



HOCKEY  
HANDBOOK



# ATP HOCKEY SCHOOL



Dear Campers and Parents:

Thank you for taking part in the ATP for Hockey summer program. We thoroughly enjoyed this years camp and hope you did as well.

One of the main goals of the camp is to provide each player with the instruction necessary to improve their skills and their success throughout the season. Please use the handbook provided at various times during the year to reinforce and sharpen the instruction you have received during the week.

Once again thank you for taking part and we hope to see you back next summer to continue to develop your game.

Yours in hockey,

Rob Lee

# **LEADERSHIP AND TEAMWORK**

Much of the discussion and drills in this year's camp revolved around teamwork and leadership as an essential element in any successful player's make-up. Another similar trait that all coaches look for in their athletes is character. These things are hard to define because there are so many different scenarios and behaviours that seem to contradict each other in terms of what constitutes character, leadership, and teamwork. For example, a leader may be a person who supports a fellow player after they have made a mistake, but he may also be the person who calls a player out for his performance. A player that takes a penalty after the whistle may be defined as selfish or undisciplined, or in the right situation, lauded as a character player. Simply put the qualities of character, leadership, and teamwork break down into "doing the right thing at the right time for the betterment of your team". The bottom line is that in a team sport like hockey the team always comes first and your actions as a player should reflect that.

The chart below presents a measuring tool as to where you want to fit as a player on a team. Every player has a certain amount of ability and brings a certain attitude to the rink. What separates players and teams in the relative strength and weakness of these two defining characteristics in the player's makeup. In the following chart the squares are defined as metals to help relate the quality and characteristics of the players who fall within. Successful teams have players that would fall into the top two squares on the chart. The more players a team has that fall into the bottom two squares, the less successful the team will be.

		<b>ABILITY</b>	
		<b>STRONG</b>	<b>WEAK</b>
<b>A T T I T U D E</b>	<b>S T R O N G</b>	<p style="text-align: center;"><u>Platinum</u></p> <p>The best of the best; these guys combine great skill with a team first attitude.</p> <ul style="list-style-type: none"> <li>• Plays any position and with any player, regardless of skill</li> <li>• Equal goals and assists</li> <li>• Brings his best effort to the biggest games</li> <li>• Makes every player on the team better</li> <li>• Coachable</li> </ul> <p>N.H.L example: Sakic, Messier</p>	<p style="text-align: center;"><u>Iron</u></p> <p>These guys are the backbone of every team and maximize limited skill with hard work, role playing, and a team first approach.</p> <ul style="list-style-type: none"> <li>• Biggest cheerleaders</li> <li>• Inspire teammates with hard work</li> <li>• Score big goals, block shots</li> <li>• Measure personal success by team success</li> <li>• Coachable</li> </ul> <p>N.H.L example: Doan, Shanahan</p>
	<b>W E A K</b>	<p style="text-align: center;"><u>Fool's Gold</u></p> <p>While the skill of these players can be dazzling ultimately their selfish or underachieving play sabotages the team.</p> <ul style="list-style-type: none"> <li>• Bad work ethic in games and/or practices</li> <li>• The harder the game the less impact they have</li> <li>• Little commitment to defense or team play</li> <li>• Cannot or will not grasp what the coach wants</li> <li>• Personal goals always take priority over teams goals...happy with a hat trick and a loss... unhappy with a win and no points</li> <li>• Complains about coach, line mates, position...</li> <li>• Uncoachable and, sooner or later, without a position on the team</li> </ul> <p>N.H.L example: Yashin, Kovalev</p>	<p style="text-align: center;"><u>Dust</u></p> <p>Without skill or good attitude, these guys are non-existent in a team environment.</p>

## **HABITS OF A WINNING TEAM**

Every day I will...

- Be positive
- Get the puck out
- Get the puck deep
- Finish every check
- Know my responsibilities
- Support my teammates
- Take away time and space
- Attack the net
- Prepare – physically, mentally, and nutritionally
- Control my emotion
- See the whole ice
- Take a hit to make a play
- Be a leader by example
- Hold myself and others accountable to the team goals
- Trust your teammates and do your own job
- GIVE!

