

Coaches Checklist

Did you set goals and objectives for the practice?

Do your drills have a specific purpose and meet the goals of the practice?

Does your practice have general progressions from individual skills to team play?

Are your drills applicable to the skills used in games?

Do you teach new skills and drills early in the practice?

Do your drills challenge the skill level of the players?

Do you keep all players active including the goaltenders?

Do you give clear and concise instructions?

Do you have the attention of your athletes when you speak to them?

Do you explain and demonstrate skills and drills clearly?

Do you inform your assistant coaches and use effectively? Did you keep them active in all drills?

Did you use the entire ice surface available to you? (Full or half ice)

Do you observe, evaluate and give feedback throughout the practice?

Do you keep the drills effective, competitive, active and challenging?

Are you positive and upbeat?

Do you greet the players by their first names before practice?

Do you include a warm-up and cool down in each practice?

Do you include a fun drill in each practice?

Do you stop drills when general error or a lack of effort is apparent?

Do you do your conditioning drills at or near the end of practice?

Do you speak to players as a group at the end of practice about the practice, upcoming games or general information?

Do you allow time for players to work on / practice specific skills individually?

Do you communicate individually with each of your players throughout practice?