



MATRIX SPORTS ACADEMY

YOUR ENERGY SETS THE TONE

Parent Playbook

WHAT TO DO

Stay composed
Control reactions
Maintain steady body language

WHAT TO AVOID

Emotional reactions
Visible frustration
Sideline coaching

TRY THIS (PRACTICE IT)

Pay attention to your tone and body language during games

COMMON MISTAKE

Thinking your reactions don't affect your athlete

WHY THIS HELPS

Athletes absorb the emotional environment around them. Staying composed helps create a stable environment where they can focus and perform.