# MENTAL PREPARATION

None will argue the fact that the greatest element of sport performance begins with the mental side of the game. How we approach practice and competition has more to do with our success than our skills and abilities. However, we pay very little, if any, attention to our mental preparation. In fact, we spend all of our time practicing skills and team strategies and completely ignore the most important part of our preparation...the mental side of the game.

Below are listed some basic strategies you can use to maximize your performance. Most of these drills focus on certain principles; maintaining confidence, improving focus in game situations, and reducing negative stress and emotion. Like any skill, these activities need practice but over time they can help you to approach the most stressful situations with success, as well as developing a more consistent game.

## Confidence

- Be positive. Avoid any negative self talk (the kinds of things you say to yourself) ex. You miss an open net and you slap your stick on the ice saying in your mind “What is wrong with me”. Instead you focus on the positives of being in the right place or creating the chance in the first place. Self talk should focus on “Almost!” or “Next time it goes in!” kinds of comments.
- Pick at least 5 words or phrases that describe your game at its best. Repeat them to yourself before, during, and after every game. Ex. Powerful, tenacious, intense, patient...

_____	_____
_____	_____
_____	_____
_____	_____

## Focus

- Choose one or two situations in a game that you want to improve on. Find a quiet place away from distraction and visualize yourself making the right decision and the right play over and over. This is best done away from the rink and then repeated closer to game time in your pre-game preparation. Seeing yourself making the right decisions and being successful pre-programs your mind and body to react without hesitation to those situations as they occur. Be sure to visualize only positive and successful outcomes!
- Create a start button to set your game in motion by identifying one activity that will serve as an ignition switch. It could be taping your shin pads, pumping your skates, snapping your helmet straps...etc. Imagine your hockey engine roaring to life and your body filling with energy. This “button” serves to focus your attention on your game. It signals an end to preparation and tells your mind and body that the game is on!
- Often players are distracted by events outside of the sport like an argument with a friend, an illness in the family...etc. One of the best rewards of activity is finding a refuge from the more serious and stressful issues of our lives. Imagine the arena as a vault that locks all outside noise and distraction out. When the door shuts behind you it’s all about hockey! Visualizing this “locking out” of outside stresses is a very important step in keeping focus in tough times.

## **REDUCING NEGATIVE STRESS AND EMOTION**

- One of the biggest errors players continually make is the idea that they must “pump themselves up”. Chances are that you already want to succeed in the game so you don’t need to try to convince yourself of that by “pumping up”. Players who are too pumped up tend to run around wasting energy and making errors in judgment, take needless penalties, or find themselves paralyzed and unable to perform basic skills like taking a pass or shooting. What you do need to do is find that fine line between excitement and the focused intensity that helps you get the job done. Keep emotions high and level. Refuse to allow yourself to be shaken or to doubt. Control your intensity, focus, and aggression towards the specific tasks that your team and coaches need from you.
- Breathing exercises are one of the best ways to control emotion because, by controlling your breathing, you control your heart rate, thereby calming yourself. Control emotion by breathing deeply and slowly. Imagine that your breathing is feeding you the things that you need to succeed in the big game.
  - **BREATHE IN STRENGTH, SPEED, AND POWER**
  - **BREATHE OUT FEAR, DOUBT, AND ANXIETY**

## **THE SLUMPBUSTER**

Slumps are all about your mental approach to the game. People who go through prolonged slumps tend to do so because they continually dwell on the negative, ultimately reinforcing it in their play. Everyone goes through slumps but the key is to get out as quickly as possible by staying positive, changing routines, practice a little more or, alternatively, get away from the sport for the time. Finally, if you find that your play is faltering then retract a little by focusing on the basics. Often players in a slump are simply trying to do too much. Defensemen should focus on playing the body, quick shots to the net, and making the simple pass. While forwards should focus on quick shot release, going to the net, making the simple pass, and taking the man. Slumps won’t last forever and a good player can still help his/her team by playing solid defense and doing all the little things that make teams successful.

The following resources will help you find more info on mental preparation for hockey:

[www.peaksport.com](http://www.peaksport.com)

Miller, Saul. Hockey Tough, Human Kinetics, 2003

# **FITNESS**

As a hockey player matures he/she needs to spend more time preparing off ice. This means training your body in order to maximize your opportunities at the rink. When you choose to make this next step in your hockey development it is important that you get direction from a trainer to ensure that you are training with accepted practices in a safe manner. This should also ensure that you are getting the most out of your time and money.

