

Hockey EQ

Parent/Coach edition



By Matt Keillor

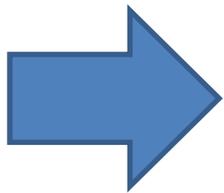


What is it?

Dictionary
Says

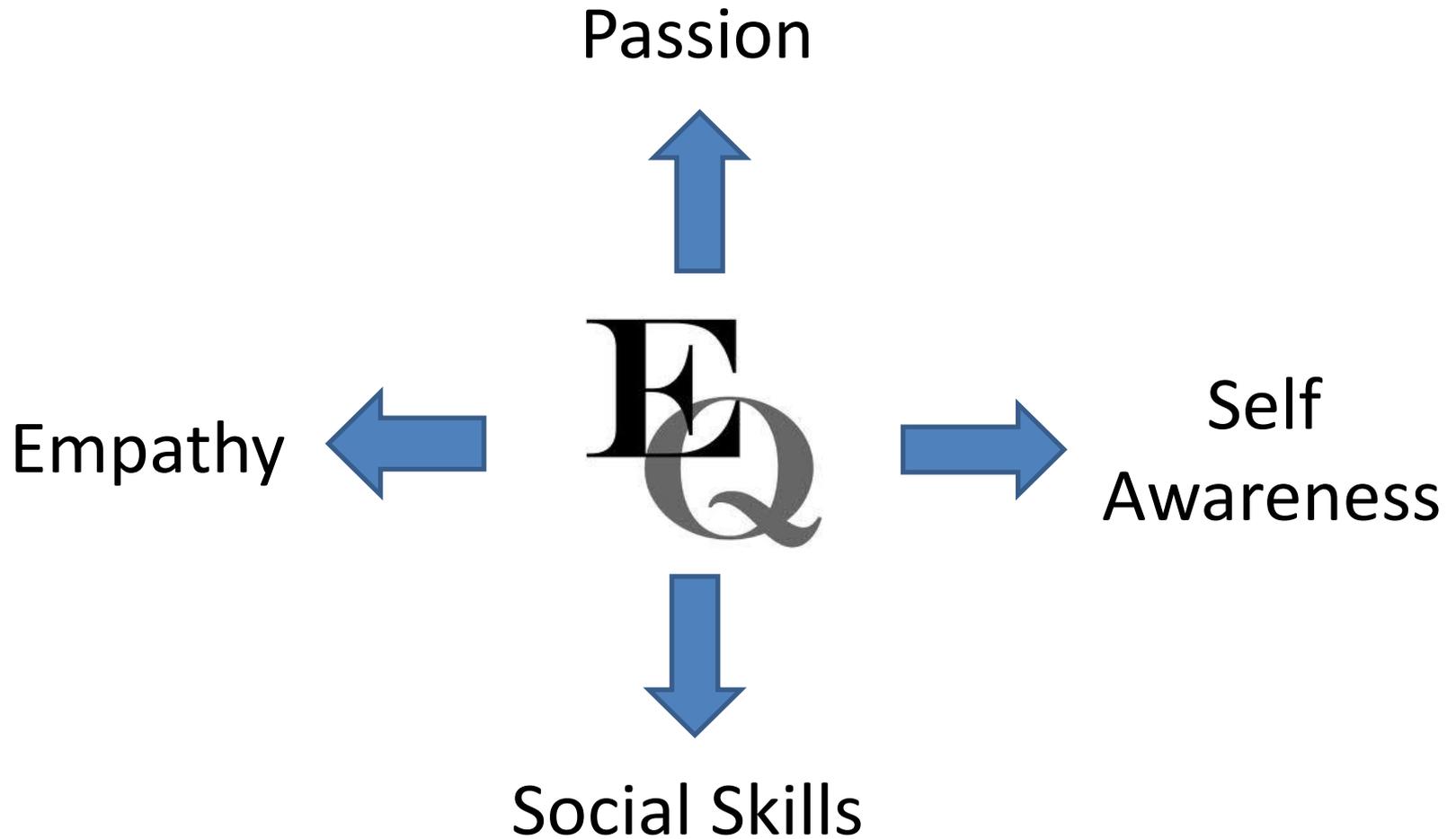


emotional quotient, a measure of a person's adequacy in such areas as self-awareness, empathy, and dealing sensitively with other people.



Otherwise known as **Emotional Control**

4 Characteristics Of Emotional Control at the Rink



Self-Awareness

The state or condition of being aware; having knowledge; consciousness

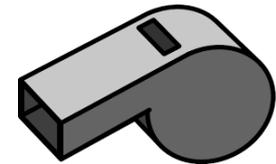


Are you aware of your surroundings?

