Parent Guide

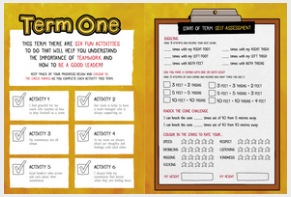
PositiveMe®

Holistic training that improves performance on the pitch & everyday life!

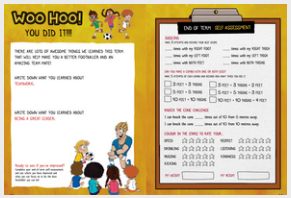
PositiveMe is a program that provides Psychological Coaching for junior football players ages 6 to 12- levelling up their game and improving their social, emotional, mental and physical wellbeing.

It aims to foster the development of a new generation of more self- aware, resilient and capable young people through the practice of football.

Getting Started with PositiveMe



At the beginning of each term, players will complete the Self-Assessment at home in their Player Activity Book.



At the end of each term, repeat the Self-Assessment at home and complete the reflection on the topics covered.

How does the PositiveMe Program Work?

There are 6 different topics in every PositiveMe Player Activity Book.

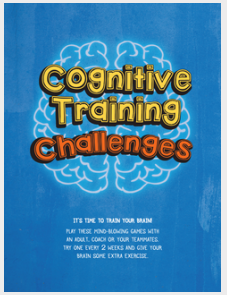
Players will read and complete <u>1 activity per week</u>.

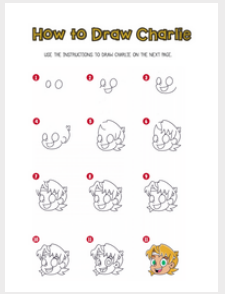
There are 6 activities to be completed per term.

At training, your child's coach will discuss the weekly topic and activity to reinforce the concept. It's that simple!

What else is in the Player Activity Book?

Each book includes 12 Cognitive Training Challenges and fun drawing activities. Aim to complete one every two weeks.





Benefits of PositiveMe

- Promotes positive behaviours and values
- Builds strong communication and social skills
- Helps kids stay motivated and enjoy playing football
- Teaches kids how to manage pressure and stay calm
- Encourages perseverance and a never-give-up attitude
- Builds respect and empathy for teammates and opponents
- Builds confidence and resilience to handle challenges
- Develops a positive mindset & builds emotional intelligence
- Reduces anxiety and boosts focus on the field
- Creates a fun, inclusive environment for all to enjoy the game
- Teaches discipline and teamwork
- Provides tools to manage stress and disappointment
- Builds a psychological foundation for football players, ensuring continuity in development and mental wellbeing
- Promotes a love of the game and a growth mindset

Helpful Tips for Parents

- All activities are designed to be completed at home. Your child only needs to bring their book to training if instructed by their coach.
- Support your child by helping them read, understand, and complete their weekly activity.
- Stay connected with your child's coach and follow their guidance to ensure the correct activity is completed.
- Refer to the weekly psychological messages to support your child when discussing their football.
- If you did not start in Term 1, not to worry! You can always complete the topics from the previous term at anytime!