

Spartan Lesson #9

By Coach Mike

The Have's and Have Not's

It is much easier to assess blame to others, than accept our own shortcomings and do something about it!!!

- I want more playing time. Why do my coaches and teammates dislike me? I just want to have fun. Why am I sitting on the bench, it's my shift?!

As the season progresses, your coaching staff, captains and teammates continue to assess skill development and attitude towards the game and others.

1. Your Attitude dictates your Effort. Players that put more time and energy into complaining than personal development will not rise to the next level.
2. Lack of Discipline and Respect. These two traits continue to plague our team, and hold us back from achieving our goals. Are you one of the players lacking discipline and respect?
3. The Game and having Fun. Many players equate playing a game with having fun. Although game playing should be fun, competitive sports demand skillful players. Becoming a skillful player; requires a strong work ethic, attention to details, a positive can do attitude, and committed determined devotion to coaches and teammates. I submit to you, a skillful competitive player is or should be having fun.

The Have's:

Players that gladly accept all challenges and input (positive and negative), and are self-motivated to set and achieve their goals. They are willing to take risks, and are more satisfied with team achievements, than their own personal gains.

The Have Not's:

Players that are more concerned about others achievements and or lack of skills. They consistently refuse or are unwilling to sacrifice and work harder on their own goals. Generally are negative, mouthy, do not follow instructions and are disrespectful.

Spartan Lesson #8

By Coach Mike

Past, Present, and Future

- Your coaches have elected to share your individual and team's statistics with you. We have determined through discussion, that you will use this information as a tool for setting goals and objectives for future play.
- Many players have a tendency to look at past achievements and records and view them as their "rights to passage." They fail to recognize those accomplishments only got them to yesterday.

The Present:

- Each player has identified a goal for the season and should have set objectives or benchmarks to ensure the goal will be met. Stating a goal is only the first step. Tracking your steps towards the objectives will ensure the achievement of your goal.
- Each player must always be aware of those objectives and goals each time you step on the ice. Improvement of skills is measured daily.

Your Future:

- Your future is determined by what you do in the present. The more you put in to today, the more you will have achieved for tomorrow.

Notes:

Spartan Lesson #7

By Coach Mike

Failing to Execute

There are two basic reasons a player fails to execute during a game:

- Lack of Commitment and Lack of Discipline...

Both of these failures can be traced to the fear of non-performance or lack of confidence. These fears are common place and need to be arrested and replaced with the attribute of courage.

- Courage is that "inner voice" that gives us the will to push on to greater achievements and expectations.

Controlled Aggression

Hockey is a game of controlled aggression, where a player's purpose is to control a puck with his stick and shoot it into the net.

- "Trash Talking" does not get the puck into the net. It does show your disrespect of your team, coaches and the game; and it will not be tolerated.
- Once again, when the "whistle blows" all activity comes to an instant halt. Hacking the goalie or that extra shove only incites the other team to greatness.
- Pucks in net only win the game and the actions required getting it done.

Notes:

Spartan Lesson #6

By Coach Mike

Rule of 10

Many coaches set goals or objectives for teams to consider. Over the past few locker room sessions, I have introduced the "Rule of 10" for you to consider.

- Each player needs to achieve a minimum of 10 body checks or slow downs in a game. This goal establishes the individual effort required for maximum defensive play.
- At the end of each period, the combined offensive lines should have accumulated 8-10 shots on goal. Getting a shot "around the net" is not a shot on goal. This goal establishes the team effort required to get one puck in the net each period, assuming the goalie is having an average game.
- Goalies should continue to strive for a 90% plus save average. Keeping in mind, you can't save everything...there are good shooters out there!

Winning the Battle

Requires three things: Being Stronger, Smarter and Sticking to the Plan

- Maximum effort at all times including practices builds your strength.
- Staying out of the Penalty Box and/or creating situations for your opponent to get in the Box is being smarter.
- Coaches develop the plans for the team to execute. Each of you is responsible for the execution of the plan.

Commit

Committing to the above goals and objectives will make you a better team and maximize your efforts for success.

