



TOP TEN HOCKEY COACHING TIPS

By: Michael Dubus

#1 Together We Walk, Talk, Skate and Behave as One

Create your culture early and work on it every Day. Emphasize your expectations surrounding work ethic, commitment and attitude. How your players treat people is the most important thing to develop.

#2 Ying & Yang -- Our Role as Coaches & Their Role as Players

Players are players, coaches are coaches. Make sure that the players know that they do not need to handle any of the coaching responsibilities. Their job is to encourage and support each other. Coaches provide the constructive criticism.

#3 Grits & Guts vs the Glory of Scoring Goals... "D" Counts in Hockey

Defense over offense. Teams at the elite levels want players that know how to play in their own end. It is impossible to score if players don't know how to defend & regain possession of the puck. Emphasize team defense in the defensive zone.

#4 The GREAT All Sports' Tip (double underline this one)

Hire a professionally - trained sports psychologist, if you can. Also, seek training and resources regarding sports psychology to help your players overcome their own mental barriers. Well over 50% of the game is mental.

#5 Ying & Yang Again – Balancing Practice Time

Consistency vs new challenges. Players need to know what to expect during a practice. Keep certain parts of your practices the same every day. Players will get bored quickly from repeating things. Also introduce new, challenging drills every day.

#6 Stamina, Strength & Dexterity... Constant Conditioning to Excel

Build conditioning into drills. Bag skates have their time and place, but conditioning should be an aspect of almost every drill. This kind of conditioning does not allow players to give anything less than their best effort and prepares them for the cardiovascular stress of a game.

#7 2nd Double Underliner... "We Are All Human"

Be vulnerable. Don't be afraid to tell your players exactly how you're feeling at all times, good or bad. This models the type of honesty we want from them while also indicating that our team is a safe space for everyone to be human. Don't bottle it up... show them how it is done.

#8 Team Bonding Extends Off of The Ice

Practice communication off the ice. Healthy, positive and constructive communication between teammates is best practiced outside of the stress of games and practices. Host workouts and team-building events away from games & practice.

#9 Bottom of the Line-up to the Top – THEY ALL BELONG & MATTER

Roles are Essential. Every player needs to be told exactly what their role is and every player needs to be utilized in their role during a game. Players who do not feel valuable are toxic to the locker room. Make sure every player feels important because they are.

#10 The Third One – Both Double Under Lined & Yellow Marker Worthy!

Relationships builder over team builder. The most important aspect of coaching is building one-on-one relationships. Players will do anything for a coach who they know loves & cares about them. Be that kind of coach.

Honor & respect the game – Be the best person you can be both on and off the ice.

EMERGENCY

In a crisis call "911" immediately

● If considering self-harm, call "988"

The National Suicide Intervention Lifeline

SEXUAL MISCONDUCT

To speak to a counselor,

Call (800) 656-4673

RAINN

BULLYING/HAZING, VIOLENCE,

ADDICTIONS & SUBSTANCE ABUSE SIGNS

For helpful resources,

thebmsproject.org/Safety

CHILD ABUSE

To report suspected child abuse,

Call (800) 422-4453

Childhelp National Child Abuse Hotline

It is recommended that incident(s) of serious misconduct be reported to law enforcement. Minors should report incidents of misconduct to their parent(s) or guardian(s).