Children, Parents, Co Workers, Board Members, League Officials

How much do you really know?

Hockey Knowledge, Rules, Playing experience, Referee experience



Are you Thinking?

There has to be a thought process before the action

Social Skills

When I Talk to someone, do I try to put myself in his or her shoes?

YES



NO



When I approach someone for conversation, do I adjust to his or her level?

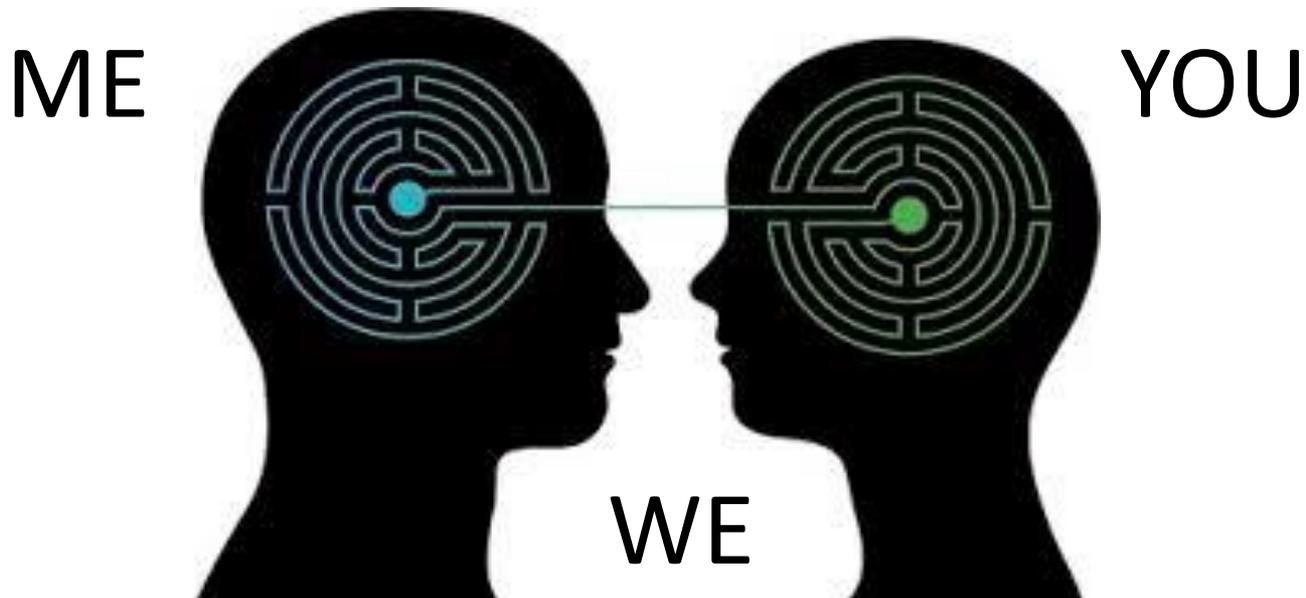


Do I adjust my behavior to the situation or context?



Empathy

A psychological identification of the feeling, thoughts or attitudes of another



Coach/Parent

Referee

Watches the game in 2D
Has a relationship with Players
Maximum Resources

Watches the game in 3D
No relationship with players
Minimal Resources

2D

Coaches/Parents

See the game from above (still camera view)

See only height and width

Can see everything at once



VS

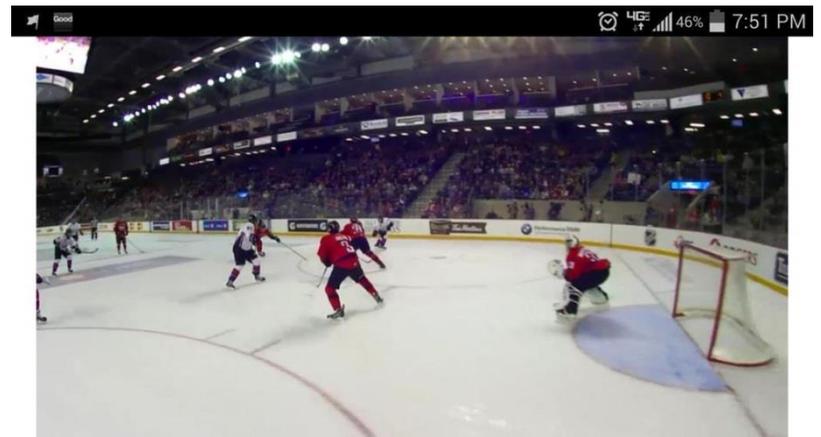
3D

Referees/Players

See the game at ice level (players view)

