



The Power of Habit



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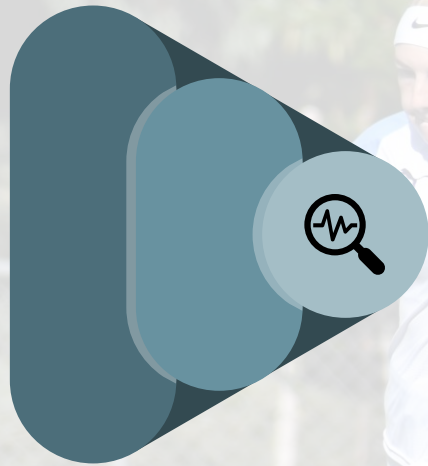


Overview

- What are habits?
- How are habits formed? The Habit Loop
- Habits we encourage – the Fremont way (elements)
- Soccer routines
- What are the cues?
- How parents can affect the game from the sidelines?
- How can parents help form good sports habits?
- How parents can encourage good habits
- What the kids are going through now?
- How can habits help?
- How we change a habit?
- Identify the routine
- Experiment with Rewards
- Isolate the Cue
- Have a plan
- Resources for parents
- Resources

What is a Habit?





A Cue is a trigger for an automatic behavior to start unfolding



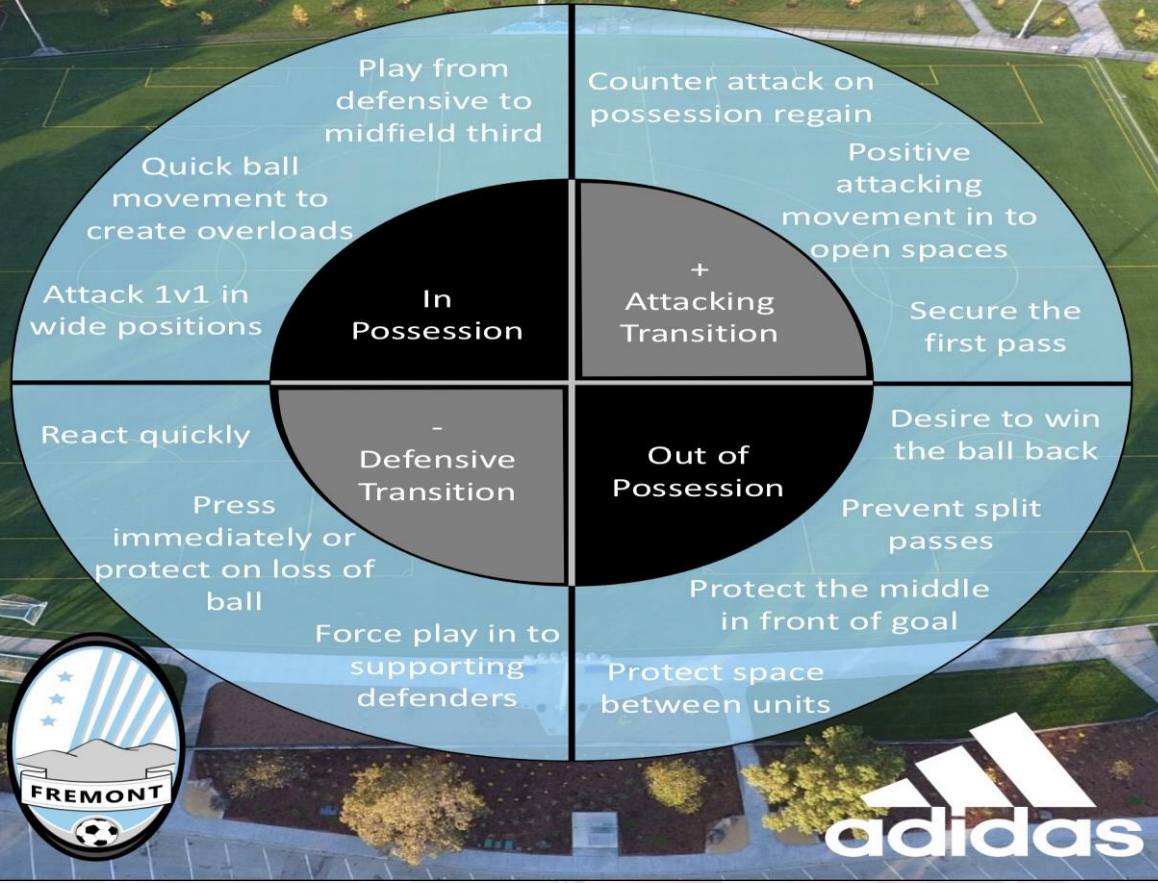
Routine is the act of performing the behavior



