

7 Great Hockey Habits by Daren Elliot



1. Good Sticks (stick to the puck):

- All over the ice – Defensemen & Forwards
- Passing lanes – Defensemen & Forwards
- Strong on stick in battles – Defense & Forwards
- Going to the net – Defensemen & Forwards
- Defensive zone – lead with stick, flush, play up boards – Def & Fwds
- 1st man on fore-check must make long pass difficult – Forwards

2. Body Position:

- Make them come through you to the net – Def & Forwards
- If the puck is in doubt, be on the defensive side – Def & Forwards
- Battle hard, stick on the ice, and keep position – Def & Forwards

3. Stop in front:

- Go to the net hard – Defensemen & Forwards
- Stick on the ice – STRONG on stick – Defensemen & Forwards
- Battle for loose puck – Defensemen & Forwards
- Bury your chances – Defensemen & Forwards
- Shots MUST hit the net – Defensemen & Forwards
- Traffic in front of the net to screen goalie – Forwards
- Any shot is a good one – Defensemen & Forwards

4. Feet Moving:

- All over ice – Defensemen & Forwards
- Winger getting puck out – Forwards
- Quickness through neutral zone – Defensemen & Forwards
- Go to the net and STOP if you want to score - Forwards
- On the back check – Defensemen & Forwards
- Work their defense; take puck to the net every opportunity – Forwards
- All the way to the bench if changing – RAISE YOUR HAND – Def & Fwds

5. Support Teammates:

- Get available / open and want the puck – Defensemen & Forwards
- Puck side support on all breakouts – Defensemen & Forwards
- Defense support through middle – keeping gap tight – Def
- PROTECT goalie; get between opponent & goalie - do nothing after the whistle – Defensemen & Forwards

6. Discipline:

- On attack get it behind their D – Dump puck hard – Forwards
- Shift length 45 seconds – Defensemen & Forwards
- Don't retaliate after the whistle – Defensemen & Forwards
- OWN the bluelines – chip it out D zone – get it deep in theirs –
- Finishing checks – Defensemen & Forwards
- Be positive all the time – Defensemen & Forwards
- Remain disciplined under ALL circumstances – Def and Fwds
- Back-check as hard as can – Def & Fwds
- Commitment to the team – do whatever it takes – Def & Fwds

7. Great Decisions:

- Supporting on breakouts – Defensemen & Forwards
- Dump in hard and keep away from goalie Def & Forwards
- Changes – hard and be aware – Defensemen & Forwards
- Defensemen – when to jump and must when get back RIGHT AWAY – job is "D"! CAREFUL when pinching
- Forwards – hard fore-checking - 2 men ON THE PUCK! 3rd man stays high (top of circles) until we get the puck, then get open!
- Getting the puck to the net or deep – Defensemen & Forwards
- React – trust your decision – Defensemen & Forward
- SKATE HARD – ROCKETS strapped to your skates – Def & Fwds



Eagan Hockey – Player Development

E. Anderson 8/8/2014