

[Play Heads Up Hockey]



Stay Alert

Be aware of what's going on around you at all times.

Strength And Flexibility

Increasing muscle strength around your neck and spinal cord will make you stronger and safer when taking a hit.

Arm Positioning

Be sure to position your arms so you can cushion a hit from all sides.

Bend Your Knees

Always keep your knees bent for better balance in all situations.

Be In Control

Improving your skating ability will make you a safer, stronger and smarter player.

Heads Up

Keep your head up at all times. Constantly scan the ice straight ahead and from side to side.

Along The Boards

Don't duck along the boards and glass. Instead, maintain your balance, keep your feet moving and properly brace yourself for contact.

Cushion All Impacts

Try to absorb the impact with as much of your body as possible.

Go Low

A lower center of gravity increases your balance and stability on your skates.

Skate Through Body Contact

Skating through contact decreases your chances of full impact, and also gives you a better chance of maintaining your balance and staying in the play.



Karyn Bye Dietz
United States Hockey Hall of Fame
Class of 2014

Heads Up ... Don't Duck

For more information on playing Heads Up Hockey, visit usahockey.com.