



www.hockeyindigenous.com

7

Ways to
incorporate
the Seven
Grandfather
teachings in
Hockey

1 WISDOM

Teams and Coaches can emphasize the importance of strategic thinking and decision-making off and on the ice. Encourage players to learn from experiences, make wise choices during games, and understand the game at a deeper level. Emphasizing the mentorship aspect of wisdom, players can take on leadership roles to guide each other, Indigenous Youth, and Communities.

www.hockeyindigenous.com

2 LOVE

Foster a sense of love for the sport among teammates. Encourage players to support and uplift each other, both on and off the ice. Create an environment where the love for the game and the team transcends competition, promoting a positive and inclusive atmosphere.

www.hockeyindigenous.com

3 RESPECT

Instill a deep respect for opponents, teammates, coaches, officials, and the game itself. Emphasize the importance of respecting different playing styles, cultural backgrounds, and perspectives. Incorporate traditional ceremonies or acknowledgments to honour the land and community before games.

www.hockeyindigenous.com



4 BRAVERY

Encourage players to be courageous on the ice, taking risks to improve their skills and contribute to the team. Emphasize mental toughness, support, and resilience in the face of challenges. Recognize and celebrate moments of bravery, whether it's attempting a difficult play or overcoming personal obstacles.

www.hockeyindigenous.com



5 HONESTY

Foster a culture of open communication and honesty within the team. Encourage players to take responsibility for their actions and communicate transparently with coaches and teammates. Address conflicts or issues promptly and constructively to maintain a healthy team environment.

www.hockeyindigenous.com

6 HUMILITY

Promote a sense of humility by recognizing the interconnectedness of team members and acknowledging the contributions of everyone. Encourage players to be humble in victory and gracious in defeat. Create opportunities for players to engage with the community and give back, reinforcing the value of humility.

www.hockeyindigenous.com

7 TRUTH

Emphasize the importance of truthfulness in self-reflection and improvement. Encourage players and teams to set goals and work hard to achieve them. Create an environment where players feel comfortable expressing their truths, whether it's about challenges they face or successes they've achieved.

www.hockeyindigenous.com