**I Want to Participate In...**

**Hockey**

Name: _______________________________    Age: ________________

**My goal(s) for participating in hockey:**

I would like to:

- □ improve my ability to skate
- □ learn to interact with team mates and coaches
- □ try different positions
- □ build confidence
- □ learn or improve puck-handling skills
- □ enjoy a fun activity with friends
- □ work on a specific skill or skills (please note): ________________________________
- □ ________________________________________________________________

**Things I already know about hockey, and what I am able to do well:**

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

On a scale from 1 to 10, I would rate my comfort level with hockey as:

1 2 3 4 5 6 7 8 9 10
Not at all comfortable Somewhat Comfortable Extremely Comfortable

**Things that may make it challenging for me to participate in hockey:**

- □ managing in the dressing room (e.g., coping with noise, routine, smells, etc.)
- □ coping with the noise from the stands
- □ understanding and following the rules
- □ listening to instructions in the dressing room/on the bench/on the ice
- □ following instructions in the dressing room/on the bench/on the ice
- □ receiving feedback from the coach
- □ being a good sport
- □ coping with defeat
- □ ________________________________________________________________
- □ ________________________________________________________________
I Want to Participate In...

Hockey

You can help me to participate successfully in hockey by thinking about:

*The way you interact with me:*

- giving me short, simple, step-by-step instructions
- giving me more time to understand you
- using pictures to show me what you would like me to do
- showing me how to do the activity while using words to describe it
- praising me when I make progress
- giving me hand-over-hand assistance
- giving me clear and specific feedback about my performance (e.g., 'shoot the puck at the net', instead of 'shoot the puck')

- __________________________________________________________________________________________
- __________________________________________________________________________________________

*The activity:*

- breaking down skills into smaller steps and teaching me one step at a time
- giving me frequent breaks
- changing the structure of the activity
- shortening the length of the activity
- modifying or adapting the equipment

- __________________________________________________________________________________________
- __________________________________________________________________________________________

*The environment:*

- providing a quiet corner for me to calm down if things get overwhelming
- pairing me up with another player on the team
- asking me about where the best place is for me so that I can see and hear well

- __________________________________________________________________________________________
- __________________________________________________________________________________________