

Coaching Tough and Clean Hockey (Excerpt*)

*Contact Larry at lauerl@msu.edu to have the Tough and Clean workshop presented to your coaches or association.



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The Problem.

- **40%** of spinal cord injuries were the result of checking from behind (Tator, Carson, & Cushman, 2000).
- **15-26%** of injuries due to illegal blows in a number of studies (Smith, 1991).
- **8.5** dirty, aggressive acts per game for two bantam teams during the 2002-2003 season (Lauer, Carson, Cornish, & Gould, 2003).
- **38.8%** of Pee Wee hockey players wanted to injure an opponent at least once per game (Widmeyer et al., 2002).
- **77.7%** of high school hockey players wanted to injure an opponent at least once per game (Sanszole cited in Widmeyer et al., 2002).

The Problem: Dirty, Aggressive Hockey

- Involves physical or verbal behavior intended to harm another player.
- Dirty, aggressive hockey is more than fighting:
 - Roughing
 - Slashing
 - High Sticking
 - Cross Checking
 - Checking from Behind
 - And more!



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Coaching Tough and Clean Hockey



- Role model by the way you act and what you teach.
- “How I act affects my whole team.”
 - Ron Wilson, San Jose
- You teach discipline to your players

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Workshop Purposes

- Awareness of your role in teaching tough and clean hockey
- Understand the importance of emotions and emotional toughness in hockey
- Learn skills to teach players emotional toughness

A Tough and Clean Attitude

- Teach and model a tough and clean attitude
- Tough and Clean Hockey is:
 - Playing physical within the rules
 - Showing respect for opponents
 - Showing compassion and empathy for injured opponents
 - Understanding the difference between a tough and clean play and a dirty and aggressive one
 - Getting retribution on the scoreboard and with clean checking within the flow of the game
 - Checking with a purpose to obtain puck possession

Tough and Clean Hockey: Coach's Role

- Teach players the difference between dirty, aggressive and tough and clean hockey
- Reinforce tough and clean play
- Punish dirty and aggressive play
- Question is, why do players play dirty, aggressive hockey?
 - Often because lose emotional control.

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Importance of Emotions

- Why are Emotions important in youth hockey?
 - Emotional swings in hockey can be huge.
 - Affect how we perform.
 - Emotions also influence one's actions during a game (tough and clean vs. dirty and aggressive).

Prerequisites for Excellence

(as viewed by NHL coaches and scouts)

- Controls temper (does not needlessly retaliate after a hit or setback).
- Reacts to referees, coaches, teammates, and fans in a mature & positive way.
- Adapts to the stress of success, travel, and playing with different partners without negative effects on attitude or play.
- Stays cool and confident under pressure.

(from Orlick, 1990, page 12)

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Teach Emotional Toughness Skills

- Emotional Toughness – responding positively in negative situations
- Emotional Toughness achieved by teaching:
 - Disciplined thinking
 - Emotional control
 - Stress and energy management
- Using the 3 R's routine

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Developing Emotional Toughness

3 R's Routine for On-Ice Emotional Toughness

Respond
Relax
Refocus

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Conclusion

- In this Program coaches will be trained to use and teach emotional toughness techniques on and off the ice.
- Coaches receive:
 - Coaches' Guide to Coaching Tough and Clean Hockey
 - Player's Guide to Playing Tough and Clean Hockey

Coach Tough and Clean!

- To ask for more information or to schedule a workshop contact Dr. Lauer at:
 - 517-353-5395 or lauerl@msu.edu

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