

LSHS Common Hockey Language

GENERAL LANGUAGE (THEMES)

We do not rim the puck	we do not give up control of the puck by lazily sending it around the boards to a player who now has to battle to re-gain control
We do not dump the puck	we want to control the puck and make a play as we enter the OZ, dumping the puck is a last resort and only if we are outnumbered
Head man the puck	move the puck up to players ahead of you in the zone or next zone
Refer to forwards by number	forechecking is by 1st/ 2nd/3rd into the zone and backchecking is by 1st/ 2nd/ 3rd forward back
Weak side	the side that is opposite the puck
Strong side	Same side of ice as puck
Hit the net	If we can expect players to make a 85' wide pass onto a 12" long stick moving at full speed, we should be able to hit a 4' x 6' net from 50' away while standing fairly stationary.
Support the puck	being in a position to receive a pass, pick up a puck if it pops loose, playing close enough to help out immediately. Can be Offensively or Defensively
Quality Stick	using your stick in a way that cut off lanes, pressures the puck carrier and limits options for the puck carrier
Read & React	look at the situation and make a play based on the situation
Shoot with purpose	always shoot hard and expect to score
Keep your feet moving	whether shooting or passing, foot movement changes lanes/ angles/ preparedness
Backchecking	chasing a opponent back into our defensive zone until you are between the man and the net
TWIG-Take what is given	every situation gives certain opportunities, learn to take what your opponent gives you

SPECIFIC LANGUAGE

Attack the hands	if we always atck the hand then we will separate the man form the puck
Head on a swivel	looking around to see the situation while retreating the puck
Hit and Pin	checking a player into the boards, and controlling them in a way that seperates them from the puck
Play at speed	must be at the speed of the puck carrier when we are attacking or angling
Angling	while backchecking, skate into the lanes that limits the puck carriers options, as to cut off as much open ice as possible
Contain	using your stick and/or body position along with quality gap control to limit your opponents options
Pressure	force the play/ attack the puck carrier
Illusion	making your opponnet do what you want them toby making them "believe" certain options are not available or that others are. Either way you get them to do what you want them too.
Gap	having an appropriate distance between the puck carrier and you
Different lanes/ different Panes	players need to be spread out across the ice (lanes) and in multiple zones (panes)
Funnel towards the net	when attacking the Offensive zone the forwards should be angling towardd the net from the tops of the circle in
Split the Defense	we always want 1 forward attacking through the middle of the Defense