

Respect

Fun mini-challenges!



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Here are mini-challenges to help teach and promote inclusion during practice.

Further Explanations...

- Incorporate the mini-challenges into your tactical and technical practices.
- Adapt the mini-challenges according to your group's age and skill level.
- Give a demonstration when explaining the mini-challenge so participants know what they need to do.
- The indication [U9 and +] means that, in general, the mini-challenge is better suited for these levels, but adjustments can be made for U7.



An Interesting Strategy!

- To teach respect, **start by doing one of the mini-challenges** below during a practice so your players can experience it firsthand.
- **At the end of practice**, take 10 minutes to talk about respect using the [infographic on the I'm on Board program page](#):
 - What is it?
 - Why is it important in sports?
 - What are examples of respectful behaviours?

Why Is It Useful?

Your players will better understand and pay attention to what you say if they can connect it to a recent experience.



Positive Attitude After a Mistake [U9 and +]

Objective: Teach players to stay positive and support their teammates after making a mistake.

How Does It Work?

If a player makes a mistake (e.g., misses a pass, falls when turning, loses the puck), instead of getting frustrated, they must immediately give positive feedback to a teammate by saying something like, “We got this” or “Don’t worry, keep at it.”

- If a player makes a mistake and doesn’t immediately give a teammate positive feedback, the coach can ask the player to come back and say something positive to the person they let down.
- Encourage players to use positive language, even if they’re young and sometimes shy. Saying things like, “That’s good,” “Keep going,” “Don’t worry, we’re learning,” or even smiling and giving thumbs up are very effective.

Why Is It Useful?

It teaches players the importance of respecting themselves and others, even after making a mistake, and staying positive to keep the team united.

Fair Play [U9 and +]

Objective: Teach players to play respectfully and demonstrate good sportsmanship while following the rules.

How Does It Work?

During a scrimmage, players must avoid penalties, keep their physical play in check, and show good sportsmanship. If a player commits one of these infractions, they must take responsibility by either apologizing immediately or sitting out of the game for one minute.

Why Is It Useful?

It teaches young players that success isn't just about winning, but also about being respectful and playing by the rules.



Support After a Rough Hit

Objective: Teach players to respect others' emotions after a physical incident.

How Does It Work?

If a player gets tripped or falls, the others must make sure they're okay before continuing the game by offering their support (e.g., ask if they're okay) or making sure they get back up. It's not just about respecting others' physical integrity, but also about showing respect for their emotional well-being.

Why Is It Useful?

It helps young players understand the importance of physical safety and empathy for others, even in more intense sports like hockey.

Compliments on the Ice

Objective: Foster an environment where players support each other and show respect through sincere compliments.

How Does It Work?

During breaks at practice (e.g., between drills, while waiting to do a drill), each player must compliment at least one other player on something they did well (e.g., “Nice pass,” “Great puck control” or “Good positioning”).

- It's important for the player to be clear about who they're complimenting. For instance, the player to their left on the ice when they hear a specific signal during practice (e.g., three whistle blows).
- After doing the mini-challenge a few times at practice, you can apply it to a game (e.g., on the bench, during line changes) and identify specific moments for players to give compliments.

Why Is It Useful?

It encourages players to value and respect each other's strengths and efforts, which in turn, builds team spirit. Paying attention to their teammates and offering compliments also helps to build respectful environments.

Respecting the Referees [U9 and +]

Objective: Encourage players to respect referees by helping them understand the importance of their role in the game.

How Does It Work?

After every call made by the referees, the players should show respect by nodding in a positive way, smiling, or accepting their decision without protest. After each game, the coach can acknowledge the team's respectful behaviour towards the referees and name two players who exemplified respect.

Why Is It Useful?

It encourages young players to accept decisions without overreacting and understand the referees' role in enforcing the game rules.

Respectful Helping Hand

Objective: Encourage players to help others overcome their mistakes and stay motivated.

How Does It Work?

Whenever a player makes a mistake at practice, another player should offer positive support through words or physical gestures (e.g., a friendly pat on the back or saying, "You got this!").

- Example: During a skating drill like crossovers, if the player in front of them is having a hard time, they can say something like, "Keep going! You'll get there!"

Why Is It Useful?

It encourages players to respect each other's emotions and offer support in tough times, which, in turn, strengthens team spirit.

