

# Six Core Concepts of OYHA

**Offense:** When we have the puck.

1. **Pass First Team:** Players should look to pass the puck. Passing as a last resort or waiting to pass until they are out of options is not the pass first mentality.
2. **Move:** Being a pass first team will require players without the puck to get open as quickly as possible. Players should be looking to move in these three situations.
  - a) As soon as they get the puck.
  - b) As soon as they pass the puck.
  - c) Whenever they don't have the puck.
3. **Keep the Offense Alive:** Teach your players to protect the puck, shoot it, or pass it. *Players are not allowed to dump pucks or aimlessly throw pucks up the boards.* If you have a player who picks up the puck and tries to beat a player 1 on 1 because none of their teammates were open, they should be commended, even if unsuccessful in doing so!

**Defense:** When the other team has the puck.

1. **One player pressures the puck:** Teach your players to pressure the pucks as fast as they can. Should the opposing team pass the puck, another player must pressure the puck as fast as they can. This should repeat throughout the game.
2. **Break up plays with your stick:** When on defense, the stick should always be on the puck. Teach and use the phrase, "Stick on Puck." If you are supporting the player who is defending the puck carrier, your stick should always be on the ice.
3. **Stay between the puck and the net:** Teach players the importance of body position and staying between the puck and the net.

*See the big picture ~ This is long term development vs. short term success ~ Stay the course ~  
Make a difference*