

Threw These Eyes Advice For Dads And Coaches

Being a father is one of the most rewarding experiences in life. It comes with a great deal of responsibility and the opportunity to shape the lives of our children. As a father, we are not only providers and protectors but also teachers, mentors, and coaches.

Coaching our children not only applies to sports but also extends to life lessons and building their characters. Taking an active role in their lives as both a dad and a coach will contribute to their growth and development in more ways than one.

The Role of a Dad and a Coach

Dads and coaches play similar roles in their children's lives. Both are there to guide, motivate, and support. However, there are nuances in each role that are important to understand in order to create a positive impact on our children.



Threw These Eyes: Advice for Dads and Coaches

by Mirsad Hasic (Paperback – January 28, 2010)

★★★★☆ 4.5 out of 5

Language	: English
File size	: 1229 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 228 pages
Lending	: Enabled
Screen Reader	: Supported
Paperback	: 48 pages
Item Weight	: 2.89 ounces
Dimensions	: 6 x 0.12 x 9 inches



As a dad, we provide unconditional love and support to our children. We are their biggest cheerleaders and confidants. Our role as a dad is to create a safe and nurturing environment where they can grow and flourish.

As a coach, we focus on developing specific skills and abilities. We teach them discipline, teamwork, and the importance of perseverance. We challenge them to reach their full potential and provide constructive feedback to help them improve.

Advice for Dads and Coaches

1. **Be present and attentive:** Your children need your presence in their lives. Show up to their games, recitals, and important events. Listen actively when they share their thoughts and feelings. Your undivided attention will make them feel valued.
2. **Set realistic expectations:** While it's important to challenge your children, it's equally vital to set realistic goals and expectations. Avoid placing unnecessary pressure on them and allow them to enjoy the process of learning and growing.
3. **Lead by example:** Children learn from what they observe. Show them what it means to be respectful, responsible, and hardworking. Be the role model they look up to and strive to emulate. Your actions speak louder than words.
4. **Encourage independence:** As dads and coaches, our role is not to control every aspect of our children's lives. Instead, we should empower them to make their own decisions and learn from their mistakes. Encourage their independence while providing guidance and support when needed.

5. Focus on progress, not just results: Results matter, but it's essential to celebrate the journey and the progress made along the way. Acknowledge their efforts, improvements, and resilience. Teach them that success is not only defined by wins and losses but also by personal growth and development.

6. Communicate effectively: Open and honest communication is the key to any successful relationship. Be approachable and create a safe space for your children to express their thoughts and feelings. Listen actively, validate their emotions, and provide constructive feedback when necessary.

7. Emphasize teamwork and sportsmanship: Teach your children the importance of working together as a team. Encourage fair play, respect for opponents, and the ability to gracefully accept defeat. These qualities will serve them well not only in sports but throughout their lives.

8. Support their passion and talents: Be supportive of your children's interests and talents. Whether it's sports, music, art, or any other pursuit, encourage them to follow their passions and provide them with opportunities to pursue their dreams. Your belief in them will boost their confidence and determination.

Being a dad and a coach is a privilege that comes with great responsibility. By actively engaging in these roles, we can positively influence our children's lives and help shape them into compassionate, confident, and well-rounded individuals.

Now, get out there and be the best dad and coach you can be, leading by example and instilling valuable life lessons through your actions. Your children will thank you for it.



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Get a new perspective on coaching your kid in any sport with Threw These Eyes! With over 16 years of experience coaching, author Doug Brainard provides an in-depth guide that show the right way to be a coaching parent. Always keeping in mind that everyone will see a given situation in their own way, Threw These Eyes offers advice that will help you coach through the victories as well as the defeats. Combine lessons from greats like Bobby Knight, Yogi Berra and Steve Stone with parent coaching wisdom you need to know so that you can help your kids reach their sports dreams! Author Doug Brainard started coaching ball in 1993 and still does to this day. He and his family live in Gallatin, Tennessee.



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