

[Play Heads Up Hockey]



Stay Alert

Be aware of what's going on around you at all times.

Strength And Flexibility

Increasing muscle strength around your neck and spinal cord will make you stronger and safer when taking a hit.

Arm Positioning

Be sure to position your arms so you can cushion a hit from all sides.

Bend Your Knees

Always keep your knees bent for better balance in all situations.

Be In Control

Improving your skating ability will make you a safer, stronger and smarter player.

Heads Up

Keep your head up at all times. Constantly scan the ice straight ahead and from side to side.

Along The Boards

Don't duck along the boards and glass. Instead, maintain your balance, keep your feet moving and properly brace yourself for contact.

Cushion All Impacts

Try to absorb the impact with as much of your body as possible.

Go Low

A lower center of gravity increases your balance and stability on your skates.

Skate Through Body Contact

Skating through contact decreases your chances of full impact, and also gives you a better chance of maintaining your balance and staying in the play.



Karyn Bye Dietz
United States Hockey Hall of Fame
Class of 2014

Heads Up ... Don't Duck

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

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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.*



Brian Rafalski
United States Hockey Hall of Fame
Class of 2014

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