



FOR PLAYERS - PARENTS & COACHES

Coaches Corner

10 Good Tips for YOUTH HOCKEY

- 1. Practices are more important than games**
 - Skating, standing on the correct leg when shooting and having the right technique at high speed are prerequisites for being a good hockey player.
 - More important than games!
- 2. Practice cross ice**
 - Practicing in small areas develops skills and avoids players standing in lines.
- 3. Allow youth to train themselves as much as possible**
 - Spontaneous training is important. Encourage street hockey in parking lots and driveways when ice is unavailable or floor hockey in all variations.
- 4. Hockey should be fun**
 - Skip tactics and systems, let the youth go after the puck. Everyone wants to handle the puck – no one goes to practice and games to play defensively all the time.
- 5. Parents support and encourage**
 - Parents should never place pressure on their child. Remember that 1 of 5 youth experience their parent's meddling in their sports as negative. Provide transportation, fix equipment, console, be there – yes, by all means!
- 6. Games are not a matter of life and death**
 - Games should be fun. A change of pace from practice days. Not anything deathly important. Pour it on offensively – youth are creative and like to try things. Let them play to success.
- 7. Don't play just your best players and no tactical systems**
 - Play without tactics and systems. Let youth use their own creativity and develop under their own conditions. Let them be where the puck is – for they have come to play the puck!
- 8. Show respect!**
 - Ice hockey means fair play! Show respect for the rules, referees, opponents and coaches. Play fair! No game is won from the penalty box.
- 9. Try all positions**
 - Let everyone try all positions on the team. Don't lock players into defense, center or forward already from the beginning. Rotate around in fives – an elite player can play anywhere!
- 10. Exchange instead of buying!**
 - If one is going to follow the market hysteria it will be expensive to try hockey. Organize instead within your association an exchange day or rent equipment for a season.