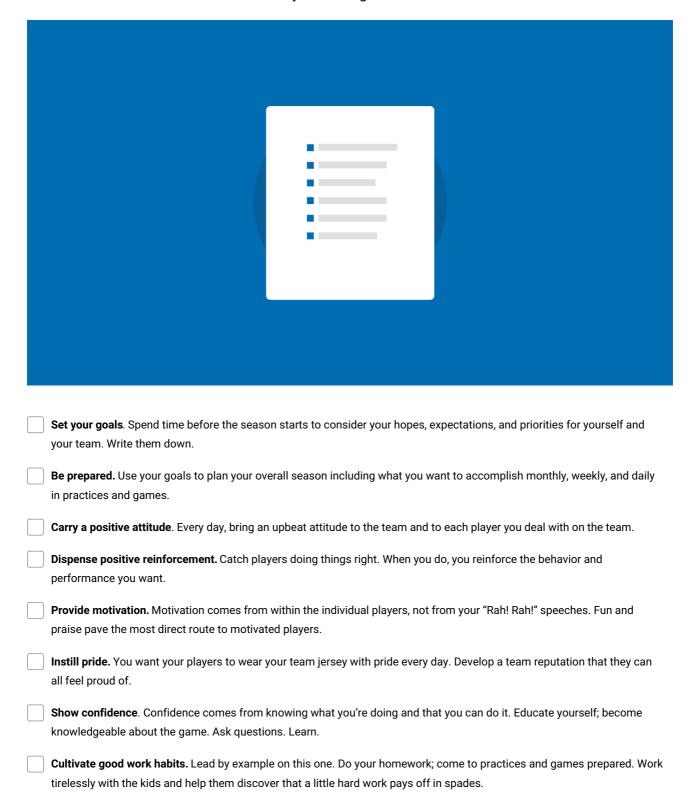
## **HOCKEY COACH'S CHECKLIST**

Keep this checklist on your clipboard and review the list before or after hockey practices, meetings, or any encounter with the athletes you coach. All these steps will become second nature in time, and then you'll be a great coach.



Cultivate positive self images. Help players believe in themselves so that they can feel great about themselves as players

Balance game coaching. Make games fun and positive at the same time as players learn from their experiences.

Provide great practices. Have players moving, participating, succeeding, learning, and laughing.

and as people.

| Have fun. Coaching should be a great experience for you too!  Make and Share Free Checklists checkli.com  |
|---|
| <b>Use your creativity.</b> Be adaptable and creative when things don't work out as you expected. Design your own drills. Find tricks to help kids learn. Adjust in lousy facilities. You'll all get more out of the experience.  |
| <b>Dispense discipline.</b> Make sure all players know that the team comes first. Anything that disrupts or hurts the team or individual team members is not acceptable. Make sure that they know the consequences of unacceptable behavior and dole it out when necessary, with consistency. |
| Control the parents. Lead. Set rules and consequences. Clearly communicate those rules and consequences. Do not waver from what you set and communicate. But have fun with them as much as possible.  |
| <b>Set a great example.</b> Lead by example in attitude, enthusiasm, and sportsmanship. Your team, and even most parents, will follow.  |
| <b>Pay attention.</b> Every kid wants to feel valued in some way. Talk to the kids. Know their names. Find out something unique about them. Point out something they do well, daily.  |
| <b>Teach and challenge.</b> Start simple. Progress step-by-step. Know where the kids are in their skills so that you can lead them a little further forward and reward them for getting there.  |
| <b>Show respect.</b> Everyone you work with deserves to be shown some respect. That includes the players, parents, officials, and your assistants. Respect sets a tone for the team.  |
| <b>Be safety conscious.</b> Be medically informed about those you're working with. Check equipment and facilities. Know emergency procedures.   |