



CHAMPION
MINDSET GROUP
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Helping Youth Athletes Recover From Mistakes & Setbacks

A Parent's Quick Guide to Building Resilience

Mistakes are not a sign that something is wrong—they are a required part of athletic development. How young athletes respond to setbacks is shaped more by parent reactions than the mistake itself.

1. Normalize Mistakes

Mistakes mean your child is challenging themselves, not failing.

Helpful phrases: "Mistakes are part of learning." "This is how you get better."

2. Regulate Yourself First

Your athlete takes emotional cues from you. Pause, breathe, and respond calmly.

3. Shift From Outcome to Process

Focus feedback on effort, preparation, decision-making, and response after mistakes.

4. Keep the Car Ride Home Safe

Let your athlete lead the conversation. Ask: "Do you want feedback or support right now?"

5. Teach Reset Skills

Deep breath, cue word ("Next"), or a simple physical reset.

6. Praise the Response, Not Perfection

Confidence grows when athletes know they can handle mistakes.

Remember: You're not raising the best youth athlete—you're developing a resilient human.