

# Player Habits



## Habits for Offense

### **Puck Retrieval**

- Get to puck quickly
- Look over both shoulders
- Be deceptive
- Surround puck on forehand or backhand

### **Carrying the Puck**

- Head up
- Hands away from body
- Accelerate with puck
- Avoid over handling

### **Puck Protection**

- Keep body between opponent and the puck
- Use body to shield hands and stick
- Look over your shoulder to survey for teammates

### **One on One Attack**

- Head up, read gap/space
- Attack feet and stick of defender
- Use speed

### **Puck Support**

- Position to find a seam or open lane for pass
- Use proper spacing
- Use timing, not too early...not too late

### **Stop at the Net**

- Stay in scoring area
- Keep stick down and be ready for a pass or rebound

### **Pivot and Face Puck**

- Face puck carrier as much as possible
- Stick down, always ready for pass

### **Direct Passes**

- Use deception, look off passes
- Sweep puck for spin
- Pass hard

- Collect pass using stick, feet or hands

### **Indirect Passes**

- Play pool: angle onto boards = angle off boards
- Use touch, not too hard...not too soft
- Place puck into area for teammate to skate into
- Aerial pass

### **Give and Go**

- Pass to teammate and move to open ice
- Find new seam or passing lane
- Always be an outlet option
- Very effective against zone coverage

### **Creating Time and Space**

- Use delays and cutback with your skating
- Use quiet zones, soft spots
- Use puck protection tactics

### **Habits for Defense**

#### **Face the Puck**

- Don't turn your back to the play
- Be ready for transition to offense

#### **Head on a Swivel**

- Continually look over your shoulders
- Know where opponents and teammates are located
- See the whole ice

#### **Stick Positioning**

- Keep Stick on the ice to cover passing lanes
- Play "stick on puck" to increase your area of influence
- Extend stick with elbow to limit lunging and stay balanced

#### **Gap Control**

- Limit your opponents time by reducing his or her space
- Use skating skills to maintain defensive side body position

#### **Angling and Body Position**

- Protect middle ice first, angle inside out
- Use skating skills to maintain defensive side body position

#### **Defensive Support**

- Provide assistance to teammates on the defensive side of the puck
- Always be ready to help in case of breakdowns

