

## **24-Hour Rule**

The 24-hour rule is a standard our club has put into play to prevent discussions regarding playing time, positions, tactics, or general decision making immediately following a game. It's essentially a cool off period that removes emotion from the conversation which allows both parties to collect their thoughts prior to speaking about the events. The worst thing a parent can do is storm across a court after a game or seek out the coach in the parking lot to discuss sensitive topics, typically right in front of their child. It is just as bad for coaches to deflect these types of conversations entirely because they can be very constructive and help parents understand your point of view. After all, the parents truly care about the development of their child within the team, and if they are not getting playing time and paying for your expertise, coaches need to explain why.

Parents: If you are concerned about the playing time in games of your child, please consider the following before contacting your coach:

- 1. Game time is not nearly as important as practice time. That may sound completely crazy, because in games you see the results of training and play is typically at a higher rate, but it is true. Well planned out training sessions develop players faster, and challenge players consistently. Preparation and learning are so important and that is developed in training.**
- 2. Playing time fluctuates game to game for a variety of reasons. Injury, nutrition, conditioning, roster size, tactics, opponent skill level, missed training sessions, and game day form (just didn't have it) are just a few examples that affect playing time. Coaches balance so many of these factors on weekends and it can be difficult to manage playing time from game to game.**
- 3. Where does my kid fit in with the team? This is a hard question to ask yourself, and as parents, it is generally a little more positive than the coach believes. A good exercise for this is to think of the team in tiers (there should be 3 or 4 within a group) and which tier does my child fit into? Also think of his/her role: are they an offensive player or defensive player? Who are the players on the team that also play that position?**

After thinking about that for a 24-hour period, email your coach and just let them know you would like to speak about your child and specifically what it is regarding. This is a much-preferred method over the random phone call (that a good coach sees coming) so that the coach can collect his/her thoughts and provide an in-depth conversation.