

COMMUNICATION TIPS

When communicating to players during the course of a game or practice, coaches must remember to keep their comments brief, and most importantly, positive, as much as possible. The commands on the left are those commonly used by coaches of all age levels. On the right, we have listed some alternative commands that will allow coaches to get the same point across, but in a more positive way, telling the player what to do, rather than what not to do. Listed below are a few examples.

NEGATIVE



POSITIVE

- | | |
|--|------------------------------|
| Don't hold onto the puck!..... | Move it! |
| Don't force it!..... | Keep it simple! |
| Don't drift low! | Stay high! |
| Don't turn away from your check! | Finish your check! |
| Don't coast! | Keep your feet moving! |
| Don't stay on the ice too long! | Keep your shifts short! |
| Don't get beat! | Win your battles! |
| Don't throw the puck blindly! | Make the safe play! |
| Don't take stupid penalties! | Stay out of the penalty box! |
| Don't turn the puck over in the neutral zone!..... | Get the puck in deep! |