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## Helping Youth Athletes Manage Pre-Game Nerves

### **A Parent's Quick Guide to Calming Nerves & Building Confidence**

Pre-game nerves are not a problem to fix—they are a sign that your athlete cares. Nervous energy is a normal biological response that prepares the body to perform. How parents respond can either calm or amplify those nerves.

#### **1. Normalize Nervous Feelings**

Let your athlete know nerves are normal and expected before competition.

#### **2. Stay Calm & Grounded**

Your athlete mirrors your emotional state. Calm tone and relaxed body language help regulate nerves.

#### **3. Avoid Last-Minute Coaching**

Game day is for trusting preparation—not adding new instructions.

#### **4. Focus on Effort, Not Outcome**

Shift attention away from winning or statistics.

#### **5. Teach Simple Calming Tools**

Breathing, cue words, and consistent routines help athletes settle.

#### **6. Support, Don't Pressure**

Confidence grows when athletes feel supported regardless of performance.

**Remember:** Nervous athletes aren't weak—they're invested.