

INTERMEDIATE STAGE

This section provides players, parents and coaches with information concerning healthy habits and lifestyle for the intermediate ice hockey player.

As already pointed out in the introduction of the Well-being and Lifestyle section, well-being includes physical, emotional, psychological and social factors.

To support player's well-being, it is important to focus on healthy training habits as well as good lifestyle habits, at home, with the team as well as at school and when spending time with friends.

It is important to provide players with information concerning healthy habits and lifestyle.

HEALTHY TRAINING HABITS ARE:

- Training includes warm-up and cool-down
- Competitions should include a pre-game warm-up and post-game cool-down procedure
- Good hydration during training, competition, school and free time
- Rules and ethics of ice hockey
- Healthy diet
- Recovery

GOOD LIFESTYLE HABITS ARE:

- understanding the importance of school and education
- understanding the importance of family and friends
- understanding the importance of daily physical activity and sports
- understanding the importance of versatile sport experiences
- limiting time in front of the TV, playing computer or console games or playing on the mobile phone
- sleeping at least 8 h, best 9–11 h
 - Enough quality sleep will support skill learning as well as with the retention of the learned skills and movement patterns, and with general physical recovery.
- emphasizing a clear position against doping, drugs, alcohol and smoking

INTERMEDIATE STAGE

- having the players take responsibility for own ice hockey equipment
- developing responsibility for own actions
- developing self-management skills (time and life management)
- developing an understanding of proper nutrition, hydration and recovery
- following their teams code of conduct
- respecting others

Physical factors influencing player well-being are a focus the participation in different sports, training and competition, which include warm-up and cool-downs, participation in organized as well as unorganized sports and activities.

In this stage, it is important that players learn to deal with their feelings, pleasant and unpleasant ones alike, to be able to deal positively with the emotional factors influencing their well-being. This includes developing of a self-image, social confidence, response to positive reinforcement and enthusiasm. In later stages, players develop patience, self-control, concentration as well as goal-setting skills. Goal should be to enjoy being part of a team and to be around friends.

Psychological factors influencing player well-being are continued personal growth and the identification of role models, establishing quality connection to others and working as part of a team, the ability to manage complex environments, the pursuit of meaningful goals, self-acceptance, sense of autonomy, creative thinking, communication skills, and a commitment to improve.

Social factors influencing a player's well-being are for example access to education and health services, family size, housing, family income, and occupational status of the parents.