



If you're having a bad game, find a way to contribute to your team. Go out there and cheer harder for your teammates. Celebrate everyone else's successes more than your own! I promise you'll see a change in attitude and your play as well. Put others first, and you'll be easy to coach.

STOP BEING SENSITIVE

I'll admit I'm a little bit sensitive myself. I'm a people pleaser and always want to do well. But sensitivity becomes a problem when you turn helpful feedback from a coach into an attack on your character. You have to realize that a good coach will and should hold you to a higher standard. I see too many players choose to quit because someone has simply challenged them to do better.

**I love feedback from my coaches.
It is an opportunity to grow and get better.**

Never quit because it is "too hard". Receive the coaching and learn from what your coach is trying to say to you. Your coach doesn't want to walk on eggshells around you, they just want to be able to coach you. If you want to be a coach's favorite, embrace their coaching with a nod and a "Yes, Coach". Thank them for their time and effort and don't let your perception of their coaching destroy your confidence.

STOP BEING LAZY

This one is simple – but difficult – for a lot of players to do. If you want to play more, stop making excuses for why you can't put in the work to get better. If you want to be the best player you can be, work harder. If you want to gain more confidence as a person and hockey player, work harder. There's simply no substitute for hard work.