



U15–U19 Soccer Parent Guide

Supporting Performance, Leadership & Lifelong Love of the Game

Welcome to U15–U19 soccer!

At this stage, players are refining advanced skills, tactical understanding, fitness, leadership, and mental toughness. Soccer becomes more competitive — but it should still be challenging, positive, and rewarding.

Your role evolves from manager to supporter and mentor.

Your #1 Job

Support, encourage, and give them ownership.

Let players take responsibility for their preparation, decisions, and growth.

What Parents SHOULD Do

Encourage character and mindset: Praise effort, discipline, and resilience

Recognize leadership and teamwork, Reinforce commitment and responsibility

Promote independence

Let players communicate directly with coaches, Encourage them to manage schedules, gear, and recovery, Support them in setting their own goals

Keep perspective

Focus on development and life skills, not just results, Celebrate growth, confidence, and maturity

Remember: very few athletes play beyond high school — enjoyment still matters

Create a positive sideline: Cheer respectfully, Stay composed during games

Trust the coach and the process

Model sportsmanship: Respect referees and opponents, Handle wins and losses with class

Show emotional control and maturity

Be a steady support system: Listen more than you instruct

Ask open-ended questions: “How did it feel?”, “What did you learn?”, “What are you proud of?”

What Parents Should AVOID

Sideline coaching or second-guessing: Players need space to make decisions and own outcomes

Confronting referees or opponents: Players take emotional cues from adults

Focusing only on scholarships, playing time, or stats: Pressure can reduce enjoyment and performance

Solving every problem: Growth comes from learning to handle challenges independently

Remember

At U15–U19, players are: Developing leadership and accountability, Managing school, sports, and social pressures, Learning resilience through setbacks, Preparing for life beyond youth soccer

They may look like adults, but they still need your encouragement and support.

If they’re growing as people, working hard, and enjoying the game, we’re succeeding.

This guide reflects U.S. Soccer’s Player Development Framework for the Performance Phase (U13+), which emphasizes advanced skill development, decision-making, independence, leadership, and positive adult support alongside healthy competition.

Thank you for helping create a positive, respectful, and empowering soccer experience for every player!