**LSSU – Critical to Winning** – Damon Whitten

(\*Notes taken by Bob Hall – Eisenhower)

“Leave Your Bloody Claw Prints in Everything You Touch This Season.”

“Be A Humble, Hungry, & Smart Program”

LSSU - 7 Critical Keys to Winning

1. Plus/minus is plus or even first and last minute of period.
2. Out Quality Chance Opponents
   1. 6-8 Chances for every goal you score.
   2. Limit odd man rushes against.
   3. Defensively protect middle of the ice.
   4. Offensively attack the middle of the ice
   5. The Golden Road
3. Win Special Teams.
   1. Biggest Impact on winning games.
   2. Need to be a Discipline Team
      1. To limit opponents opportunities/PP.
4. Face-off Wins Percentage 55% or higher and No Face-off goals against.
   1. Know your Routes
      1. Defensive coverages
      2. Offensive plays off face-offs.
   2. Total of 50 to 60 face-offs per game.
      1. Chance to control puck and game.
   3. Gain momentum & generate offense.
5. No Back to Back or Retaliation Penalties
   1. Play with discipline and under control.
   2. Limit time and energy killing penalties.
   3. \*LSSU plays nasty, heavy, fast and competitive, but under control.
6. Limit D-Zone/Breakout & Neutral Zone Turnovers
   1. Zone Exits
      1. Mentally sharp
      2. Communication
   2. Limit Odd Man rushes – if you break pucks out (effectively), you defend less.
7. Play with Tenacity, Toughness & Discipline
   1. Ability to win puck battles
      1. Controlling Space
         1. Small areas
         2. Corners
         3. Face-offs
         4. Front of net
   2. Get Pucks Deep
   3. Things that take No skill
      1. Play through bodies
      2. Finish checks
      3. Eat pucks
      4. Sacrifice for team/teammates
      5. Respond to adversity
   4. Establish Intensity
   5. Play through Adversity
      1. Bad refs
   6. Show up Ready to Work.

“In the end, the only way you can appreciate your progress is to stand on the edge of the hole you dug for yourself, look down inside it, and smile fondly at the bloody claw prints that marked your **journey up the wall**.” ~ Patrick Lenconi

\*\*See Critical to Winning - Score Card