See height, width, and depth

Can only see what's in line of sight



Resources

Bantam AAA Coach

Certification

- Coach Level
- Development 1
- Checking
- Respect in Sport Coach
- Safety certification
- High Performance 1 (1 year process)

HA Development

- Hockey Alberta Coaching clinics
- Hockey Canada Coaching clinics
- National/International Coaching/Leadership seminars
- National/International Hockey summits
- Assigned Hockey Alberta Mentor
- Assigned Club Coach Mentor

Other

- Thousands of Leadership/Coaching/Psychology books
- Belong to Coaching Book Club
- Access to multiple LTPD models, Hockey Canada, USA Hockey
- Access to online drill/practice planning software
- Hundreds of Online Hockey Coaching Blogs/websites/
- GPMHA Coach Club
- JrA Coach night
- Private Coaching/Leadership Seminars

Bantam AAA Referee

Certification

- Level 1 through 6
- 1 day for annual recertification
- 2 days for new level certification
- Respect in Sport
(must have level 2 for bantam AAA)

HA Development

- Hockey Alberta Development Camp (only 18 invites)

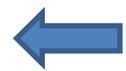
Other

- Access to a few private development camps (travel)
- Peace Zone referee Committee website
- Access to resources on Hockey Canada website
- Handful of books on the subject

Passion

A powerful or compelling emotion or feeling

Love



Hate

We are

Competitive by Nature

Winning

Losing

Success

Failure

Rewarded

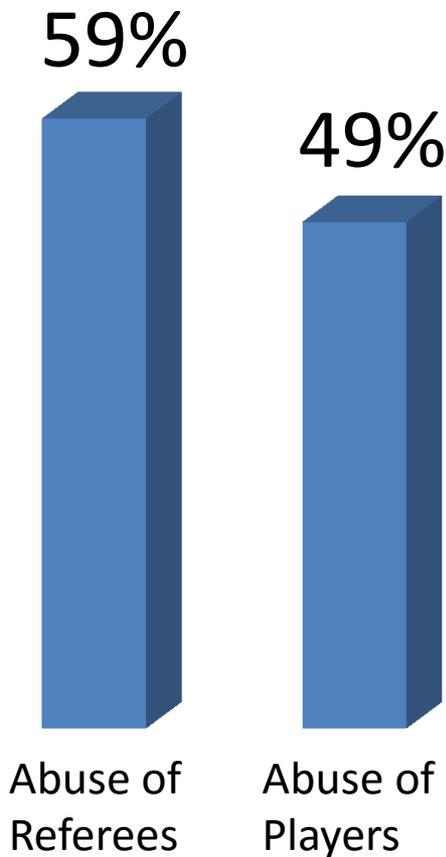
Disciplined



Is one more important than the other?

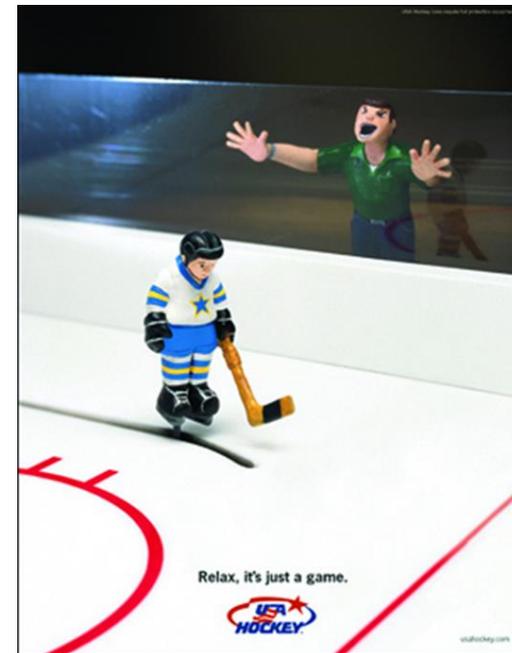
Can one exist without the other?

“Rink Rage”



In the Past two years at **youth** hockey games, have you seen Parents using inappropriate language and/or berating?

