

[Play Heads Up Hockey]



Think Smart

*The more you learn,
the better player
you will become.*

Never Blind Or From Behind

*Always face
your opponents.
Never hit them
blind or
from behind.*

Arms First

*Always put your hands
on your stick, if possible,
and cushion any impact
using your arms like
a shock absorber.*

Skate Hard

*By moving fast, you are
a difficult target for your
opponents, and you are
in a better position
to give or receive a pass.*

Quick Feet

*Don't be caught
standing still –
keep moving.*

Control Your Aggression

*Do not retaliate
through anger, or
let anger throw
you off your game.*

Anything But Your Head

*Never hit anything
on the ice with
your head first.*

Don't Duck

Never, ever duck!

Always At An Angle

*Be safe when skating
into the boards
by always skating
in on an angle.*

Sticks And Skates

*Sticks and skates
are what make you
a hockey player.
They are never to be
used against an opponent
in a dangerous manner.*



Heads Up... Don't Duck

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

Brian Rafalski
United States Hockey Hall of Fame
Class of 2014