

Bench Management Strategy

Activity	Task	Responsibility/Strategy
Changing on the Fly	<ul style="list-style-type: none"> - Who's responsible? - How: Over the boards or out the door, who opens the door? - When to change? 	
Using Time-Outs	<ul style="list-style-type: none"> - Will use "gut feel" in games 	
Goalie Pull Plans	<ul style="list-style-type: none"> - Signal to our goalie - Face-off plays, attacking-win & loss, defending-win & loss - Pre-establish personnel strategy 	
Game Plan Summary Cards	<ul style="list-style-type: none"> - Our lines - Their lines - Face-off plays - Statistics - Match-ups - Pre-game talks/intermissions & post-game 	
Bench Coaching Aids	<ul style="list-style-type: none"> - Rink boards - Dry erase - Game cards - Gum 	
Penalty Situations	<ul style="list-style-type: none"> - Delayed Penalties (who decides replacement) - Man in the box – stay on/come off signal 	
Post Game Summary	<ul style="list-style-type: none"> - Dressing room - Statistical breakdown - Important thoughts - Player evaluation - Rating "your" game 	
Bench Player Support	<ul style="list-style-type: none"> - Injury management - Pucks - Water bottles - Spare sticks/neck guards - Equipment repair - Pre-mid & post game nutrition/hyrdation 	