

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.*