(Online study by Angus Reid in February 2015, 686 Adults who have attended a youth hockey game within the past two years)



Fear

“If he doesn't make AAA he's done”



“The window for opportunity is closing”

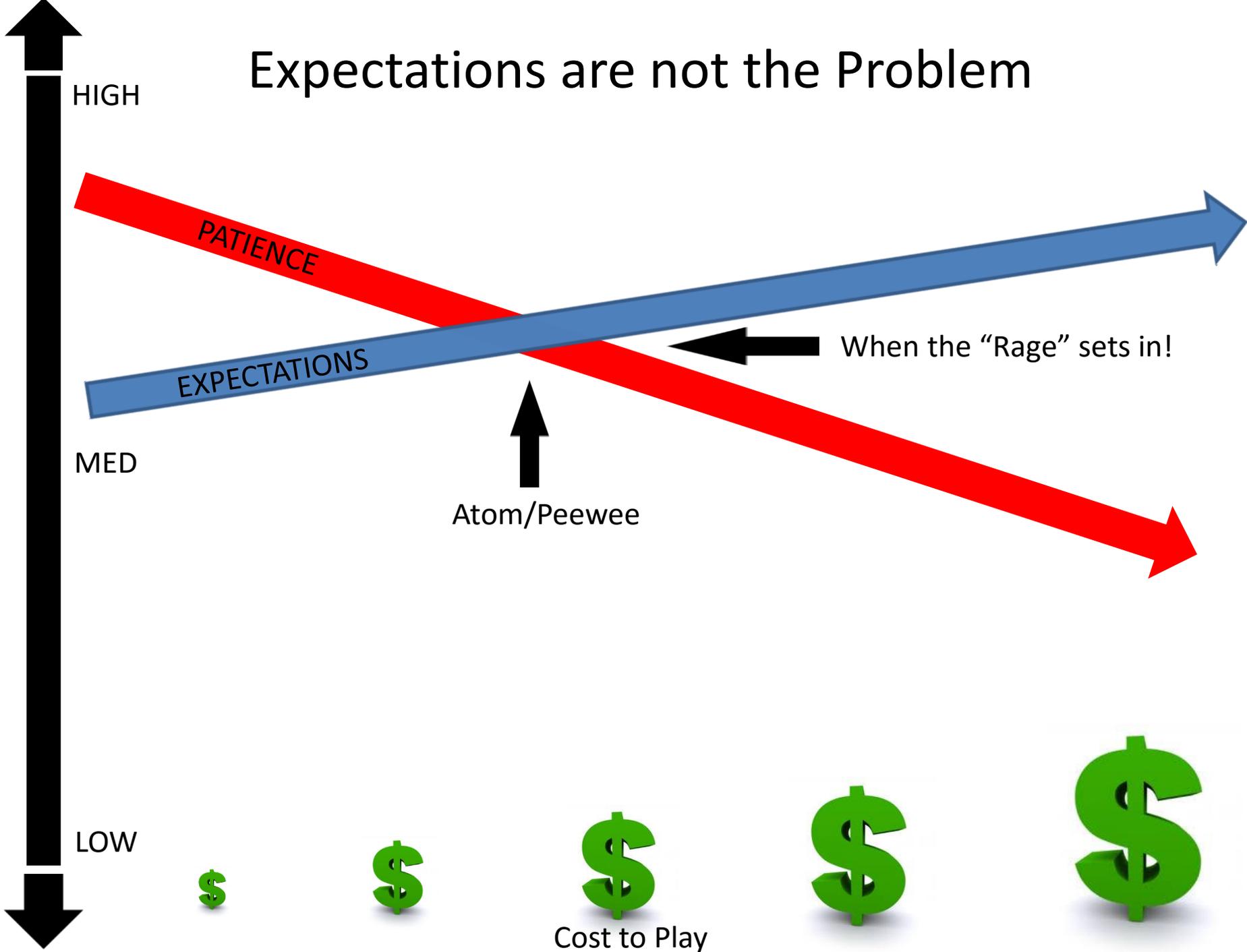
“they might not get this chance again”



“I don't want him to get left behind”



Expectations are not the Problem



Find a Balance

HIGH

PATIENCE

MED



LOW

EXPECTATIONS



Cost to Play

What do the professionals say?

“The odds of going pro are extremely low, but the odds of having to find a career and a job to pay bills and become a Father and Husband or Wife and Mother are extremely high and is not dictated by if you played AAA hockey.” -Ray Ferraro-

“How come we never tell our kids math tutor how to teach calculus but we think as a parent we have the right to tell a hockey coach how much ice time and with whom or when our kids should play.” -Ray Ferraro-

“as a parent who devotes time and money to your child, the only right you have is to ask them to give it their best” -Ray Ferraro-

“on every team there are a handful of mostly dads who never think the role their child has on the team is big enough. And on every team there is a handful of over-protecting mothers shielding their kids from failure like a sow protecting her cubs” -Dan Bauer-

When I inform you as a parent that your child has just ruptured their ACL ligament or Achilles tendon, if the next question out of your mouth is, “How long until he or she will be able to play?” you have a serious problem. -Louis Profeta, PhD-