

LEVEL-O CERTIFICATE COURSE IN CRICKET COACHING

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Lecture 34: Sports Parents

Hello everyone, welcome to this session on the generic topic of sports parents. So, we have here with us a regular district player, a playing member. She is an all-rounder: bowler, batsman, and coach. Srivatsa represented the university at the National Level University Games, that is, the Inter-University Cricket Tournament. Today, we are going to discuss a topic called Sports Parents.

So, I will start with the work of the person who is in front of me. When I was a cricketer, He used to play football when he was a kid, but he still plays football and has played cricket. How did his parents support him? How did they see him in his career? Did they compromise in any way? Or did they give him up to other sports? So now we know how his parents supported him and how they brought him up with his studies and his physical education. When I was a child, I loved to eat and play. That's why my father supported me a lot. He bought me everything I needed to play. My father was a very good sportsman. That's why I never stopped eating. I always supported my father. The next day, when I started playing cricket, the things I played with at that time, like the kids', were very expensive. So, I didn't buy any of those things. I am very much inspired by him. He supports me from deep within. He doesn't see me as a bad person. He doesn't like me. He says that I am making a mistake. With the help of his parents, Chris Everett, when he was playing junior tennis in 1960, said, He drove us and took other kids to the tournament to play. And after playing, they all ate pizza at the mall. So, how sweet this story is.

So, now we will discuss the vital role of parents. So, as we know that cricket is a sport where parents' role is vital. Of course. In cricket, how long does a player have to stay in the field? If a child plays for 30 minutes, he will have to spend at least 12 hours in the field. There is a maximum. Another thing, second innings, where they have to bowl, even then, they have to spend a lot of time in the field. If a child plays in the field for a long period, they eat during the day. They bat, bowl, and field. During the field, they dive. Their dress gets dirty. Sometimes they get injured. From here, we understand that the things that happen to a player, time, injury, and their dress getting dirty. They spend so much time in their heads. They do so much. They leave their parents behind. But cricket is not possible. Cricket is not played in one place. It is conducted in different places. Local matches, tournaments, and partners develop in different places to play matches. So, if there is no support from the parents, they cannot play outside. So, we understand that cricket is a sport where parents' role is vital. And it's true.

Coach: But the coach must develop a common philosophy with parents. Always, the coach must develop a common philosophy with parents. That should be a good bonding with the parents. But, policy of cooperation will remain without interference. No interference will happen. Cooperation will remain. Coaches and parents will have a different cooperation because there will be no interference at all. So, without any interference, policy cooperation

has to be done. On the other hand, Sunil Gavaskar—I will tell you a small story about Sunil Gavaskar. Sunil Gavaskar said his parents encouraged him wholeheartedly to play cricket. And they had sacrificed a lot. They had helped him. For the sake of cricket. For the sake of cricketing fame. But they had never felt the importance of Parasuraman equally. So, while playing cricket with his students, his parents supported him a lot. This is the beginning of the story. We have come back to the lecture. Good communication is required for this. That is why parents, coaches, and their parents—

Parents: No, no. I made a mistake. Parents. Coaches. And with them, the cricketer. There should be a good bond between the three of them. There should be good interaction. There should be good communication. Why? Because they will grow up with fun. They will have fun. They will enjoy. And they will grow up with it. Can you see anything else?

Next, if we discuss... There are different phases and different characteristics. So, when the phase is shown, when the child is shown in the first coach, in the end, then the parents generally move directly to the parents and child. Then the parent's child goes to the coach. Parents will support the child. Generally, this is the case. In the second phase, when there is increased involvement, when the involvement comes out slowly, then parents start to give more time and effort, but do not give money at an expensive rate. And they are emotionally over-involved. You can see a lot of involvement from the parents. In another phase, when involvement is established, the parents start adopting the demands of the boys in a reasonable way. So, adaptation starts. The child starts to want things in a reasonable way. Now, when there is a maturity phase, the players direct themselves. Their involvement. Parents are interested but not emotionally involved. Why? Because they have matured. So, I understand that when there is increased involvement from the entry stage, when the involvement is established, there is also an emotional establishment in the parents' minds. So, there is emotional involvement toward the child, toward the player. So, if the child is not able to bat for a day, the parents ask the coach after the game, 'Why didn't my son bat today?' 'Why didn't my son bowl?' 'Why didn't he get a chance to play?' And we have seen our cricket coaching centre. We have seen our cricket academy. My father was emotionally attached to the game. But when the maturity phase came, the player was directly uninvolved. Then the boys and girls created their involvement. My father was interested, but emotionally, he was not involved. Next, the common types of problems that are shown to parents are disinterest. Some parents show that they are not interested in learning about fitness. Some parents are overcritical. They are overcritical. In some cases, they are overcritical. In some cases, they overanalyse. Some parents will sideline the coach and become their child's coach. The parents. The coach is coaching. From his point of view, the parents will stop coaching the coach and start guiding their son. You eat like this. Or you talk like this. Over-empowerment. They will start coaching outside the boundary line of the midfielders. The sons and daughters. Like cricketers. Sometimes they become abusive. They get anxious and use abusive words. So, these are the common types of problems for parents. Parents usually create certain types of problems or stay in the middle of the problem. They have to deal with them very well. If the coach is not able to deal with the parents properly, then this problem is not big in the coaching centre. That's why the coach has to be emotionally attached to this problem and solve it with a lot of intelligence.