Reward, tells the brain if we should store the habit for future use

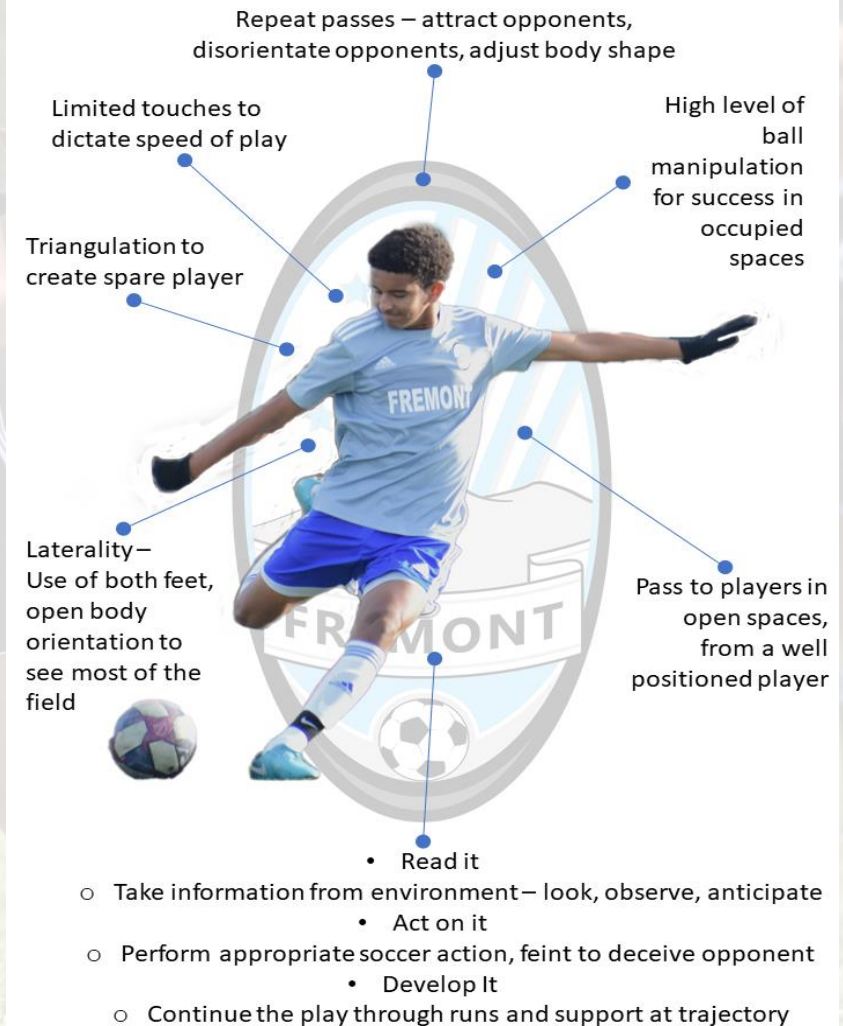
How are habits formed: the Habit Loop

FREMONT FRAMEWORK



Soccer
Habits –
Fremont
Framework

Soccer Routines



What are the cues?



Once the decision becomes a habit, the recognition of cues will become automatic. With the understanding of these cues, players will develop as per the player elements which will create the habits represented by the Fremont Framework.

