



Common Issues & Strategies Tip Sheet

Playing Time Concerns

Encourage the player to speak with the coach directly. Example: 'Have you asked Coach how shifts are decided?'

Coaching Style Conflicts

Normalize different teaching methods. Example: 'Different coaches have different approaches — what's one new skill you've learned from this style?'

Teammate Disagreements

Support peer resolution. Example: 'How can we fix this so both of you feel heard?'

Performance Pressure

Focus on effort, not just results. Example: 'What's one thing you improved on this week?'