

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.

Teach Attitudes First, Skills Second



What is the First Commandment of Coaching? If you said winning, better read on.

Fair Play is the First Commandment, and is based on this Golden Rule: treat others as you would like to be treated yourself. You and the parents of your players are responsible for instilling this Fair Play attitude.

Everyone must show respect for rules, referees, teammates and opposing players and coaches. You can start by setting a good example.

- Don't argue with referees or opposing players and coaches.
- Teach your players to never check or hit in a manner that might cause injury to an opponent.

There's nothing wrong with winning, but overemphasizing it can lead to decreased enjoyment and restricted participation for players, and result in undesirable behaviour and high anxiety levels.

- Never ridicule or condemn your players for making mistakes or losing games.
- Don't overplay your talented players.
- All players have a right to fair ice time.
- Always consider the welfare of your players first, by making certain they are participating in a safe environment.
- Ensure that facilities, equipment and practices are safe and appropriate to the age and ability level of your players.
- Downplay toughness and intimidation, and stress that players should never hit an opponent from behind.

Teach attitudes first, skills second. Good coaches emphasize having fun, developing positive values, personal development and satisfaction, and improving health and fitness.