Next. I told you about the common problems. How do you handle those problems? Let's say the coach handles them. So, the coach handles them. So, if the parent is uninterested, then the coach has to find out why he is uninterested. After finding out the reason, he has to encourage him. So, my son is going out. He is playing. I have given him for fitness. He will go in between. I have given him because he is saying so. Why is he saying so? Why is he disinterested? He

has to find out and encourage him. What is the purpose of over-criticism? Create an overcritical situation. How do we handle it? Explain the damaging effects of criticism on the child. I have seen in the coaching centre, the father is telling his son, You will not be able to do spin bowling today, you will do it tomorrow, you will do face bowling. He is being overcritical towards the son. No. He is damaging his son for his future. Over criticism. This is a growing stage. His muscles have not developed yet. He is not able to use his intelligence. He has to eat too much. This will be fine. So, this is how they handle it. The coach is on the sidelines. Sometimes, the coach is on the sidelines. So, privately explain that having two coaches confuses the child. This is to cover intelligence. In my opinion, if you coach a person at the same time, the child will be confused as to what to do. But this should be understood privately by the parents. The coach who is coaching should be understood by the parents. If you are coaching at a boundary line, then the coach should be understood by the parents. Distract the player if the coach is shouting on the boundary line, taking more protection here. The coach has to reassure that the play is safe as long as the child is attentive. As long as the child is playing with attention, the cricket game is safe. There is no problem. There is no overprotective hard work. You have to reassure parents. You have to understand them. Coach, if parents get abusive, the coach has to be very intelligent. With the help of administrators, those who are the administrators, this will not be tolerated. If not a cutter, they take a defensive shot and throw him out of the house. So, I can call the police, and if my academician is a security guard, I have to send him out of the house. I have to send him out of the house, or I have to send him out in a natural situation if he is an abusive brother. Why do we need this? Because, due to their abusive nature, it will motivate some other parents. They will get motivated, and they will also gradually give up on them. That's why this is the step to be taken to handle this situation.

Now, if we discuss, why do these problems arise with these people? Why? Why? I am educated about sports and overall. There is a lot of prejudice against the cricket field. There is a lot of There is no education or knowledge regarding cricket players. That is why the perspective of the player is lost. They sometimes feel that my son is being overused or underappreciated. My son is playing more ball, my son is doing more fitness, so he is being overused. Sometimes I feel that my son doesn't know how to play ball, doesn't know how to play in the field, doesn't know how to catch, doesn't know how to bat. These underappreciated things are created. That's where the problems arise. Our insecurity is that the coach is taking their place. They are insecure. That coach won't take his father's fish, won't take my fish. Because when children go out and eat at the coach's house, they mostly talk about the coach. The coach says today, in the morning, you have to brush your teeth. And you have to drink milk. Which we parents can't even teach the child outside? When the coach understands it, then he does it outside. Parents feel insecure here. Then these problems arise. If I say my son is not doing it this time, the coach says he is doing it, won't he take my place? Parents want to take the coach's place. Again, sometimes parents don't want to take the coach's place, so I am going to take the coach's place. That's why. Bad or no communication can occur. The parents' role is to communicate. Communication problems arise from these issues.

Next, we discussed the points related to poor communication. There is another important point. Sports parents' responsibilities. What responsibilities do they have? They encourage their child to play. But they don't pressure the child to play. Then you will understand, your parents will understand, what their child wants from sports. Does he want to be a main player? Or does he just want to play for enjoyment? Or does he want to pursue a career in sports? You have to know this. NCO, the conditions for playing are the same. The responsibility of the sports parents. They are the game will be safe. That will be ensured. That condition will be ensured. Parents' responsibility is to know which coach is training. Is he qualified? Why? So that the

coach can provide a healthy experience to the boy or girl during the coaching session. And parents' sportsmanship, the spirit needs to be maintained. And that relationship needs to be maintained by the child as well.

