



## What does it mean to be a Seattle Junior Hockey player?



In all my games, all my practices, and all my training sessions...

### **I OUTCOMPETE the opposition**

- I win every 50/50\* puck battle by moving my feet, using an active stick\*, and engaging physically
- I beat my opponent to every loose puck- I do not pull the chute\*
- I pride my takeaways\* and always work cause turnovers
- I own the puck when it is on my stick

### **I COMMIT to good habits**

- I always stop in front of the net, I do not flyby\* the net
- I always skate with my stick on the ice
- I always face the puck in the defensive zone
- I communicate with my teammates on the ice constantly (not just when I want the puck)
- I underhandle\* the puck, I look to drive wide first not dangle\*
- I zip\* all my passes
- I shoot in stride\*

### **I DEFEND with details**

- I am always between my man and the net
- I have an active stick\* blocking passing and skating lanes
- I clear the front of my net. No one touches my goalie or skates in my goalie's crease.
- I do not puck watch, I have my head on a swivel\*
- I use stops and starts in my own zone
- I pivot to the middle of the ice
- I move my feet and use my active stick\* to angle\* the puck carrier to a space with limited options, I take away the middle
- I gap tightly and hold my own blue line
- I do not get beat

### **I CREATE chances**

- I move my feet to open areas up the ice after I move the puck
- I carry the puck with my head up
- I headman\* the puck when my teammate is open
- I manufacture passes\* when I see the far pad
- I cause turnovers on the backcheck that lead to possession off the backcheck\*

### **I PREPARE my game**

- I visualize\* myself making strong plays and bouncing back from making mistakes
- I stretch daily, I go to sleep early, I drink water and eat fruits and vegetables
- I watch NHL, NCAA, WHL, and/or Junior hockey
- I set SMART goals\* for myself and I keep track of my progress
- I practice my stickhandling, shooting, and hand-eye coordination at home

**Seattle Junior Hockey teams are made up of respectful teammates, opponents, and students of the game of hockey. We are hungry and hard to play against. Get used to it.**

*\*Terms and definitions provided on the next page*

- \* 50/50 Battle: A term used to describe the chances each player has to gain possession of the puck. 50/50 puck battles, sometimes known as 50/50 chances, require players to choose to be aggressive on the puck and engage in physical play because the opponent has the same opportunity on the puck. A team that wins more 50/50 battles in a game often wins that game.
- \* Active Stick: A term used to describe player's use of their stick to block passing and skating lanes that are often changing multiple times a shift. Active sticks are constantly on the move, on the ice, and responding to the moving angles of the puck carrier's options instantaneously. Active sticks are ready to cause turnovers at any moment.
- \* Angle: A tactic used to limit an opponent's options and space. Angling requires precise anticipation and constant foot movement to push a puck carrier into such a small space that the angler can make body contact to cause a turnover.
- \* Backcheck: Rushing back to the defensive zone in response to an opposing team's attack with the purpose of supporting the defenseman and goalie, limiting the opposition's scoring chances, and causing turnovers. SJHA teams backcheck as hard as they skate with the puck. SJHA teams backcheck through the middle of the ice always.
- \* Dangle: Unnecessarily fancy, showy deke or move with the puck. Dangling often involves trying to work the puck between the legs or under the stick of the defender.
- \* Flyby: Allowing one's momentum to carry past the puck or the net taking oneself out of the play. Antonym to "stop on the puck/net."
- \* Headman: To pass the puck to a player further up the ice, closer to the other team's blue line. Often, the term headman is used to describe a breakout or regroup pass.
- \* Head on a Swivel: A term used to describe a player's awareness of their surroundings. Specifically, the term refers to a consistent effort to look in multiple directions while a play is happening in order to mark open players in dangerous areas behind the play.
- \* Manufactured Passes: A term used to describe shooting off the goalie's pad with a low, flat shot to create a rebound opportunity that is easy to handle for a teammate crashing the net.
- \* Pull the Chute: A term used to describe the action of halting one's stride when approaching a loose puck for fear that one's momentum will cause a crash or fall.
- \* Shoot in Stride: A tactic of shooting the puck while moving one's feet either in a standard skating stride or with repeated crossovers to get the shot off before the goalie is ready. Shooting in stride is in opposition to planting one's feet before shooting which lets the goalie know that a shot is coming.
- \* SMART Goals: A goal setting system in which objectives meet the following requirements: Specific (simple, sensible, significant), Measurable (meaningful, motivating), Achievable (agreed, attainable), Relevant (reasonable, realistic and resourced, results-based), Time bound (time-based, time limited, time/cost limited, timely, time-sensitive). For example, a SMART goal for a 14UAA player for their hockey season may look like this: Before winter break, I will average 7 takeaways per game every weekend of two or more games.
- \* Takeaways: A term used to describe the defending team causing a change in possession of the puck. Takeaways can be stick lifts, body checks, pass interceptions, poke checks, pins, etc.
- \* Underhandle: A term used to describe making a conscious effort to limit one's stickhandling on the puck. Underhandling the puck means that we can simplify our puck control and put ourselves in positions to make strong plays on multiple options.
- \* Visualize: Visualization is the practice of imagining what one wants to achieve in the future as if it were true today. The process of visualizing directs the subconscious to be aware of the end goal in mind. If we visualize ourselves making smart hockey plays, for example, a tape-to-tape breakout pass, we are more likely to do it in a game situation because we have rehearsed that situation already. We also must visualize adverse situations, for example, a shot blocked on the point, and our recovery for that mistake, for example, furiously backchecking through the middle picking up the late man streaking to the net on the 2-on-1.
- \* Zip: A term used to describe the strength and speed with which one must pass the puck.