

Habits and Concepts



Offensive Habits TEAM

1. Communication
2. Head Up, In Control with Puck
3. Deception
4. Active Finding Open Ice for Support
5. In Tight Skills & Compete

Defense Habits TEAM

1. Communication
2. Gaps – Above and Tight
3. Stick Placement/Angling
4. Back Pressure through Middle
5. **READY** for Transition

Forward Habits INDIVIDUAL

1. Use Dot Lines, Middle of the Ice
2. Use Deception & Movement on Cycle
3. Net Presence, Win Shot Retrievals
4. Find Passing Lanes/Open Ice
5. **MAKE PLAYS**

Defense Habits INDIVIDUAL

1. Change Shot Lanes, Active on Blueline
2. Work to Skate and Earn Gaps
3. Be Active Up Ice on Rush & Breakout
4. Shoulder Check, Deception on Retrievals
5. **MAKE PLAYS**

Attitude Habits TEAM

1. **GREAT** Compete Level (Practice & Games)
2. **GREAT** Bench
3. Always be Learning – Growth Mindset
4. Be Accountable for Your Actions – Take ownership
5. Be **ALL-IN**