

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.

Respect for Rules, Officials, Opponents



Your influence as a coach extends beyond the hockey arena. By instilling respect in your players for rules, officials and opponents, you will help them develop as athletes, and more importantly, as people.

Rules are necessary for fair and fun competition. You must teach your players the importance of rules and abide by the rules yourself.

- Make it clear that you expect your players to obey the rules at all times. For example, you must emphasize that players should never hit an opponent from behind, or engage in illegal stickwork.
- Following the rules also means developing respect for the officials who enforce them. Officials are trained individuals who make the game more fair and fun for all.
- You must start by respecting and accepting officials' calls, even if you think they are wrong. If you must address an official, this should be done in a professional manner after the game, away from your players.
- Think about inviting an official to one of your practices to discuss the rules, or have your players officiate during practices. This will emphasize that officials are human and make mistakes just like everyone else.
- Your players must understand that opponents also demand respect and without them, there would be no game. Players should never injure or ridicule an opponent, and should recognize good performances by opponents, extending good sportsmanship at all times.
- Players learn best by example. The example you set not only affects their long-term participation in hockey, but also their development as individuals.

