

As a coach, you have a major influence on your athletes. Not only will you affect the development of their skills and long-term enjoyment of the sport, you will also play a role in their development as individuals. It is important that you have effective resources to help you. The Coaching Association of Canada, in partnership with the national sport organizations, compiled the following coaching tips.

## Ringette and/or Floor Hockey Toolbox



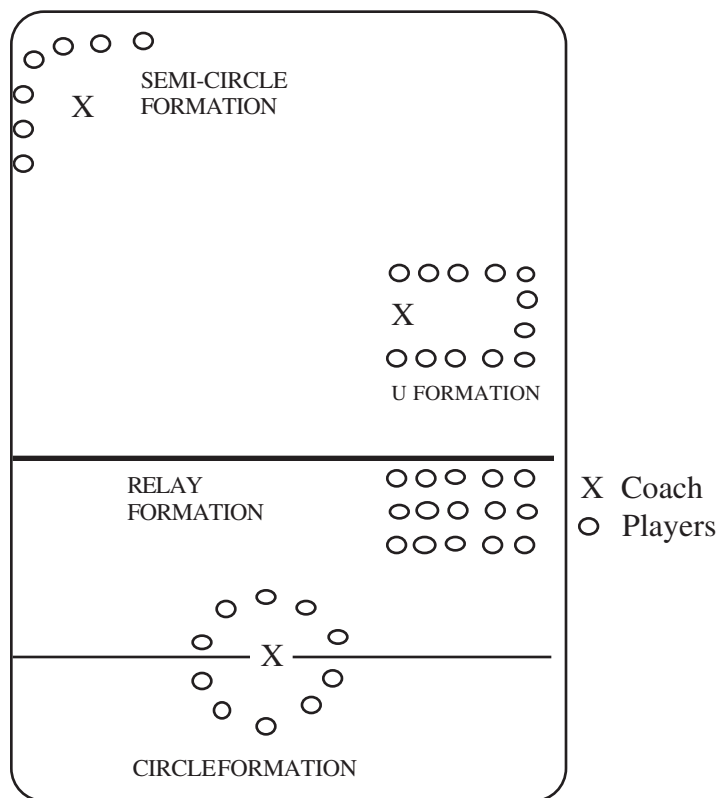
### Group Organization

There is no one correct teaching method to follow. The best one to use is that with which you feel comfortable, and which provides the players with a good learning environment.

When communicating with your group, make sure that all are present and attentive to what you are saying. When giving instructions, try to keep them as brief and as simple as possible (“KISS” – Keep It Simple and Specific).

Coaching involves not only knowing the elements of the skills yourself, but also knowing how to convey this knowledge to others.

Sessions must be set up to the advantage of the coach. Everyone in the group must be able to hear what you are saying. Some suggested set-ups are as follows:



Be sure to use the whole area available to you. The smaller the groups, the better the coach can work with the individual players. Zones can be set up on the ice and players can be assigned to a specific zone or coach working in that zone.

Always have the players facing away from distracting influences (e.g. other groups), and be sure that all players can see and hear you.