once commented to a buddy how I wanted to be mentally tough. He agreed that I could use the work and decided to join me in my quest. I figured the more resilient I was between the ears, the more success I would have late in games.

**Rationale:**

Between the 75th – 90th minutes are when most goals are scored ([75-90th minutegoal production](#)). Also, towards the end of games our bodies fatigue. We lose concentration and are more prone to injury and mistakes ([injury rates increase as fatigue increases](#)).

Being extremely fit requires mental toughness to push through pain and discomfort. Having mental toughness gives a player the potential to have an advantage late in games.

It's important that our players are mentally tough. In fact mental toughness is one of four attributes (technical, tactical, physical, mental) coaches look to develop and assess in players. Your child's coach is probably stretching your player's mind each training session and game. But what about us parents?

Parents, want to be mentally tough?

Try This:

Don't comment to the referee – the whole weekend. Getting angry with them is a waste of time. Show other parents and players you can be passionate about something without having an enemy.

Unless they ask, don't give your child (or other players on the team) soccer advice before, during, or after the game. If they do inquire, encourage them to give 100 percent, play confident, and enjoy themselves. There are few worse developmental barriers a club or college coach can observe than 5-7 self-appointed coaches on the sidelines.

We the parents are supporters of our children and the game. If we want to be fans, great, let's just head to a Titans or Predators game!

It's crucial that parents and players approach this game with respect and enjoyment. This game has the ability to spotlight our character flaws (players and parents) as well as draw out amazing achievements and memories.

*Originally published at NSCAA.com by club soccer executive director Kevin Burk.*