Here is an overview of what a good hockey specific workout should involve:

<u><b>FITNESS COMPONENT</b></u>	<u><b>DESCRIPTION</b></u>	<u><b>ON ICE BENIFIT</b></u>	<u><b>EXERCISE EXAMPLES</b></u>
Muscular Strength	The ability of your muscles to push, pull, lift, and press and object. Core Strength (strength of the abdominal, pelvis, and back muscles) is essential to the balance and twisting requirements of the game.	The strength of your muscles is an important part of every hockey skill. <ul style="list-style-type: none"> <li>● Checking</li> <li>● Battles in the corners and in front of the net</li> <li>● Puck protection</li> </ul>	<ul style="list-style-type: none"> <li>● Pushups</li> <li>● Sit-ups</li> <li>● Coreball training</li> <li>● Chin-ups</li> <li>● Heavy weight exercises</li> <li>● Stair and hill springing</li> </ul>
Power	The speed in which your muscles contract.	This is closely related with muscular strength and it involves teaching your muscles to use their strength more explosively. These skills are especially dependant on power: <ul style="list-style-type: none"> <li>● Shot Power</li> <li>● Skating Stride</li> <li>● Turns</li> <li>● Starts and stops</li> </ul>	<ul style="list-style-type: none"> <li>● Plyometrics</li> <li>● Medicine ball training</li> </ul>

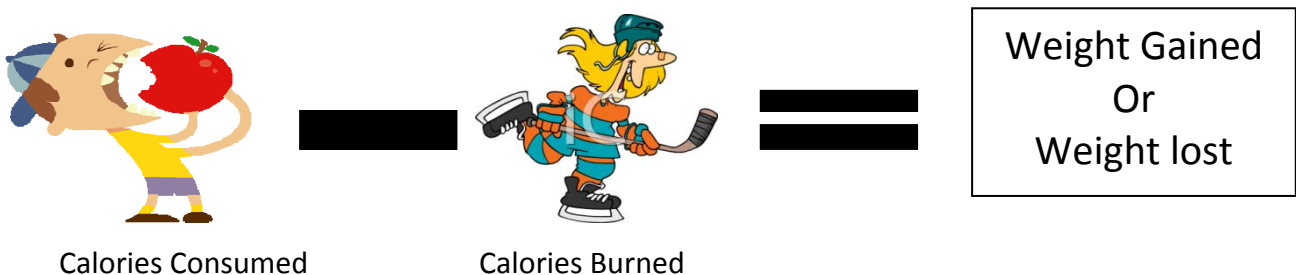
Muscular Endurance	The ability of your muscles to contract over and over.	Endurance is the key to being able to perform at top form over the whole shift and for the duration of a game. As every shift progresses it gets more and more difficult to skate and handle the puck because of muscle fatigue. Improving endurance will help you stay stronger for longer.	<ul style="list-style-type: none"> <li>● Pushups</li> <li>● Sit-ups</li> <li>● Sprints</li> <li>● Low weight repetitions</li> </ul>
Cardiovascular Endurance	The ability of your heart and lungs to supply your muscles with the oxygen they need to continue to work.	Hockey is primarily a game of 30 to 60 second shifts but a strong cardiovascular base allows your muscles to recover while resting on the bench. Players who do not train this component will not be fully refreshed by the time the next shift begins.	<ul style="list-style-type: none"> <li>● Jogging for 20+ minutes</li> <li>● Biking for 40+ minutes</li> <li>● Rollerblading for 40+ minutes</li> </ul>
Flexibility	The range of motion of your joints .	Flexibility helps your hockey game by reducing injury and improving your coordination and strength while reaching and striding.	<ul style="list-style-type: none"> <li>● A regular stretching routine targeting all muscle groups</li> </ul>
Skills	Many on ice skills can be developed and improved away from the rink.		<ul style="list-style-type: none"> <li>● Stickhandling with a golf ball</li> <li>● Footwork activities for foot speed</li> <li>● Shooting off a plastic panel or countertop</li> <li>● Hand/eye activities with a reaction ball</li> </ul>

