

GET BETTER

POWERED BY



7 great hockey habits

BY DARREN ELIOT

1 Good Sticks (stick to the puck):

- All over the ice — Defensemen & Forwards
- Passing lanes — Defensemen & Forwards
- Defensive zone — lead with stick, flush, play up boards — Defensemen & Forwards
- Going to the net — Defensemen & Forwards
- 1st man on fore-check must make long pass difficult — Forwards

2 Body Position:

- Make them come through you to the net — Defensemen & Forwards
- If the puck is in doubt, be on the defensive side — Defensemen & Forwards
- Battle hard, stick on the ice, and keep position — Defensemen & Forwards

3 Stop in front:

- Go to the net hard — Defensemen & Forwards
- Stick on the ice — Defensemen & Forwards
- Battle for loose puck — Defensemen & Forwards
- Bury your chances — Defensemen & Forwards
- Hit the net — Defensemen & Forwards
- Traffic in front of the net — Forwards
- Any shot is a good one — Defensemen & Forwards

4 Feet moving:

- All over ice — Defensemen & Forwards
- Winger getting puck out — Forwards
- Quickness through neutral zone — Defensemen & Forwards
- Cycle vs. slow D — 3rd man rotation going to the net finishing the check — Forwards
- On the back check — Defensemen & Forwards
- Work this defense; take puck to the net (every opportunity you have) — Forwards

5 Support Teammates:

- Hold up with feet moving — Defensemen & Forwards
- Get available and want the puck — Defensemen & Forwards
- Puck side support on all outs — Defensemen & Forwards
- Defense support through middle — keeping gap tight — Defensemen
- Scrums — five guys in — do nothing after the whistle — Defensemen & Forwards

6 Discipline:

- On attack get it behind their D — using soft dumps — Forwards
- Shift length — Defensemen & Forwards
- Don't retaliate after the whistle — Defensemen & Forwards
- Getting the puck deep — Forwards
- Finishing checks — Defensemen & Forwards
- Be positive all the time — Defensemen & Forwards
- Remain disciplined under ALL circumstances — Defensemen & Forwards

7 Great decisions:

- Commitment to the team — do whatever it takes — Defensemen & Forwards
- Supporting on outs — Defensemen & Forwards
- Dump in away from goalie and with a purpose — Defensemen & Forwards
- Changes — hard and be aware — Defensemen & Forwards
- Defensemen — when to jump — when to get back and out of the offensive zone — when to pinch
- Forwards — fore-checking 1 or 2 men depending on possession other team has — 3rd man all the time in rotation especially when puck is in doubt
- Getting the puck to the net or deep — Defensemen & Forwards
- React — trust your decision — Defensemen & Forwards



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