

Father–Son Sports Reflection Worksheet

A companion tool designed to deepen reflection and conversation.

SECTION 1 — Warm-Up Reflection

Father Reflection: What did sports mean to you growing up, and what do they mean to you now?

Son Reflection: Why do you play sports, and how do you want to feel while playing?

SECTION 2 — Sideline Emotions & Expectations

Shadow Question for Fathers: What emotions come up for me on the sidelines—and why?

Son Journal Prompt: When I look over and see my dad at a game, I feel...

Son-to-Father Question: Dad, what do you hope I feel when I see you watching me?

SECTION 3 — Dad vs. Coach Dynamics

Father Reflection: Where do I struggle separating 'dad' from 'coach'?

Son Journal Prompt: When is it hard to tell if my dad is parenting or coaching me?

Son-to-Father Question: How can I tell the difference when you're giving feedback?

SECTION 4 — Other Coaches & Mentors

Father Reflection: How do I feel when another coach becomes an important figure?

Son Journal Prompt: What do I want my dad to understand about my relationship with my coach?

Son-to-Father Question: How do you see your role when another coach is helping me grow?

SECTION 5 — Injuries, Setbacks & Emotional Support

Father Reflection: How do I respond when my son is discouraged, hurt, or disappointed?

Son Journal Prompt: When I'm hurting, I need my dad to...

Son-to-Father Question: What scares you most when I'm injured or discouraged?

SECTION 6 — Pressure, Expectations & Identity

Father Reflection: Do I place expectations on my son based on my past experiences?

Son Journal Prompt: Which goals are mine—and which feel like they belong to someone else?

Son-to-Father Question: What dreams from your childhood shaped your hopes for me?

SECTION 7 — Walking Away From Sports

Father Reflection: How would I respond if my son wanted to walk away from this sport?

Son Journal Prompt: If I ever wanted to quit or take a break, what would I need from my dad?

Son-to-Father Question: If I changed sports, what emotions would that bring up for you?

SECTION 8 — Strengthening the Relationship Beyond Sports

Father Reflection: How can I show love for who my son is—not just how he performs?

Son Journal Prompt: Outside of sports, how do I want to spend time with my dad?

Son-to-Father Question: What do you enjoy about me that has nothing to do with sports?

SECTION 9 — Mutual Commitments

Father Commitment: One thing I will work on to support you better is...

Son Commitment: One thing I will communicate more clearly is...

Shared Commitment: One thing we will do together to strengthen our bond is...

SECTION 10 — Closing Reflection

Father: As your father, I want you to know...

Son: As your son, I need you to understand...

