

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.

Putting Fun Into Your Practice



Did you know that fun is an essential ingredient in an effective hockey practice?

Do you include fun when you develop your practice plans?

While you should establish objectives for your practice such as skill and fitness development, don't forget the main reason players participate is for enjoyment. Fun can be an element in every component of your practice, including warm-up, instruction, skill practice and fitness.

Although fun should be incorporated throughout your practice, some coaches use specific games, drills, or novel equipment to motivate players and stimulate interest. But just because a game or drill is fun, does not mean it is unrelated to objectives like skill development.

Games can be designed to incorporate fundamental skills such as skating, puck control and checking.

Here are some suggestions:

- Beginning skaters can develop skating skills through games like push ball, which forces players to bend knees to move a ball, and kick ball, which allows players to develop balance and agility by playing soccer on ice.
- Skating skills can also be developed with games like tag, British Bulldog, red light/ green light and relay races.
- Players can enhance puck control skills through games like 2-on-1 and 1-on-1 keep away.
- Players learning checking skills can practice contain and control through games like dot tag, with and without a puck, and crease tag.
- Even during fun drills, always use the 100% rule: 100% use of the ice, 100% player participation, 100% effort and 100% coach control.

For more ideas, contact the CHA Resource Centre (1-800-667-2242) or attend the next NCCP Clinic in your area.

