

## GENERAL INFO

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*The well-being of a player is connected to the players feeling of competence, the experience of enjoyment, learning new skills, spending time with their friends, gaining experiences and the creation of memories.*

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Therefore, it encompasses physical and mental health, as well as emotional and social factors. General well-being and quality of life is promoted when feel that they are in control of their own decisions and are able to balance the demands of the sport (training, practicing and competition), school, friends, family and work. Research on well-being of children points out that relationships, self and the environment they live and play in, are important factors determining their well-being.

The amount of time they have for recovery, individual support and positive feedback they get from their coach as well as the time they have for other activities outside of the sporting environment has an impact on their well-being.

Players experience reduced well-being when the coach emphasizes winning at all costs, neglects individual players, shows favoritism for a few players, gives negative feedback, physically harms players, and places too much emphasize on performance instead of development.

The IIHF PDG promotes player-centred coaching, emphasizes individual development and individual support in a challenging growth climate where players receive support and positive feedback from coaches. Through the application of progressively more demanding and challenging exercises during the practices based on the exercise, games, drills and skills as provided in the IIHF PDG, the players will develop new skills appropriately to their developmental stage. Participation in ice hockey, or in sport in general, will help players to adopt a healthier lifestyle, which will set them on a path for their life.

*Well-being is further enhanced through enough sleep, appropriate rest and recovery as well as healthy nutrition.*