How parents can affect the game on the sidelines

Common sideline comments from Parents

- Shoot! Shoot it!
- Pass!
- Run!
- Go! Go! Go!
- That's a terrible call Ref
- Offside!
- That's a fowl ref!
- Or sometimes this



Impact on Players

- Shoot it! Pass It! This takes away the decision making of the players, the players do not recognize the cues of when to shoot or pas as they wait for instructions from parents.
- Go! This is a neutral comment but can influence decision making as for players, it translates to go forward! Attack!, which may not be the best option in that scenario.
- Comments towards the referees do not have a place in youth sports as those are the same behaviors that players will replicate translating to a lack of respect for authority figures, poor discipline and therefore poor habits.

Link to video: https://youtu.be/mCd6g33l_Gc

How can parents help form good sports habits?

Do not abuse the referee or the other team.

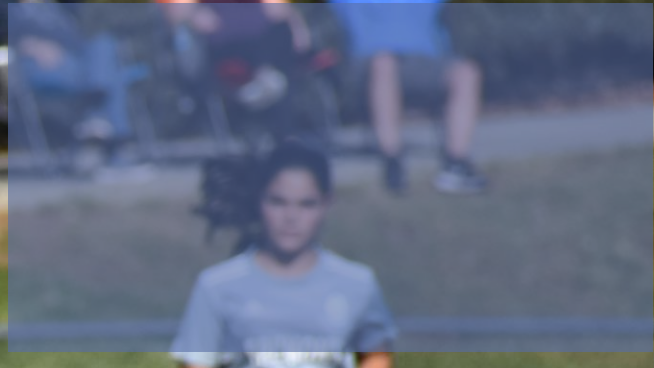
Encourage players to ask their coaches for help if they have concerns or questions



Recognize and compliment effort over talent.

Be supportive on the sideline but not instructive – Clap when they do something well, or try something new or show good sportsmanship.

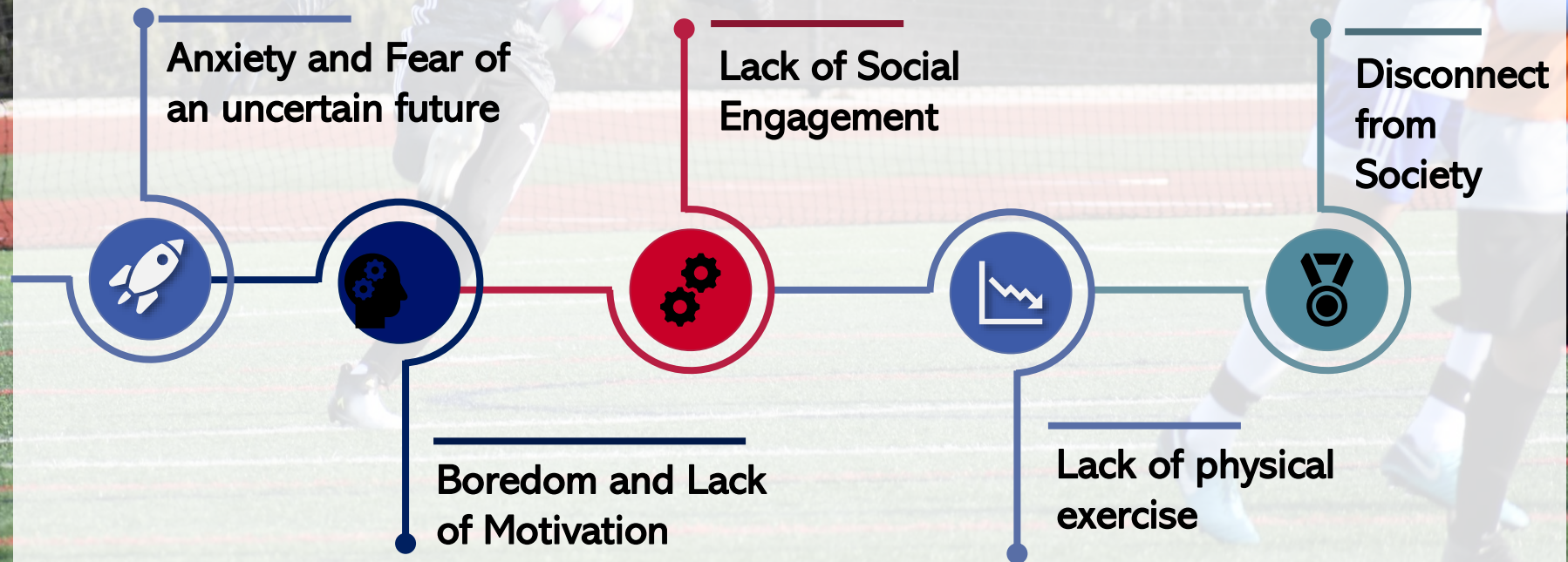
Understand you club's philosophy and ask questions to coaches – this will help you understand the process.

