

As a coach, you have a major influence on your athletes. Not only will you affect the development of their skills and long-term enjoyment of the sport, you will also play a role in their development as individuals. It is important that you have effective resources to help you.

The Coaching Association of Canada, in partnership with the national sport organizations, compiled the following coaching tips.

Code of Conduct



Does your team have a code of conduct?

As a coach, you must establish a set of team rules so that players are aware of your expectations both on and off the ice. This must be done at the start of the season, to ensure fairness and consistency.

On-ice rules should emphasize respect for opponents, rules, officials, teammates and other Fair Play principles. Team rules must insist that players should never check, bump or push an opponent from behind or use other dangerous tactics which might injure an opponent or teammate.

On-ice rules should also emphasize respect, and provide specific behavioural expectations for players when they are in the dressing room or on overnight trips to tournaments or games.

Here are some helpful suggestions:

- Have a meeting to ask for players' input when developing team rules: players will be more committed to rules they have helped design.
- Never lecture or embarrass a player for breaking rules: speak to the player individually, away from the team, emphasizing that when one player breaks the rules, it hurts the entire team.
- Be consistent and impartial when enforcing rules: make no exceptions and follow through with appropriate action in all cases.
- Never use physical punishment such as skating laps or push-ups as these are legitimate training techniques and players should not learn to dislike or avoid them: for punishment, restrict involvement in something the player enjoys or values.

Communicate and enforce team rules clearly and consistently, and you will help your players both on the ice and in their development as individuals.

