



Episode 164

How to Coach the Entitled Athlete & Parent

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The Captain's Council Leadership System Training Course

Use Coupon Code: CoachingCulture to Save 25% in 1st Week

Link to Training: <https://buff.ly/3kzvs5V>

Schedule a call with J.P. or Nate to discuss how we can support you!

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Episode Notes

- **Email JP received from a parent:**
 - “Our son is devastated and we don’t know what to do. We have always told him to work harder than everyone else, keep your head down, go to work, and it will all work out.”
 - “The thought of standing on the sideline as a senior is both humiliating and a waste of time”
- **Entitlement:**
 - Most coaches have experienced the increasing sense of entitlement in our culture and in sports
 - Entitlement is the feeling that you deserve good things without earning them
 - Ex: they want playing time without earning it
 - As coaches, we want to create a program where everything is earned
 - Entitlement is sneaky...
 - “He/she deserves to play because of these additional factors...”
 - Ex: seniority, character, loves the game, past achievements, etc.



- The plea on the basis of investment
 - We invested _____ so we should get _____
 - And, we should not begrudge them for their investment
 - And still, everything is still earned on your team
- **Getting everyone on the same page about everything being earned:**
 - Be clear in your communication
 - Put it in the player manual, talk about it at the meetings, etc.
 - Asked players what should earn players playing time
 - If X is our objective, then how should we determine playing time on our team
 - Asked players...
 - 1) Where do you see yourself in the rotation?
 - 2) Why do you think this is where you should be in the rotation?
 - Provides opportunities to align with the players and reinforce how things are earned on your team
 - Be consistent in your decision making
 - You can't play the senior just because they're a great kid
 - If X and Y earn playing time, it has to be the same for every player
 - They get the message, "this is the way it's done here"
- **How we can combat it:**
 - Emphasize the importance of courage and effort
 - Normalize struggle
 - Set them up for success in the real world
 - They're going to have to earn everything when they're out there on their own
 - The problem with entitlement is that it makes people need to feel good about themselves all the time" - Mark Manson
 - Ex: "I just want my kids to be happy" - parents



- Satisfaction and happiness is a result of being a part of something bigger than themselves
- Talk with players about how playing time should be earned!
 - Allow players to debate it in a healthy way