

Mutual Support

Behaviours that promote mutual support!



A player shows mutual support when they:

- **Help teammates to improve** by offering tips on skating or shooting techniques, strategies for staying calm under pressure, or help with mastering specific game tactics.
- **Help with prep before games or practices** by being proactive (e.g., setting up equipment, warming up with a teammate, discussing strategy, going over a tough drill).
- **Take time to reassure a teammate** after they make a mistake, reminding them that the game isn't over and they can still make up for it.
- **Clearly express their intentions on the ice** (e.g., "I'm passing the puck" or "It's yours"), or help their teammate position themselves effectively in a given scenario.
- **Agree to play a different position** (e.g., defence instead of offence) to help the team and work towards common goals, even if it isn't their preferred position.

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



- **Choose to pass the puck** to a teammate in a better position even though they could have tried to score, putting the team's success ahead of their own glory.
- **Celebrate a goal with teammates** by recognizing those who assisted or helped drive the play into the offensive zone.
- **Listen to feedback** from teammates or the coach without getting defensive, showing a willingness to learn and grow as a team.
- **Support a teammate going through a tough time** (e.g., a slump or an injury), help them stay motivated, and remind them how valuable they are to the team.
- **Encourage teammates to follow a proper training or recovery routine**, or suggest training together outside of team practices.

Teach and reinforce these behaviours on a daily basis to help your young athletes develop mutual support!