



MATRIX SPORTS ACADEMY

AFTER THE GAME: WHAT YOUR ATHLETE NEEDS

Parent Playbook

WHAT TO DO

Start with support
Give space
Wait before feedback

WHAT TO AVOID

Immediate critique
Play-by-play breakdowns
Emotional reactions

TRY THIS (PRACTICE IT)

Ask one question after the game and let your athlete lead the conversation

COMMON MISTAKE

Turning the conversation into a performance review right away

WHY THIS HELPS

After games, athletes are already processing their performance internally—adding immediate feedback increases pressure and shuts down reflection. Giving space first helps them stay confident and more open to learning later.