



Top Tips for Talking to Your Age Grade Player

As parents you are hugely influential when it comes to your child's participation in sport. How you talk to them about rugby has a huge impact on how your child experiences the game.

It's vital for you to check in regularly with your child to see how they are feeling about training, matches & their overall rugby experience. The conversation should be led by your child with you supporting by asking broad, open questions that enable your child to express their thoughts & feelings.

What if you don't know anything about rugby?



Ask your child to explain some of the rules or techniques they have learnt.



Take an interest in rugby & build confidence by showing enthusiasm for your child's activities.



Be aware of your body language. Show your child you are proud of them & be positive.

What if you know lots about rugby?



Ask your child to explain some of the rules or techniques they have learnt.



Be careful not to coach them or overload them with information that is too advanced.



Be aware of your body language. Show your child you are proud of them & be positive.

Irish Rugby Football Union

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www.irishrugby.com





You should ask open questions to empower your child to express their thoughts & feelings, to problem solve & make their own decisions. Some examples:

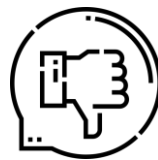
- What do you like about rugby?
- How do you feel about...?
- What did you learn today?
- How was your kicking?
- Were you happy with how hard you worked?
- What could you do to keep improving?
- What would you like to achieve?
- What can I do to support you to get the most from rugby?
- What one thing do you need to work on right now?
- What gets in the way of you playing at your best?
- What do you need to do to be prepared for your match?
- What food gives you good energy for playing rugby?

Words are powerful. They can build confidence, make your child feel good & encourage them to stay in sport. Or they can make your child feel worthless & inadequate. Some examples:



Good to Say

- ☺ Did you have fun?
- ☺ I love to watch you play
- ☺ I'm proud of you
- ☺ It doesn't matter if you win or lose, as long as you tried your best
 - ☺ I believe in you
 - ☺ How did you do that?
 - ☺ Great progress/effort
- ☺ I know how hard you worked
- ☺ Your best is good enough
 - ☺ Keep working hard
 - ☺ Do your best
 - ☺ Great idea
- ☺ Let's figure it out together



Avoid Saying

- ☹ I'm disappointed in you
- ☹ You've embarrassed me
- ☹ What were you thinking?
- ☹ That was a waste of my time
- ☹ I could do a better job than that
- ☹ Why do I bother watching you?
- ☹ When I played rugby I... (was so much better, could have been an international etc)
- ☹ You were a complete failure
- ☹ I think you should give up
- ☹ You made so many mistakes
- ☹ Why did you give the ball away, you're the best player on the team?

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All clubs offering rugby to children & young people have a responsibility to safeguard them against harm. Even when you are vigilant & the club operates to a high standard, situations can arise that cause concern. If you are worried about anything you can:



Talk to the Club Welfare Officer



Follow the Safeguarding Policy

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