



INTERNATIONAL
ICE HOCKEY
FEDERATION



BENCH MANAGEMENT



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Learning Objectives

Coaches will be able to explain:

- ✓ **Basics about running a bench**
- ✓ **Layout, staff roles and line changes**
- ✓ **Player focus and coach feedback**





BENCH LAYOUT

- **Seating arrangement**
- **Gates**
- **Sticks, water bottles...garbage**
- **Unusual benches**





STAFF ROLES

➤ **How many coaches?**

Head coach? Defensive Coach?

Goalie Coach? Offensive Coach?

Trainer?

➤ **Who deals with the goalie?**





LINE CHANGES

➤ Which doors?

Def – one door, Fwds - other?

In and out one door?

Over the boards?

➤ Shift Length

➤ When to change

When team has puck

Dump and change





PLAYER FOCUS

- **Watch and focus on game**
Sit or stand?
- **Outside distraction**
Parents, friends...
- **Hydrate**





COACH FEEDBACK

- **Communication with players**
when?
- **Communication Suggestions To Consider**
 - Cue words**
 - Be concise and to the point**
 - Over coaching**
 - Positive feedback**
 - Discipline**

* Refer to page 4 of Bench Management for more ideas





Effective communication does not ensure success, but poor communication contributes to failure.”