Notes:

Spartan Lesson #5

By Coach Mike

Practice, Game and Playing Time:

We talk about a lot of things in the locker room. Your coaches give you instructions, and you guys give each other a "hard time." In the end, we all try to put it together to develop and implement a "Game" plan.

Practice:

Practice is where we are supposed to "push harder" to develop our skills.

1. Your coaches have instituted a "Red Shirt Policy" so you will know where you as an "individual player" stand in the minds of the coaches.
2. This should not be viewed "negatively." It should rather be viewed as a "positive" incentive to get better and "achieve more."

Game and Playing Time:

Do you wonder why you are not playing more or sitting your shift out?

1. The answer to that question is simple. Refer to all of the previous lessons and your contract.
2. Not making practice, not calling the coach, lack of respect, not being committed, lack of discipline, etc.
3. The "Penalty Box" is not a place to rest. It is a place to think and to reflect on why you are there! Continued visits will earn you more bench time.

Notes:

Spartan Lesson #4

By Coach Mike

Obligations, Responsibilities, Priorities, Perceptions

Each of these words has a lot of meaning and application in the playing of the "GAME." Please refer to Lesson #2.

Obligations, Responsibilities and Priorities:

Over the past month, you went through an evaluation (try out) to become a member of a hockey team. It was a demanding period of time and you gave your "best effort" and you were rewarded for that effort by becoming part of the team.

In your individual meeting with the coaches you were asked to identify your "strengths and weaknesses." We told you, we would "guide" you to becoming a "better hockey player"; and, in doing so you would be part of a winning team.

1. Have you continued to fulfill your obligations and responsibility to yourself and team? At this time, you should also review your contract.
2. Have you continued to set a priority of demanding more of yourself?
3. Did you write and commit to those 5 "affirmations"?

Perceptions:

Perceptions are how people see you...that includes, "what you say and do"

1. Do you think highly of yourself and your team?
2. Do you strive at all times to become a better contributor to your team's efforts?
3. Do you set an example for everyone else to follow?

Notes:

Spartan Lesson #3

By Coach Mike

Affirmations...

President Kennedy, in his inaugural address challenged American citizens with this statement:

"Ask not what your country can do for you, but what you can do for your country"

My challenge to you is:

"Ask not what your team can do for you, but what you can do for your team"

Affirmations are action statements that begin with; I can, I will, I do

- I can take my game to the next level
- I will set a goal for myself and achieve it
- I do make a difference to my team

What are your affirmations?

Take some time and really think.....now list five and show me sometime during the next two weeks

Notes:

Spartan Lesson #2

By Coach Mike

1. What is a Team?

- a. A group of individuals that have a common goal and purpose.
Together, **E**verybody **A**ccomplishes **M**ore
- b. Will sacrifice their personal agendas for the betterment of the team.
- c. Will be committed and contribute physically and mentally to team concepts and efforts.
- d. Your best effort and attitude is a must to achieve a positive team result.

2. What is a hockey player?

- a. Do you play hockey, or are you a hockey player?
- b. Hockey players recognize the need for discipline and commitment.
- c. A hockey player is always striving to improve their skills, and in doing so becoming a better contributor to the team's efforts.

3. The Game...

- a. Do you play the game, or are you the game?
- b. Being the game requires concentrated and continuous effort.
- c. **G**rit, **A**ccomplishment, **M**ental Attitude, and **E**xecution is what being the game is all about.

Spartan Lesson #1

By Coach Mike

1. Listen to learn, speak to teach...
 - a. Greek Philosopher and Mathematician – Descartes said; “I think, therefore I am”
 - b. Your mind controls your body...the “I Will” attitude gets things done
 - c. Your coaches and teachers have expectations...when these expectations are not met, your parents become involved.

2. Plan Ahead...
 - a. Get your homework done before practice...don't have any assignments?...get your homework done anyway...always exercise your brain!
 - b. Players failing classes, fail their team...parents get involved

3. Contracts
 - a. A written or verbal pronouncement of responsibility between two or more parties.
 - b. Your coaching staff will be presenting you with a contract..
 - c. In addition to your contract, I expect you to learn and embrace these values:
 - I. Honesty
 - II. Integrity
 - III. Respect
 - IV. Courage
 - V. Discipline
 - VI. Commitment and
 - VII. Loyalty