

Player Habits



Habits for Offense

Puck Retrieval

- Get to puck quickly
- Look over both shoulders
- Be deceptive
- Surround puck on forehand or backhand

Carrying the Puck

- Head up
- Hands away from body
- Accelerate with puck
- Avoid over handling

Puck Protection

- Keep body between opponent and the puck
- Use body to shield hands and stick
- Look over your shoulder to survey for teammates

One on One Attack

- Head up, read gap/space
- Attack feet and stick of defender
- Use speed

Puck Support

- Position to find a seam or open lane for pass
- Use proper spacing
- Use timing, not too early...not too late

Stop at the Net

- Stay in scoring area
- Keep stick down and be ready for a pass or rebound

Pivot and Face Puck

- Face puck carrier as much as possible
- Stick down, always ready for pass

Direct Passes

- Use deception, look off passes
- Sweep puck for spin
- Pass hard

- Collect pass using stick, feet or hands

Indirect Passes

- Play pool: angle onto boards = angle off boards
- Use touch, not too hard...not too soft
- Place puck into area for teammate to skate into
- Aerial pass

Give and Go

- Pass to teammate and move to open ice
- Find new seam or passing lane
- Always be an outlet option
- Very effective against zone coverage

Creating Time and Space

- Use delays and cutback with your skating
- Use quiet zones, soft spots
- Use puck protection tactics

Habits for Defense

Face the Puck

- Don't turn your back to the play
- Be ready for transition to offense

Head on a Swivel

- Continually look over your shoulders
- Know where opponents and teammates are located
- See the whole ice

Stick Positioning

- Keep Stick on the ice to cover passing lanes
- Play "stick on puck" to increase your area of influence
- Extend stick with elbow to limit lunging and stay balanced

Gap Control

- Limit your opponents time by reducing his or her space
- Use skating skills to maintain defensive side body position

Angling and Body Position

- Protect middle ice first, angle inside out
- Use skating skills to maintain defensive side body position

Defensive Support

- Provide assistance to teammates on the defensive side of the puck
- Always be ready to help in case of breakdowns

