

Development Mindset

Behaviours that promote a development mindset!



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A player demonstrates a development mindset when they:

- **Listen attentively to feedback from their coach or teammates** about areas to improve (e.g., technique, personal strategy), instead of reacting defensively or shutting down. They ask for clarification if needed and focus on using the feedback to improve.
- **Take the initiative to find solutions** when faced with a challenge in their play (e.g., difficulty defending against speedy forwards) by asking teammates for advice or finding specific drills to help improve that skill.
- **Suggest specific drills or areas to work on** with teammates, such as puck movement or game-day scenarios.
- **Think about what went wrong after making a mistake** (e.g., poor positioning that led to a goal) instead of getting discouraged or blaming themselves. They learn from the mistake, stay positive, and keep working hard to improve and prevent it from happening again.

These behaviours are general guidelines. Adjust your expectations according to your players' age and skill level!



- **Adopt effective recovery habits** (e.g., stretching, massages, proper nutrition, sufficient sleep) to prevent injuries and maintain long-term performance.
- **Encourage a teammate to take charge of their progress** by recommending drills or strategies for improvement based on their own experience.
- **Agree to play a different position** (e.g., defence instead of offence) to support the team's goals and needs. Even though it may be challenging, they see it as a chance to learn new skills and improve their versatility.

- **Maintain a respectful, motivating attitude** towards their teammates in a competitive setting (e.g., when competing for a position, during tryouts). They understand that internal competition helps everyone improve, and they encourage their teammates to do their best, while avoiding negative rivalries.
- **Look for opportunities to broaden their horizons** by accepting challenges like attending extra training camps, playing against stronger teams, or exploring different areas of the game (e.g., power play or penalty kill).

For more advanced players...

- **Pay attention to their teammates' or the other teams' mistakes**, analyze them, and think about ways to avoid or overcome them in the future to improve their own performance.
- **Assess their performance**, identify areas for improvement (e.g., passing, defensive positioning or protecting the puck), and look for concrete ways to improve after games or practices.
- **Ask for feedback to improve** to teammates or coaches.
- **Set specific, measurable goals** for progress like increasing passing percentage or backward skating speed.
- **Pay close attention to other teams' games** or professional players' videos to understand their tactics, hockey IQ or technique, then apply what they observed to improve their own performance.
- **Take the initiative to train outside team practices or play other sports** to improve fitness or agility. They can also work on their mental preparedness (e.g., stress management, concentration, visualization of game plays) to improve their performance on the ice.

Teach and practise these behaviours on a daily basis to help your young athletes adopt a development mindset!