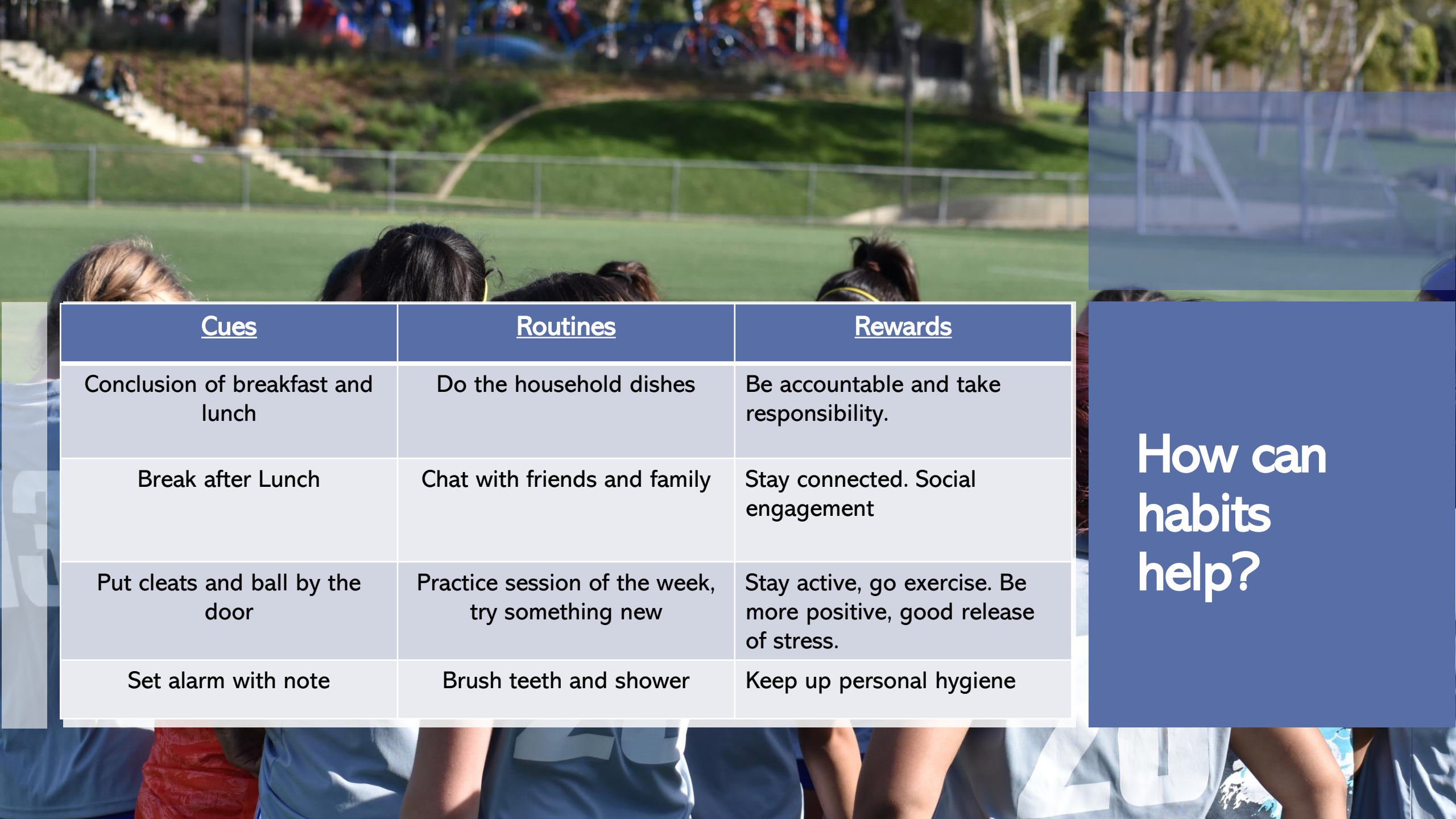


How parents can encourage good habits



What the kids are going through now?





