



Quit being so Hard to Coach

Hockey players, listen up! I'm gonna shoot straight from the hip today because I'm very passionate about this topic: I'm tired of seeing players blame everyone around them for their average or below-average success. If you're difficult to coach (and your coach cares) don't expect to get more playing time. Before we dive into the heavy material, let me get this out of the way: **COACHES HAVE FAVORITES!!** Of course they have favorites! Their favorites are the players they can trust – on and off the ice.

Coaches play players they trust

Now, I'm going to challenge the players reading this, challenge you to really think about why you don't have the playing time that, perhaps, you think you deserve:

STOP BEING SELFISH

No one wants to be on a team with a selfish player. No one wants to coach a player who ranks his personal success above the team's. How many times have you seen an extremely talented team fail because the members of the team are more concerned about individual stats over the success of the team? Selfish players destroy team chemistry.

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When something bad happens to you in the game, please don't slouch on the bench or intentionally ignore your teammates' hand for a high five. Those teammates, on the bench, work extremely hard. Don't snub them because you're lost in your own feelings. Don't get upset if they find it difficult to cheer for you. No one owes you anything!