

# Why coaching your child from the sidelines only works in Hollywood



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A player with the ball is required to



make many decisions.

# For example, consider this decision making matrix of a 9 yr oldsoccer player



**He has no less than 16 possible decisions to make...**

# ...and 14 reasons to be distracted.



**1 coach + 5 teammates + 14 parents = sensory overload**

Average total time for 9 year old to make  
16 decisions with 14 external  
influences...



...1-5 seconds

Now, consider this.....

# ...decision making matrix of a 40 year old at work:



**6 Possible decisions**

# External influencers during decision making matrix...



...4 Potential Interferences



Average total time for 40 year old to make **6** decisions with **4** possible interferences and no one yelling at him...



...**8 hours**

So my wish for all the parents who feel compelled to interfere (coach, yell, shriek or “encourage”)...



...is to be able to show up at their office with the soccer team and support them.

ANSWER THE PHONE!



ALEX!



C'MON!



OH MY GOD!



CHECK YOUR EMAIL!



WHAT ARE YOU DOING?!



THAT'S AN AWFUL DECISION!



So to all well intended parents:

It is not as easy as you think and  
while you believe that you are  
helping by  
yelling, coaching or encouraging...

You are not.





**Created by Dean Koski,  
Men's Soccer Coach  
Lehigh University**

34 years as a coach and educator

Coached over 1,000 games

Scouted over 6,000 games

Watched over 8,000 games (in person)

Interviewed over 1,200 parents and athletes

Observed over to 200,000 parents

Coaching and mentoring over 1,000 athletes

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