

On-ice tips to assist in preventing

CONCUSSION & OTHER INJURIES IN HOCKEY



Be sure to enforce and integrate these 12 on-ice tips for players into drills and practices wherever possible. This will help your team build critical skills, stay safe and encourage them to always play Smart Hockey.

- There are a variety of drills you can run to help players learn to keep their head up while skating and improve stick handling.
- Run puck-handling drills where the player has to look up and shout the number of fingers they see held up by the coach.
- Bring a beach ball (or other light ball) onto the ice and toss it at players to punch back to you while completing a skating pattern.
- Vary the number of defenders used throughout the same attacking drill so players must look up and identify how many defenders there are each time they go through the drill.

12 On-Ice Tips



- Be a good skater and commit to strong skill development.
- Always approach the boards on an angle.
- Get your arms up when sliding into the boards.
- Know the danger zone: three to four feet from the boards.



- Never hit or push a player from behind.
- Never hit to the head.
- Keep your head up when handling the puck. Play Smart Hockey; don't put yourself in a vulnerable position.
- Respect the safety of yourself and everyone on the ice. Avoid contact with a player if they are in a vulnerable position, such as with their back facing you.



- Be aware and stay alert.
- Control your stick responsibly.
- Communicate with your teammates. If you think a teammate may have a concussion, report symptoms to your coach, team trainer, or safety personnel.
- Remove yourself from the ice if you experience any concussion symptoms after a hard fall or contact with another player. Report symptoms to your coach, team trainer or safety personnel.

These on-ice tips have been adapted from ThinkFirst Smart Hockey 2015 and Hockey Canada's Concussion Education and Awareness Program.



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