GETBETTER

POWERED BY



great hockey habits

BY **DARREN ELIOT**

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

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

Stop in front:

- Go to the net hard Defensemen & Forwards
- \bullet 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

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

Support Teammates:

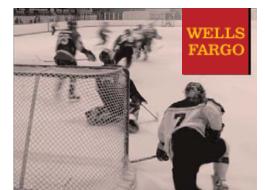
- Hold up with feet moving Defensemen & Forwards
- Get available and want the puck Defensemen & Forwards
- Puck side support on all outs Defensemen & Forwards
- Defense support through middle keeping gap tight — Defensemen
- Scrums five guys in do nothing after the whistle Defensemen & Forwards

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

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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12 Michigan Hockey MIHOCKEYNOW.COM October 10, 2011 V.22 : 1.6