

Seven Great Habits

Good Sticks (stick to the puck):

- All over the ice - **Defensemen & Forwards**
- Passing lanes - **Defensemen & Forwards**
- Defensive zone – lead with stick, flush, play up boards - **Defensemen & Forwards**
- Going to the net - **Defensemen & Forwards**
- 1st man on fore-check must make long pass difficult - **Forwards**

Body Position:

- Make them come through you to the net - **Defensemen & Forwards**
- If the puck is in doubt, be on the defensive side - **Defensemen & Forwards**
- Battle hard, stick on the ice, and keep position - **Defensemen & Forwards**

Stop in front:

- Go to the net hard - **Defensemen & Forwards**
- Stick on the ice - **Defensemen & Forwards**
- Battle for loose puck - **Defensemen & Forwards**
- Bury your chances - **Defensemen & Forwards**
- Hit the net - **Defensemen & Forwards**
- Traffic in front of the net - **Forwards**
- Any shot is a good one - **Defensemen & Forwards**

Feet Moving:

- All over ice - **Defensemen & Forwards**
- Winger getting puck out - **Forwards**
- Quickness through neutral zone - **Defensemen & Forwards**
- Cycle vs. slow D-3rd man rotation going to the net finishing the check - **Forwards**
- On the back check - **Defensemen & Forwards**
- Work this defense; take puck to the net (every opportunity you have) - **Forwards**

Support Teammates:

- Hold up with feet moving - **Defensemen & Forwards**
- Get available and want the puck - **Defensemen & Forwards**
- Puck side support on all outs - **Defensemen & Forwards**
- Defense support through middle – keeping gap tight - **Defensemen**
- Scrum – five guys in – do nothing after the whistle - **Defensemen & Forwards**

Discipline:

- On attack get it behind their D – using soft dumps - **Forwards**
- Shift length - **Defensemen & Forwards**
- Don't retaliate after the whistle - **Defensemen & Forwards**
- Getting the puck deep - **Forwards**
- Finishing checks - **Defensemen & Forwards**
- Be positive all the time - **Defensemen & Forwards**
- Remain disciplined under ALL circumstances - **Defensemen & Forwards**

Great Decisions:

- Commitment to the team – do whatever it takes - **Defensemen & Forwards**
- Supporting on outs - **Defensemen & Forwards**
- Dump in away from goalie and with a purpose - **Defensemen & Forwards**
- Changes – hard and be aware - **Defensemen & Forwards**
- Defensemen – when to jump – when to get back and out of the offensive zone – when to pinch
- Forwards – fore-checking 1 or 2 men depending on possession other team has – 3rd man all the time in rotation especially when puck is in doubt
- Getting the puck to the net or deep - **Defensemen & Forwards**
- React – trust your decision - **Defensemen & Forward**