<u>Cues</u>	<u>Routines</u>	<u>Rewards</u>
Conclusion of breakfast and lunch	Do the household dishes	Be accountable and take responsibility.
Break after Lunch	Chat with friends and family	Stay connected. Social engagement
Put cleats and ball by the door	Practice session of the week, try something new	Stay active, go exercise. Be more positive, good release of stress.
Set alarm with note	Brush teeth and shower	Keep up personal hygiene

How can habits help?

- Habits can never be completely erased, but we can change the routine to do this: we must address an old craving, keep the old cue, deliver the old reward but feed the craving by inserting a new routine

1



**IDENTIFY
THE
ROUTINE**

2



**EXPERIMENT
WITH
REWARDS**

3



**ISOLATE
THE CUE**

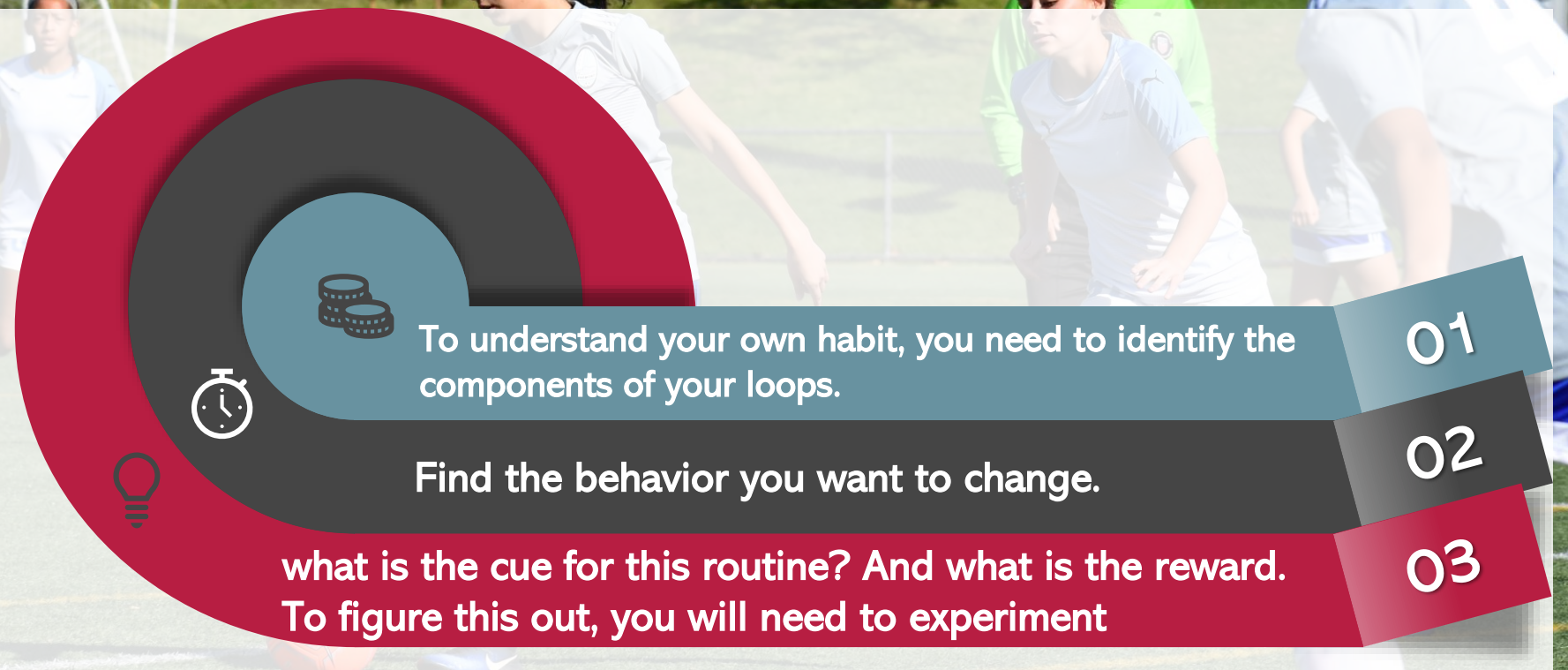
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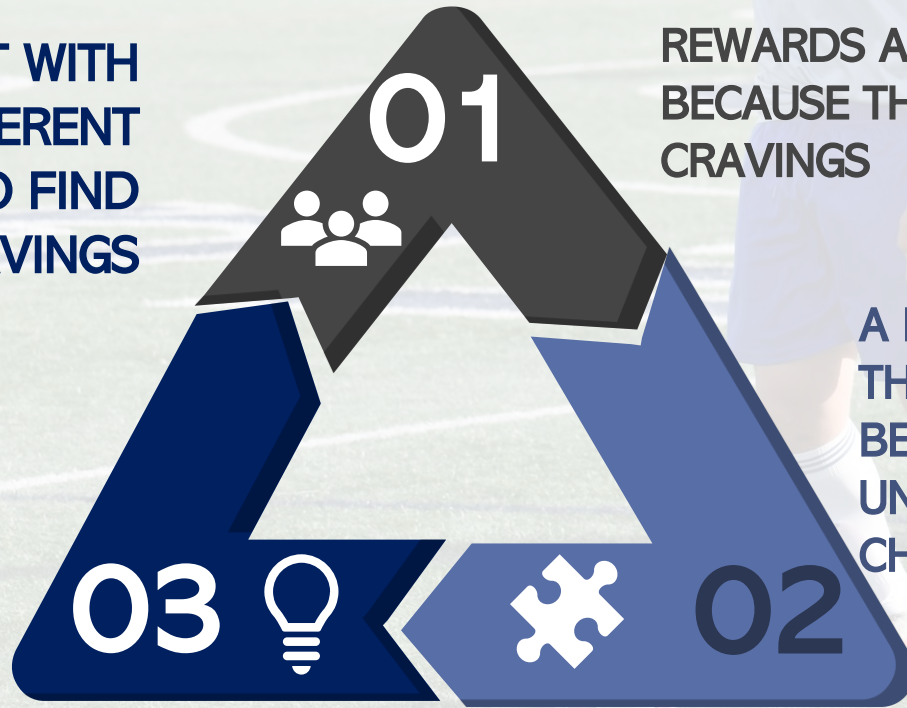
**HAVE A
PLAN**

