



## Basic principles of Heads Up Hockey:

- Rule One: Heads up—Don't duck!
- Hit the boards or goal posts with an arm, a leg or *anything* but your head first.
- Skate into the boards on an angle to dig out the puck.
- Taking a check: Keep your head out of it. Skates parallel to the boards, knees bent, low center of gravity. Skate through the check and get away quickly.
- No checking from behind. It's illegal, dangerous and bad hockey.
- Wear a snug-fitting, HECC-certified helmet in good shape, plus full facial protection.
- Use a mouth guard every time you're on the ice.

## Heads Up Hockey: Safer hockey. Smarter hockey. Better hockey.

For more information about the *Heads Up Hockey* program visit the Heads Up Hockey page on our website at [www.usahockey.com](http://www.usahockey.com) where you can download the Program Guide and view other related materials.

To order additional Quick Reference Guides, please call USA Hockey at 800-495-USAH.

## If you think a player may have sustained a spinal injury . . .

Your immediate role is to get help, and keep the player calm and immobile. After a spinal impact, look for these symptoms:

- Pain in the area of the injury
- Buzzing or tingling in the arms and/or legs
- Loss of movement in the arms or legs
- Radiating pain in the arms or legs

After calling for immediate medical help, give care as follows:

- Ensure adequate airway and breathing.
- Observe the "ABCs": Airway, Breathing and Circulation.
- Reassure the player.
- Do not allow the player to move. Instruct the player not to move and immobilize him or her to prevent any motion, especially motion of the head or neck.
- Keep the player warm.

## Sideline evaluations for concussion

Use these guidelines to help decide whether a player may have sustained a concussion:

### Orientation:

Ask the player the time, the place, the players, and the situation of the injury.

### Concentration:

Ask the player to tell you the months of the year backwards.

### Memory:

- 1) Ask the player the names of the last two teams you played.
- 2) Ask for details of the game or practice in progress: strategies, moves, plays, etc.
- 3) Ask the player to recall three words and three objects immediately, and then the same three words and objects five minutes later.

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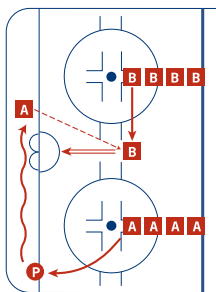
## Quick Reference Guide

## Heads Up Hockey "Angling In" Drill

1. Set up two lines of four players (A and B) behind the face-off spots, and a pile of pucks (P) in the left corner.
2. On the whistle, the first player on the left face-off spot (A) angles into the corner, picks up a puck, skates behind the net and makes a pass to (B), who has moved from the face-off spot to the slot area.
3. Player (B) takes a shot on goal and joins the (A) line. Player (A) goes to the (B) line.

### Variations:

- Halfway through the drill, move the pucks to the right corner so players learn to pick up a puck and pass off both the forehand and backhand.
- A coach can stand to the side of the (A) line and slide a puck into the corner one at a time.
- For age levels with body checking, add a line of checkers who try to catch the puck carrier and angle him or her into the boards.



"Angling In" Drill

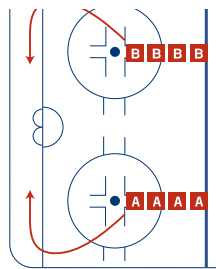
## Heads Up Hockey "Hitting The Boards" Drill

1. Set up two lines of players (A and B as illustrated) at the face-off spots.
2. On the whistle, a player from each line skates at an angle toward the corner boards. The players should make contact with the boards and glass with their arms, forearms, side of body and legs . . . but with *no* head contact at all.
3. Players should alternate between lines (A) and (B).

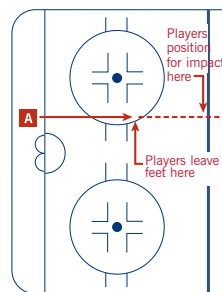
The speed at which the players hit the boards must be managed, depending on the skill level of the players. Proper head, arm and body position must be stressed.

### Variation:

- From the goal line, players skate full speed toward the blue line. At the top of the face-off circles, they should leave their feet and slide on their side, back or stomach. Have them imagine the blue line as an impact with the boards.
- Players should pretend to slide into the end boards, using arms, knees, legs and skates to absorb the impact. Proper heads-up position must be stressed.



"Hitting The Boards" Drill

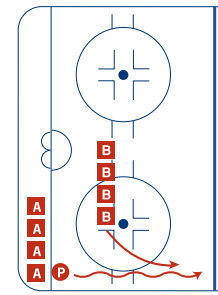


"Hitting The Boards" Drill-Variation

## Heads Up Hockey "Taking A Check" Drill

1. Set up a line of puck carriers (A) in the corners behind the goal line and one line of checkers (B) at the face-off spots.
2. The puck carrier (A) moves up the boards and skates through the check of the (B) player.
3. For the puck carriers, stress heads-up position, keeping the legs moving and the stick down.
4. For the checkers, stress contact with the shoulders rather than the head, elbows, knees, stick or feet.
5. In this drill, players should alternate from puck carrier lines (A) to checking lines (B).

For best use of your ice time, set up the same drill in the other corner, too.



"Taking A Check" Drill