



THE "LITTLE THINGS"

Area Pass - Pass to space where our player will get there before opponent.

Changing - One Forward get long and AWAY from opponent bench side when opponent is changing, Defense HUSTLE back to puck and move it up quickly to the stretching forward.

Clear Front of Net - On rebounds in front of our net, clear puck to the corner and "Pick Up Sticks"

Defensive Side of the Puck - Always support the puck defensively between the puck and our goal.

Don't Swoop - When angling on the puck carrier follow through the opponent's hands so she can't step by you.

Get the Line - Make sure you get to the red line before dumping the puck in. Make sure you get to the red line before attempting to shoot at an empty net to avoid icing.

Get the Puck Deep - Make sure you get the puck deep before changing. Don't change while opponent is in neutral zone and beginning to attack.

Get the Puck In the Zone - Do not pass cross-ice between the red line and offensive blue line, get the puck across the line (to stay on sides and then make a play).

Get the Puck Out - On PK, make sure you look up and ice the puck all the way to other end.

Stay High - Make sure we do not get three players deep on the forecheck.

Go to the Net Hard - Whenever possible drive to the opponents net hard with the puck and force them to play you. Coasting with the puck indicates you are only looking to pass.

Head on a Swivel - In defensive zone, keep watching both your player and the puck and stay on the defensive side.

Know the Situation - Always know how much time is on the clock. If we have been stuck in our zone and unable to change, tie up the puck or ice it to get a whistle.

Move the Puck - Move puck up ice quickly to open player. Do not take extra stickhandle. Do not force puck to covered players.

Pick Up a Player - On the backcheck, don't go for the puck carrier, pick an open player and cover her, if all players in front of you are covered, look for open players behind you.

Pick up Sticks - On backcheck and covering in front, neutralize your opponent's stick by lifting it off ice before puck gets there.

Sense of Urgency - Always play with a sense of urgency, always hustle to loose pucks even if you will win the puck by coasting to it.

Shoot for Rebound - If you have breaking wing on offensive rush or no good opening to shoot at, shoot low off goalies pads for a rebound.

Stay Tight - In the defensive zone don't give space, especially to good players.

Stay Up - Defenders closed gap in neutral zone and stay up on your player.



Step - On an even rush, defender on the puck should step up on puck carrier to force icing or offsides, DON'T SAG.

Stick in Passing Lane - On PK, defense and forecheck, always have stick on ice and in the passing lanes.

Stop on the Post - Do not skate by the net on a play at the net, stop and keep working for the rebound.

Stop on the Puck - Do not skate by a pass, loose puck or opponent with the puck, stop and stay with the puck (work hard as a pass receiver to get to all passes).

Support the Puck - Make sure you are prepared to receive a pass on a good passing angle, and in a good passing lane.

Take Ice - When receiving a D-D pass or turnover, Defense should always skate up ice with puck when there is space, while looking for the next pass.

Tie up Faceoff - The first responsibility in the defensive zone face-off is to tie up and neutralize the opponent's center.

Win Pucks - Win the races to loose pucks, out-hustle your opponent in all three zones.

Win the Blue lines - Do not turn the puck over between the top of the circles and the blue line in both zones. In the offensive zone get the puck deep, and in the defensive zone make sure the puck gets out.