

# 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:

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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
- \_\_\_\_\_
- \_\_\_\_\_

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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
- \_\_\_\_\_
- \_\_\_\_\_

A Resource from *CanChild's* Participation Knowledge Hub  
<https://www.canchild.ca/en/research-in-practice/participation-knowledge-hub>