# NUTRITION

Proper nutrition and hydration is a part of game and season preparation that cannot be overlooked. It's easy to understand its importance if you think of your body as a finely tuned engine; you just can't run a finely tuned engine with improper fuel. If you want to make significant gains in your off season training you must accompany your workout with a proper diet. Otherwise, your body just won't be able to adapt to what you're asking it to do. The best way to get some insight into what your body needs is to visit Canada's new food guide webpage @

[http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html)

Another common nutrition related issue confronting young athletes is the desire to either put on or lose weight. This proves to be a tough struggle as many people battle genetics and lifestyle changes to make adding or taking away weight possible. At the most basic level the weight questions is simple:



So it is an easy equation to help plan how to gain or lose weight but it isn't as simple as starving yourself to lose weight or stuffing yourself with donuts to gain weight. Your body must still be given the proper fuel to lose the excess fat or gain the needed muscle. This means a diet containing 55-60 percent of calories from carbohydrates (10 to 15 percent from sugar and the rest from starches), no more than 30 percent of calories from fat and the remaining (about 10 to 15 percent) from protein. The amount of total calories depends on your age, gender, and activity level and should be calculated by a health professional. The websites below will help you discover more about sports nutrition.

<http://www.fitness.gov/nutrition.html>

<http://www.espn.go.com/trainingroom/s/1999/1104/151285.html>

<http://www.ext.colostate.edu/PUBS/FOODNUT/09362.html>

<http://www.peakperformance.on.ca>

<http://athletes.com/fun/hockeynut.htm>

<http://www.thehockeysource.tv/sectionsourccknowledge/nutrition.php>

## **SUGGESTED PRE-COMPETITION DIET**

### 1 hour or less before competition

- Fruit or vegetable juice such as orange, tomato, or V-8, and/or
- Fresh fruit such as apples, watermelon, peaches, grapes, or oranges and/or
- Energy gels
- Up to 1 and a half cups of a sports drink, such as Gatorade.

### 2 to 3 hours before competition

- Fresh fruit
- Fruit or vegetable juices
- Bread, bagels
- Low-fat yogurt
- Sports drink

### 3 to 4 hours before competition

- Fresh fruit
- Fruit or vegetable juices
- Bread, bagels
- Pasta with tomato sauce
- Baked potatoes
- Energy bar
- Cereal with low-fat milk
- Low-fat yogurt
- Toast/bread with limited peanut butter, lean meat, or low-fat cheese
- 30 oz of a sports drink

### Post game

- Eat within 2 hours of game
- Eat a 4:1 ratio of carbs (fruit, bagels, pasta...) to proteins (meat, cheese...)

### Hydration

- 500ml 2 hrs before game
- Maintain hydration during competition with sips between every shift
- After game consume 500 ml of water for every pound you lose during the game (usually around 4-8 pounds)

### Rest

- Get up early on game days and nap later
- Go to bed in good time

# **SKILL SUMMARY**

When working on developing your skills, take advantage of the skill checklist presented below.

## **SKATING SKILLS**

**Remember: A few strong and long strides are much better than many short and choppy strides**

### **Forward Stride**

- Stay low for balance and strength
- Drive leg out on 45 degree angle
- Snap toe to finish without a high leg kick
- Recover drive leg directly under body
- Upper body should be independent of lower body

### **Backward Stride**

- Stay low for balance and strength
- C-cut drive leg to the side
- Recover directly under body
- Glide leg should stay in a direct line in intended direction
- Upper body should be independent of lower body

### **Crossovers**

- Stay low for balance and strength
- Keep stick to the inside of turn
- Reach outside leg as far to the inside as possible
- Pull and then push the stride to full extension
- Push to full extension with the inside leg

### **Stops**

- Stay low for balance and strength
- Line skates up to heel
- Apply pressure on “power inch” of skate
- Maintain low stance throughout stop – do not stand up

### **V-Start**

- Stay low for balance and strength
- Place skates in a V formation
- Drive out, not up, into 3-4 driving strides on your toes
- Settle into regular stride pattern

## **Crossover Start**

- Stay low for balance and strength
- Drive back foot as far as possible over the front foot
- Land with toe pointed in intended direction
- Drive into regular stride

## **Tight Turn and 360 degree**

- Stay low for balance and strength
- Lead with inside foot
- Point to intended direction with stick
- Crossover out of turn directly into regular stride

