

THE CAR RIDE HOME- TEMPLATE

INTRODUCTION

1. Welcome to The Car Ride an Impact Soccer Club Media Production that brings you, the parent, player and fan Club information, current events and everything that has to do with helping put the player first all in the time it takes you to drive from the pitch to your driveway. So, buckle your seat belt and let's take a quick CAR RIDE.
2. (music breakup, 3 sec)
3. On today's episode, we will discuss this origin of the podcast and discuss exactly, What is THE CAR RIDE. We will review...The challenges in youth soccer and why it leads to players losing interest or quitting, What is the car Ride and some ideas on how we can get better to keep our players engaged. Let's kick this off!

a. CHALLENGES

- i. Kids quitting or not enjoying sports
- ii. Not fun, parent pressure, team results over self development
- iii. Immediate discussions without time to process (<https://www.youtube.com/watch?v=-0e8zvvY-x8>)
- iv. <https://changingthegameproject.com/>
- v. <https://truesportpur.ca/>

b. WHAT IS THE CAR RIDE HOME

- .The Car Ride home is based from the Changing the Game Project with John O Sullivan. Some of the leading soccer and psychological experts have compiled their research into, The Car Ride Home.
- i. Verbal vs NonVerbal
- ii. What is said vs What is heard
- iii. Literal vs Metaphorical (sideline behavior, discussion at home, etc)

c. Take a break...COMMUNITY CORNER

- .(ASK DAVE) Rec Registration is now OPEN <https://www.indianaimpactsc.com/rec>
Impact has member club rec programs in Geist, Greenfield and New Pal
- i. #MYNEXTLEVEL MyNextLevel players spotlight great achievements by players on and off the field. This week: Jackson Etheridge, from the 01 Boys Elite, attended the United Coaches Convention in Baltimore this January and was part of a 6 keeper field session presented by the NY Red Bulls Keeper Coach. You can see more on that on our social media including pictures and videos. Congrats to Jackson on his pursuit of working on his MyNextLevel

d. SOLUTION-We've talked about the challenges of youth athletics and the importance of the car ride home, what are some helpful tips that we learned from our research that we can apply to our own life.

- .Ask about non-soccer related topics to allow kids to talk
- i. Listen and support
- ii. Listen to the podcast but seriously, if you need help, reach out to Club Director or your coach.

e. RECAP

- .Make it fun- Don't be the reason your kids loses interest
- i. Allow kids to be in charge of the discussion
- ii. Listen
- iii. Be supportive of player/team, coach

f. OUTRO

- .Music starts

- i. Club Philo
- ii. Thanks and contributors
- iii. How to reach out through website, show notes and social media