



COACH CESAR'S POWER MOVES

THE SPORTS PARENT PLAYBOOK



**4 POWER MOVES FOR RAISING CONFIDENT, RESILIENT
ATHLETES**

**HELP THEM GROW. LET THEM COMPETE.
PROTECT THEIR LOVE FOR THE GAME.**

Better Kids. Brighter Futures.

A MESSAGE FROM COACH CESAR

Sports don't just build better athletes. They build better people.

Sports can change lives. I've seen it firsthand. They can build confidence, teach life skills, create opportunities, and bring people together. Most importantly, sports can give children a love for movement, competition, teamwork, and personal growth that lasts a lifetime.

As parents, we have enormous influence over that experience. The environment we choose, the expectations we set, and the way we respond to success and failure can shape whether our children want to keep playing.

POWER MOVES is about making intentional decisions today that protect your child's long-term relationship with sports.



Cesar Coronel

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Develop the player. Support the child. Protect their love for the game.

POWER MOVE #1 - KNOW YOUR GOAL

"What do I actually want sports to give my child?"

Before choosing a team, coach, league, or academy, define what you want your child to gain from sports.

SHORT-TERM	LONG-TERM
• Have fun • Build confidence • Make friends • Stay active • Learn skills • Develop discipline	• Play in high school • Play in college • Earn a scholarship • Compete at a high level • Or simply become an active adult who loves sports

There is no single correct answer. But your goals influence the decisions you make. Your child's goals may also change - and may eventually be different from yours.

YOUR POWER MOVE

Write down the three most important things you want sports to give your child:

- 1. _____
- 2. _____
- 3. _____

POWER MOVE #2 - CHOOSE THE ENVIRONMENT

"Is my child in an environment that supports our goals?"

Don't choose a program only because of the uniform, league, ranking, reputation, or what another parent says. Look deeper.

- ✓ Does my child enjoy going to practice?
- ✓ Does the coach teach and develop players?
- ✓ Is communication positive?
- ✓ Is my child challenged at the right level?
- ✓ Are mistakes treated as part of learning?
- ✓ Is long-term development more important than short-term results?
- ✓ Does my child feel safe, supported, and excited to return?

The best environment isn't always the most prestigious one.

The right environment is where your child can develop, be challenged, feel supported, and continue wanting to come back.

POWER MOVE #3 - LET THEM EXPLORE

"Am I willing to let my child discover what **THEY** love?"

Parents often ask, **"When should my child specialize?"** But especially with younger children, there is another important question: are we giving them enough opportunities to discover what they enjoy?

Multi-sport participation can help children:

- ✓ Develop different movement skills
- ✓ Build overall athleticism
- ✓ Experience different coaches and teammates
- ✓ Encounter different challenges and ways of thinking
- ✓ Discover their own interests and passions

You don't have to understand every sport your child plays. Sometimes your job is simply to support their curiosity.

***LET THEM EXPLORE. LET THEM DISCOVER. LET THEM TELL
YOU WHAT THEY LOVE.***

POWER MOVE #4 - CONTROL YOUR SIDELINE

Your behavior during games and practices has a direct impact on your child's experience.

What feels like 'helping' today can affect how your child feels about the sport tomorrow.

ASK YOURSELF:

- ✓ Do I scream instructions from the sideline?
- ✓ Do I correct every mistake?
- ✓ Do I argue with referees?
- ✓ Do I compare my child with other players?
- ✓ Do I turn the drive home into another coaching session?
- ✓ Does my child feel my approval changes depending on the result?

Your child needs something different from you: A PARENT.

Let the coach coach. Your role is to provide stability, encouragement, perspective, and unconditional support.

BONUS POWER MOVE - WIN THE RIDE HOME

What to say - and what to avoid

HELPFUL PHRASES	TRY TO AVOID
• I loved watching you play today. • What did you enjoy most? • What did you learn? • I'm proud of your effort. • How did you feel out there? • I'm excited to see you next game.	• You should have... • Why did you...? • You made too many mistakes. • The referee was terrible. • You need to be more like... • Let me tell you what you did wrong...

A positive conversation today can help build a lifelong love for the game tomorrow.

Sometimes the best post-game conversation has nothing to do with the game. Give your child space. If they want to talk, listen first.

PLAY THE LONG GAME

Success looks different for every child.

- ✓ Making the high school team can matter.
- ✓ Playing in college can be a great opportunity.
- ✓ Playing professionally is a dream for some.
- ✓ Becoming an active, confident adult who enjoys movement is also success.

None of these outcomes should come at the expense of your child's relationship with sports.

SUCCESS ISN'T ONLY HOW FAR YOUR CHILD GOES IN THE GAME.

Success can also be a 25-, 35-, or 50-year-old who still loves exercising, competing, playing with friends, and living an active lifestyle because their childhood experience with sports was something they remember positively.

**DEVELOP THE PLAYER.
SUPPORT THE CHILD.
PROTECT THEIR LOVE FOR THE GAME.**

POWER MOVES PARENT CHECK-IN

Revisit this page every few months. The goal is not perfection - it is awareness and intentional parenting.

- [] I can clearly explain our short- and long-term goals.
- [] My child still looks forward to participating.
- [] The coach is helping my child learn, not just win.
- [] My child is allowed to make mistakes without fear.
- [] I support my child's interests even when they differ from mine.
- [] I am not coaching from the sideline.
- [] Our post-game conversations build connection instead of pressure.
- [] Our sports schedule is healthy for our family.
- [] My child has ownership of their sports experience.
- [] We are protecting their love for the game.

MY NEXT POWER MOVE:

YOUR NEXT MOVE - LET'S TALK

Every child's journey is different. Personalized guidance can help you see the bigger picture.

A private Parent Sports Consultation with Coach Cesar is a focused conversation about your child, your family's goals, and the decisions in front of you. The goal is clarity - not pressure to join a particular program.

WE CAN WORK THROUGH:

- ✓ Your child's short- and long-term goals
- ✓ Whether the current sports environment fits those goals
- ✓ Multi-sport participation vs. specialization
- ✓ Development pathways and realistic next steps
- ✓ Parent communication and managing pressure
- ✓ High school, college, competitive, or recreational pathways

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Personalized guidance
Actionable recommendations
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