## **Pivot**

- Stay low for balance and strength
- Turn inside foot and point toe in intended direction- a full 180 rotation of foot
- If you have maintained a low stance you will be able to stride with the back foot

## **SHOTS**

**Remember: a quick release in stride produces more goals than a big windup for maximum power**

## **Wrist Shot**

- Stay low for balance and strength
- Keep hands a forearm length apart
- Start with puck behind body and weight on back foot
- Puck should be on heel of stick
- Keep hands away from body
- Transfer weight from back to front foot
- Bottom hand should rotate over top hand
- Follow through directly at target
- Follow up shot for rebound

## **Snap Shot**

- Stay low for balance and strength
- Keep hands a forearm length apart
- Start with puck behind body and weight on back foot
- Begin with puck on toe and stick
- Draw puck forward and towards your body
- Allow for a 6 inch separation between puck and stick
- Snap stick down onto ice to create stick flex
- Make contact with puck on middle/heel part of blade
- Transfer weight from back to front foot
- Bottom hand should rotate over top hand
- Follow through directly at target
- Follow up shot for rebound

## Slap Shot

- Stay low for balance and strength
- Keep hands a forearm length apart plus 6 inches
- Set puck in front of body off front foot
- Withdraw stick for a low quick draw
- Drive stick down onto ice 4-6 inches behind puck
- Make contact with puck on middle/heel part of blade
- Transfer weight from back to front foot
- Bottom hand should rotate over top hand
- Follow through directly at target
- Follow up shot for rebound

## Backhand Shot

- Stay low for balance and strength
- Keep hands a forearm length apart
- Start with puck behind body and weight on back foot
- Puck should be on heel of stick
- Keep hands away from body
- Point at target with elbow
- Transfer weight from back to front foot
- Snap wrists over
- Follow through directly at target
- Follow up shot for rebound

## CONTACT SKILLS

**Remember: The object of any check is to obtain the puck for your team. Proper body contact should never result in taking yourself out of the play or creating an offensive advantage for the opponent.**

- Any type of checking involves angling the opponent to reduce his/her chances of evading and running them out of room to make a play
- Keep stick on puck and body on body- any type of stick check could be disastrous if the puck is missed, unless the body remains in proper position between the opposition and the net
- Stay low, balanced, and compact- standing up to give or receive contact only serves to weaken your balance and stability
- Strength comes from the legs and at moment of contact legs should straighten causing body to stiffen, thrusting through the opponent
- Make contact with shoulder or hip, never the arms
- Be aware of the situation- some situations call for a big hit while others require a safer, more conservative approach. Learn to recognize which is required.

## TACTICS AND STRATEGIES

### **1 on 1's**

#### **Offensively**

- Maintain speed- Many players approach a 1 on 1 by slowing down and attempting to dazzle the defenseman. The objective is to get past the defense with the puck and there are no extra points for dazzle. Often players slow to the point that they beat the defenseman with their move but cannot get any separation for a scoring chance, allowing the defenseman to recover.
- Keep it simple- One or two fakes are the most you need to create a distraction or indecision on the part of the defensive player. Do not hesitate to see if the fake worked, simply make your move and get going!
- Work on a variety of moves including head, shoulder, and shooting fakes, as well as, forehand to backhand, backhand to forehand, and toe drags
- Once you have a step on the defenseman, cut in to establish position. This puts your body between the defensive player and the puck, forcing him/her to take a penalty or move around you to regain position

#### **Defensively**

- Gap control is the most important element in a one on one. You should be no farther than a stick length away, any further and you allow the offensive player room to prepare and execute his/her strategy. You may also risk backing in so far that you screen the goalie.
- Angle the puck carrier to the outside by keeping your outside shoulder (the one closest to the boards) lined up with his/her inside shoulder.
- Be patient- Ultimately, the puck carrier has to try to get to the net or will run out of room in the corner.
- Play the body!!!! The puck will take care of itself. Ignore the fakes and puck and focus on the center of the torso until you are sure that the offensive player is no longer a threat. If a second offensive player is closest to the puck you may have to clear it, otherwise allow your teammate to take it while you continue to control the body of the offensive player. However, remember that a one on one is no time to go for the big hit. Play the body but play it safely and conservatively. You are all that is standing between the puck and a breakaway.

