



GETTING TO KNOW YOUR ATHLETES

An important aspect of being an effective coach is how well you can build connections both with your athletes and amongst your athletes. To connect however, you need to make the time to get to know them: what they like, what they dislike, what motivates them, what their goals and expectations for the season are. Every athlete is an individual. A coach should never assume an athlete's motivations, goals or what they need from you as their coach. While it is hard to find the time to get to know each and every athlete in your team, an effective way to building up knowledge about your athletes is through a questionnaire. The purpose of the questionnaire is for you to get a better understanding of both the person and the player. You can then use this information to help you adapt your coaching style, session content, player:coach expectations etc

Personal Questions:

1. What is your favourite thing to do outside of hockey?
2. What is your favourite sport?
3. What other sports do you play?
4. What is your favourite subject at school?
5. What is your favourite food?
6. Who is your favourite singer?
7. What is your favourite book to read?
8. What is your favourite movie?
9. How many in your family – list members of your family including pets.
10. How do you prefer to learn eg listening to the coach, watching the coach demonstrate, reading words the coach is writing on a whiteboard, writing down what the coach has said, talking out aloud what the coach has said, with diagrams/pictures the coach draws, doing it myself.

Hockey-Specific Questions

11. How long have you been playing hockey?
12. Why are you playing hockey?
13. What do you most enjoy about playing hockey?
14. What do you dislike the most about playing hockey?
15. What positions do you like to play and why?
16. What do you find most challenging about hockey?
17. Do you like to be challenged? If so, how?
18. What are your hockey goals for this season? (Team & Personal)
19. What would be your ultimate hockey goal?
20. How best can I help you achieve your hockey goals?

**Questions around injuries, medical conditions, unique circumstances etc should be directed to the parents/caregivers of the athlete.*

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