



I've encountered thousands of players throughout the years and a majority of them work hard, occasionally. The special players work hard, consistently. They are consistent in all that they do. A coach's favorite player is someone who is consistent in their effort.

How many times have you seen less talented players get more ice time because of how they hustle and how much energy they bring on a consistent basis? I and my colleagues see it all the time.

Coaches want to play players they trust! If you are hit or miss in your effort and work ethic, please don't expect to play a lot of minutes. Coaches want to win, and it's difficult to win with players who don't work hard or are inconsistent. Make the most out of every opportunity. Whether in practice, in the film room or in the classroom, work hard and show up prepared to dominate every single day!

BE GRATEFUL

If you're grateful for your opportunity to be playing the game of hockey, and you love playing then let that love spillover into how you approach the game. Be early to practice. Sit in the front for film sessions. Chase after loose pucks in practice. Go crazy for your team when you're on the bench. Realize how blessed you are to have this opportunity to play.

If you give all you have to the game you love, don't take it for granted, and remember to have fun, the game will give back to you. Plus, you'll be a lot easier to coach.