### **2 on 1's**

#### **Offensively**

- Maintaining speed- keeping your speed up ensures that there is less chance of being caught by back checkers and makes it more difficult for the defensive player to maintain position.
- The player without the puck should always drive hard to the net and remain for a rebound. Some coaches suggest that this player should choose between delaying or driving but delaying complicates the opportunity in a couple of ways: First of all, delaying allows a back checker a better chance of catching you and negating the 2 on 1. Secondly, it adds another variable that the puck carrier must read, making execution more difficult. You are best if driving hard; forcing the defenseman to make a quicker decision, creating a distraction for the goalie, and creating a distraction for the goalie, and creating room for the puck carrier to maneuver for a better shot if the pass is not there.

- The puck carrier must look for the opportunity to pass without taking away his/her own shooting opportunity. Many players take away the advantage of a 2 on 1 by skating too wide and deep on the attack. If the pass is taken away by a well positioned defender, the puck carrier is forced to shoot from an impossible angle. By angling in towards the goal and reading the defensive player, a puck carrier should be able to attack the net almost as if on a partial breakaway and, thereby, increasing the quality of the shot.

#### **Defensively**

- The defensive player has a difficult job in that he/she must try to control 2 players at the same time.
- Try to keep the puck carrier as wide as possible to reduce the quality of his/her shot.
- You are responsible for making sure that the pass does not get to the second man. Stay in the passing lane by being aware of both players.
- Laying down can be effective only if the puck carrier is kept wide enough to reduce his shot quality. Be careful not to go down too early, slide into the goalie or past the net. Laying down can be extremely risky if these errors are made as they effectively turn a 2 on 1 into a 2 on 0!

### **3 on 2's**

#### **Offensively**

- Executing a quality 3 on 2 takes an awareness of what your teammates are doing. Most standard 3 on 2 attacks involve the puck carrier (PC), a support player (S), and a player driving the net (D).
- The puck carrier and the supporting player work together to create a 2 on 1 with the nearest defensive player while the player driving the net attempts to create a scoring opportunity or a distraction at the net.
- One system has two players drive the net while the puck carrier reads the play. If both defensive players back off, the puck carrier moves to the middle of the ice for a shot. If only one defensive player backs off to defend the two net driving players, then the puck carrier attempts to get the puck to the net for the two on one situation.
- The pressure is on the puck carrier to make the best decision to ultimately create a scoring chance.

#### **Defensively**

- Know where the puck is at all times. Keep yourself free to react to a pass or intercept the puck.
- Stay in passing lanes by using your body and stick.
- Try to hold and delay the offensive players until back checking help arrives.
- Communicate the back checkers about which offensive player you want them to eliminate, and close with puck carrier.

### **Power Play**

- Work harder- many players see the power play as a chance to slow down and set things up. The opposite is true; you must work even harder to take advantage of the opportunity!
- Move the puck quickly, accurately, and firmly. Slow passes allow the box to recover.
- Keep your head up and survey the ice so that you can plan what you will receive a pass before determining what their best course of action should be, by the time it is too late.

- Do the math
  - Pressure from the defense low in the zone = opportunity high from the blue line in
  - Pressure from the defense high in the zone = opportunity low at the net
- Be aggressive on the puck by putting 3 players on all loose pucks in the offensive zone. Too many players set up and expect other players to go get loose pucks. You can't create any scoring opportunities without the puck and often hesitation leads to the other team clearing the puck and getting a change.
- Sometimes the best course of action when under pressure is to turn to the boards, protect the puck and wait for help to arrive.
- Communicate
- Always look to reverse flow by dragging the box on way and passing back to the vacated area.
- Keep it simple- a quality shot to the net is rarely a poor choice and the best power plays are often the result of simply getting the puck to the net with traffic in front.
- Be aggressive, positive, and patient- a great P.P fails 75% of the time

### **5 on 3**

- Never dump the puck on the attack
- Work for shot in slot by isolating the top penalty killer with a three on one
- SHOOT

### **Penalty Kill**

- Control your pressure- most power plays are designed to try to draw the defensive players out of position so it is important that you pressure the puck carrier under control and in the right situation. Getting beat one on one puts your team in even more trouble.
- Use angles to keep the puck to the outside and out of quality shooting lanes. The simple rule is to always approach the puck from the inside of the ice, forcing it outside.
- Always pressure a player who has his/her back to you.
- Always pressure any type of bouncing or rolling puck.
- Stops and starts are essential. Players who circle when defending eventually turn their back on the puck, making it difficult to defend.
- Keep an active stick in passing lanes.
- Collapse to the net after a shot to protect the prime scoring area. Once there make sure to take the body!
- Clear the puck or get a while when you get the chance- many goals are scored when a penalty kill misses a chance to clear! The box is in disarray and fresh legs can't get off the bench.
- 30 second shifts
- Take an opportunity to try and score but only when it presents itself. People who gamble lose most of the time and your job as a penalty killer is to make sure the other team does not score. If you score its gravy.