**How we
change a habit**

Identify the routine



**EXPERIMENT WITH
DIFFERENT
REWARDS TO FIND
CRAVINGS**

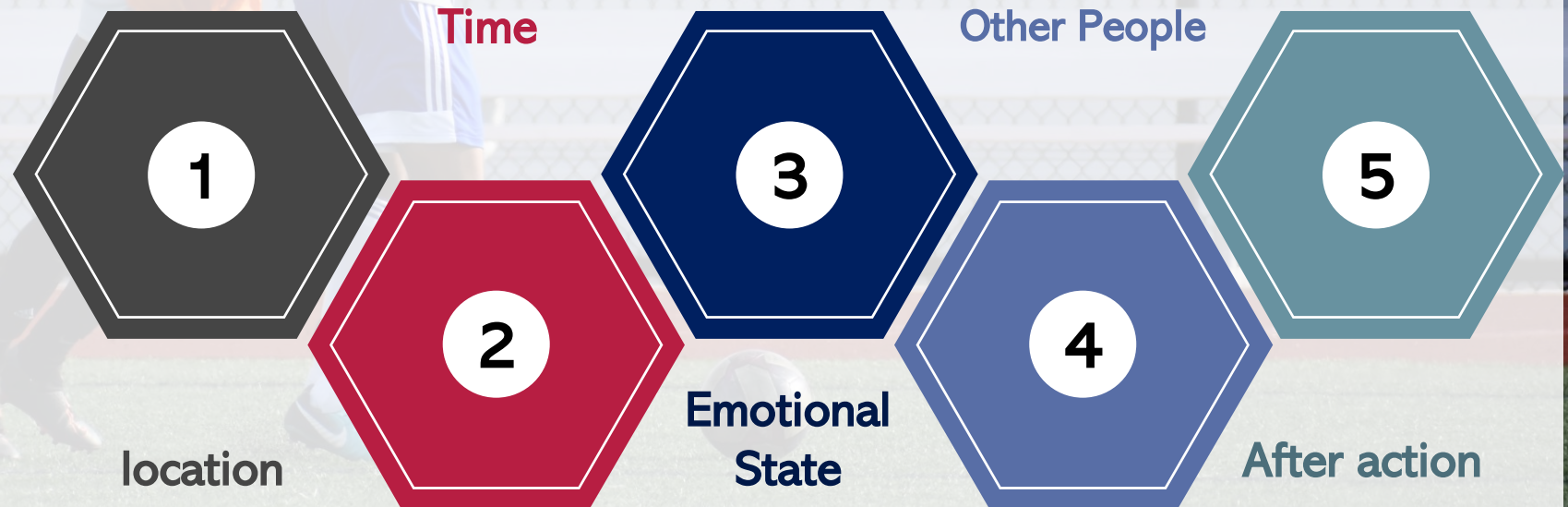


**REWARDS ARE POWERFUL
BECAUSE THEY SATISFY
CRAVINGS**

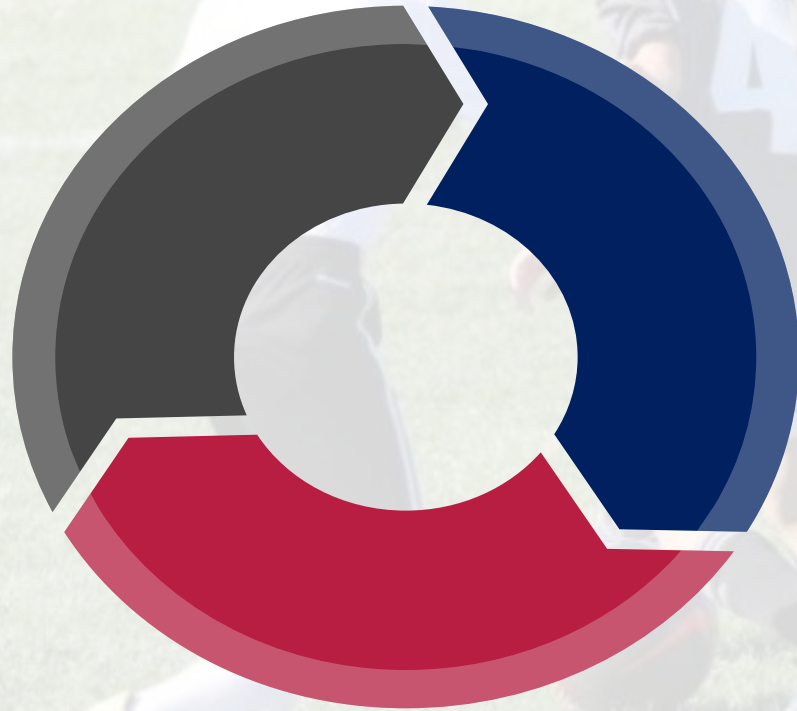
**A LOT OF CRAVINGS
THAT INFLUENCE OUR
BEHAVIORS ARE
UNCONSCIOUS
CHOICES**

**Experiment
with
rewards**

Isolate the
cue



choose a behavior that delivers the reward you are craving



Once you have figured out the habit loop, you can begin to shift the behavior.

You can change the routine by planning for the cue

Have a plan



Resources for Parents:

- Positive Coaching Alliance: www.positivecoach.org
- <https://www.playbytherules.net.au/conduct-and-behaviour/tips-for-parents>

Resources

- Duhigg, C. (2014). *The power of habit: why we do what we do in life and business*. Toronto: Anchor Canada.
- Clear, J. (n.d.). The 5 Triggers That Make New Habits Stick. Retrieved from <https://jamesclear.com/habit-triggers>
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