

## Youth Hockey Development Habits

### OFFENSIVE HABITS:

- 1) **Picking up the loose puck**
  - Looking over your shoulder
  - Surrounding the puck (taking an angle and surrounding the puck on your forehand or backhand)
- 2) **Carrying the puck**
  - head-up
  - hands out away from body
  - avoid over-handling, dribbling should not be noisy
  - accelerating with the puck
  - keep hands close together on stick (elbow to fingertip length)
- 3) **Puck protection**
  - Keep your body between the opposition and the puck
- 4) **One-on-One with the Puck**
  - attacking the triangle (the feet and stick of the defender)
  - using speed to go wide around opponent
- 5) **Supporting the puck**
  - proper positioning to receive pass (finding seam or opening to create passing lane)
  - proper gap / space (don't bunch up or put too much distance between yourself and puck carrier)
  - timing - not too early...not too late
- 6) **Always face the puck and keep stick on the ice**
- 7) **Direct pass**
  - making a pass - eyes on target, point blade at target on follow through
  - receiving a pass - creating target, rolling wrist to cushion, try to be quiet
- 8) **Indirect pass**
  - bounce or angle pass off the boards: on the ice (kick plate), off the boards (above the ice surface), and off the glass
  - pass to an open area where a teammate can skate into it
  - Flip pass (Hail Mary)

- 9) **Give-and-Go**
  - **pass puck and break to open ice**
- 10) **Creating odd-man situations (all over the ice)**
  - **in small spaces**
  - **on line rushes**
- 11) **Creating time and space**
  - **quiet zones / soft spots / No Man's Land (just another name)**
  - **cut-backs / button-hooks**

#### **DEFENSIVE HABITS:**

- 1) **Always face the puck**
  - **don't turn your back to the play**
  - **Use the glass to spot opponents coming hard behind you**
- 2) **Head on a swivel**
  - **know what's going on around you – see the whole ice – know where everyone on both teams is located.**
- 3) **Containment**
  - **limit the movement of your opponent by keeping them in a small area**
- 4) **Stick positioning**
  - **take away passing lanes**
  - **force opponent in direction you want them to go**
- 5) **Take away time and space**
  - **limit the offensive player's ability to move freely**
- 6) **Gap control**
  - **control the space between the offensive and defensive player**
  - **maintain proper speed especially when skating backwards**
  - **tighten gap as play gets closer to your net**
- 7) **Angling / body positioning**
  - **Forcing your opponent to go in the direction you want him or her to go**
- 8) **Stick utilization/stick checks**
  - **Use of the stick to take the puck away from your opponent**

- **Keep stick close to your body to allow for arm's length poke check without lunging body and getting put off balance.**

**9) Support**

- **Providing assistance to a teammate on the defensive side of the puck**
- **Try to have one man without the puck between the puck carrier (teammate or opponent) and your goalie.**