## RESPONSIBILITIES

### OFFENSIVE

	<b>DEFENSEMAN</b>	<b>WINGERS</b>	<b>CENTER</b>	<b>GOALIE</b>
<b>OFFENSIVE ZONE</b>	<ul style="list-style-type: none"> <li>- Jump into slot for shot</li> <li>- Keep puck in</li> <li>- Pinch according to coaches instructions</li> <li>- Hard shot with quick release from middle of ice</li> </ul>	<ul style="list-style-type: none"> <li>- Use speed and anticipation to forecheck</li> <li>- Attack wide and with speed</li> <li>- Puck pressure in corner</li> <li>- Work cycle</li> <li>- Anticipate shots and get to net for screens, rebounds, and deflections</li> <li>- Stay free in front of net</li> <li>- Get puck to the net</li> </ul>	<ul style="list-style-type: none"> <li>- Use speed and anticipation to forecheck</li> <li>- Attack wide and with speed</li> <li>- Puck pressure in corner</li> <li>- Work cycle</li> <li>- Anticipate shots and get to net for screens, rebounds, and deflections</li> <li>- Stay free in front of net</li> <li>- Get puck to the net</li> </ul>	<ul style="list-style-type: none"> <li>- Stay focused</li> <li>- Be aware of potentially dangerous offensive opponents on the ice</li> </ul>
<b>NEUTRAL ZONE</b>	<ul style="list-style-type: none"> <li>- Use crisp accurate passes for best offensive options</li> <li>- Jump in for offensive option</li> <li>- Decide by red line whether to pass to forward, carry into offensive zone, or dump so that forwards can maintain speed and support</li> <li>- No giveaways!</li> </ul>	<ul style="list-style-type: none"> <li>- Attack wide with speed as a puck carrier</li> <li>- Maintain speed for offensive zone pressure</li> <li>- Work to support puck carrier and be a pass option</li> <li>- Make sure puck gets deep into offensive zone by carrying, passing, or dumping</li> <li>- No giveaways!</li> </ul>	<ul style="list-style-type: none"> <li>- Attack with speed</li> <li>- Work to support puck carrier and be a pass option</li> <li>- Make sure puck gets deep into offensive zone by carrying, passing, or dumping</li> <li>- No giveaways!</li> </ul>	<ul style="list-style-type: none"> <li>- Keep focused</li> <li>- Be ready for quick counterattack following a giveaway</li> </ul>
<b>DEFENSIVE ZONE</b>	<ul style="list-style-type: none"> <li>- Use offensive options of skating puck out, breakout pass, or rim as appropriate</li> <li>- Follow pass for support</li> <li>- Net D should support puck carrying D for a pass option</li> </ul>	<ul style="list-style-type: none"> <li>- Get puck and get moving</li> <li>- Read breakout pass options</li> <li>- Get puck out!</li> <li>- Break without the puck to be a neutral zone pass option</li> </ul>	<ul style="list-style-type: none"> <li>- Be a puck shadow by supporting D and W</li> <li>- Read breakout pass options</li> <li>- Get puck out!</li> </ul>	<ul style="list-style-type: none"> <li>- Follow puck movement and maintain angles and positioning</li> <li>- Set up rimmed puck for defenseman and communicate where the pressure is coming from</li> </ul>