Next, if we discuss, after responsibility, after that, help the child, after that, what comes is, the child has to help the parents. Realistic performance goes. Realistic performance goes. In reality, by playing the role, you can achieve that you have to focus on the role. You have to help focus. You have to help the child. The value of the game, the value of the knowledge of teacher must be taught. Values. To help the child, it is the responsibility of the team and the coach. And when it is needed, the child must be disciplined. This must also be taught. And to supply the sports parents, a coach of this kind, the one who has a lot of information, the one who can do the most of the work, the one who knows, that type of coach should be appointed. Next, if coaches have to work with parents, then what should they do?

So, making parents work with the coach—what to do? So, first of all, involve parents in the program. It's very important. And also, make your expectations regarding the child clear. You have to make it clear to the coach: What expectations does this child have? If the parent knows this, there will be a positive environment. Recognise different types of parents—over-involved and under-involved. Different types of parents: those who are positive, those who are overly critical. Sometimes a little more, sometimes a little less. But it needs to be recognised. The types of parents. Those who are very positive, those who are very negative, those who are neutral. So, the role of the coach is to recognise the parents. The coach has to treat parents like adults. So, adults also have to be taken care of, but parents have to be treated. Parents have to be alerted when behaviour is detrimental. When behaviour is a little bad, parents have to be alerted at that time. Regular meetings have to be organised with parents. Every parent has to understand this. This approach is to work with them. Parents have to help set the child's performance goals. And it is very important that the child's parents have to progress in every way. How is their child progressing day by day? If possible, if you have the facility to have a video camera, you should go. With our video analysis of the child, we can use technology in the coaching session. We have a video camera. You go for the video analysis and show them. This is the first day your child comes to your academy. Now, this is the first week. After one week, this is the progress of your child. And this is the second week, then the third week. By the fourth week, the progress looks like this. So, whenever they see the child's progress in the video, they will want to work with the coach in a very positive way. Be firm and consistent in your relationship with parents. With parents, you have to work with them in a very positive way. You have to take care of the relationship. Coaches are often over-emotional or under-emotional. They need to be in control. So, they need to be emotionally balanced whenever they deal with sports parents.

Next. Parents don't want me to do anything. Making parents work with you—don'ts. What are the things I should not do? So, I am telling the parents that the child is a champion even if he has no potential. Tell this to your parents. Leave everything to me. I will take care of it. Whatever the ultimate goal is, tell this to your parents. Don't get involved in unnecessary conflicts with your parents. Don't get involved in fights. Don't get involved in talks. Don't do that. Assuming yourself of a parental figure, standing in front of the child. No. The coach never thought that if this player could play on a bigger court or in a better place, I would become very big. I mean, we are rich. And become famous one day. This is not right, Coach. Again, sometimes, this is not right either. For parents to behave this way, they are ending their children's careers. They are not giving them any help. This thought, that parents' behaviour has changed automatically. To stop communicating with parents is not right either. Again,

neglecting other players whose parents do not influence them. So, we should not do these things that we discussed today. To discuss this much, we need to have regular meetings with parents. So, what we call a parent orientation meeting. We need to do this in between. Why? Because we need to have communication with the corresponding people. Here, the purpose is to help the parents. What are the objectives of the team? In this way, the parents allow the coach and supporting staff to know more about the work. What are the risks of playing cricket, and what are the potential risks of playing cricket? These are the things that help us learn about these matters. What are the team's rules? What are the policies? And in what way does this team operate? Or how does this academy function? Does the coaching centre operate? Does the cricket coaching work? These things help us understand these matters. Again, the coach or the administration can know what the parents want, what their children desire. The coach or the administrator can understand what the parents expect from their children. And it is not easy for parents to speak openly about themselves. A clear line is created in communication. And coaches. And, of course, various types of activities can be organised. When this type of meeting takes place, various discussions are held, and then this type of program can be organised. So, various types of new activities can be organised. Tiger Woods, a famous golfer, once said, Don't force your kids into sports. I never was. To this day, my dad has never asked me to pay for golf. I ask him, the child desires to play with those matters. Not the parents. This is a child's matter. Whether they will open or not is not their parents' matter. Fun—keep it fun. Enjoy and keep enjoying. Tiger Woods had said this. So, suppose we discussed parents, this is what we need to know a lot about. But we need to know how to deal with parents, what to say when they are in doubt, what not to say, and when they have meetings with parents, what results can come out of it. Because sports parents matter. To run a coaching centre, to run a cricket academy, and to run a coaching session, why? Because parents are involved in it. So, we need good communication for this. We need good communication with athletes, coaches, and parents.