## DEFENSIVE

	DEFENSEMAN	WINGERS	CENTER	GOALIE
OFFENSIVE ZONE	<ul style="list-style-type: none"> <li>- The strong side D must hold the line only when sure that he can keep the puck in – standing still on the blue line as the puck comes out is a recipe for disaster</li> <li>- The weak side D must always be prepared to back off to support the strong side D</li> <li>- Never let the opposition behind you</li> <li>- Be careful of over handling the puck on the blue line or shooting into shin pads as they often end up in breakaways</li> </ul>	<ul style="list-style-type: none"> <li>- Use angling to force D wide and take away easy breakout passes</li> <li>- Use speed and body to hurry decisions</li> <li>- Read your partners and stay high when they are deep</li> <li>- Be aware of your own D pinching and be prepared to back them up</li> <li>- Back checking should begin with hard work in this end – a late start may mean you never catch up</li> </ul>	<ul style="list-style-type: none"> <li>- Use angling to force D wide and take away easy breakout passes</li> <li>- Use speed and body to hurry decisions</li> <li>- Read your partners and stay high when they are deep</li> <li>- Be aware of your own D pinching and be prepared to back them up</li> <li>- Back checking should begin with hard work in this end – a late start may mean you never catch up</li> </ul>	<ul style="list-style-type: none"> <li>- Stay focused</li> <li>- Be aware of potentially dangerous offensive opponents on the ice</li> </ul>
NEUTRAL ZONE	<ul style="list-style-type: none"> <li>- Be aware of all opposition players at all times</li> <li>- Keep gap tight to force turnovers</li> <li>- Be careful not to get caught to wide, giving up the middle of the ice to attack</li> </ul>	<ul style="list-style-type: none"> <li>- Put backpressure on the puck carrier if close, otherwise eliminate another player from being a pass option</li> <li>- Use good angling to take away time, space, and speed of opposing puck carrier</li> <li>- No drive by's</li> </ul>	<ul style="list-style-type: none"> <li>- Put backpressure on the puck carrier if close, otherwise eliminate another player from being a pass option</li> <li>- Use good angling to take away time, space, and speed of opposing puck carrier</li> <li>- No drive by's</li> </ul>	<ul style="list-style-type: none"> <li>- Stay focused and pay attention to the developing attack so you remain prepared for all possibilities</li> </ul>
DEFENSIVE ZONE	<ul style="list-style-type: none"> <li>- Cover the front of the net at all times when the opposition has possession</li> <li>- If the third forward is positioned high in the slot position yourself halfway between him/her and the net</li> <li>- Don't get tied up in front and be aware of the puck at all times in order to jump and gain possession for a quick breakout</li> <li>- Close quickly and under control on opposition in the corners</li> <li>- Use angling to force the opposition back behind the goal line</li> <li>- Stick to stick and body to body positioning</li> </ul>	<ul style="list-style-type: none"> <li>- Weak side wingers should cover the slot</li> <li>- Strong side wingers should eliminate the opposing D</li> <li>- Always pressure D from the inside out to force the wide shot</li> <li>- Keep your head on a swivel so that you are aware of the location of the puck and any defenseman sneaking in behind you</li> <li>- Help out in the slot when the puck is there but don't get sucked low into the corner as it leaves the point wide open for a dangerous shot</li> </ul>	<ul style="list-style-type: none"> <li>- Position yourself between the defenseman who is pressuring the puck and the net with an eye on the second forward</li> <li>- If the second forward gets the puck you must pressure him/her immediately</li> <li>- As soon as contact is made or the puck is forced loose jump the puck for a quick breakout</li> <li>- If a defenseman is delayed then take his/her place</li> <li>- The center should usually be the last forward out of the zone for breakout support and in case of a giveaway</li> </ul>	<ul style="list-style-type: none"> <li>- Be prepared for chances at all times</li> <li>- Rebound control and second shot positioning are keys to success</li> <li>- Know your angles and reactions to every situation</li> </ul>

## **ADDITIONAL RESOURCES**

### **Websites:**

<http://www.cbc.ca/sports/hockey/hnic/thinkhockey/>

<http://www.lifetimehockey.com/skills.htm>

<http://www.hockey-site.com/hockey-skills.html>

<http://www.nike.com/canada/nikettraining/#>

<http://www.hockeyshot.ca>

<http://www.hometownhockey.com/>

### **Books:**

Bompa, Tudor and Chambers, Dave. Total Hockey Conditioning, Key Porter, 2003

Clark, Nancy. Sports Nutrition Guide Book, Human Kinetics, 2003

Twist, Peter. Complete Conditioning for Hockey, Human Kinetics, 2006