

# Overview



# WARRIOR FOR LIFE FUND



*DEVELOPMENTAL HOCKEY PROGRAM*



# General Rules and Hockey Etiquette

1. Stay off the ice until the Zamboni doors are closed
2. No pucks on the ice unless the coach signals to do so
3. Whistles:
  - A long or multiple whistle blast stops all shooting, skating, and play - Players immediately proceed to the signaling coach for instruction
  - One short whistle blast starts a drill – listen for your coaches whistle
4. ***Shooting is only allowed during shooting drills*** – NEVER shoot a puck after a whistle
5. Goalies need time to prepare the crease and warm up – Just because they are in the net doesn't mean you can shoot.
6. NEVER shoot on a goalie during a warmup unless you make eye contact and the goalie is ready – 1 player at a time
7. If you run into someone by accident, apologize and ask if they are ok
8. 'Retaliating' after you were fouled usually ends up in only you going to the box
9. The puck is only 1" tall, so the blade of your stick should never be much higher than that – control your stick.



# Definitions

- ***Off-side*** - Players of the attacking team must not precede the puck into the attacking zone.
- ***Delayed Off Side*** - A situation where an attacking player (or players) has preceded the puck across the attacking blue line, but the defending team is in a position to bring the puck back out of its defending zone without any delay or contact with an attacking player, or, the attacking players are in the process of clearing the attacking zone.
- ***Icing*** – Occurs when a player shoots the puck from behind the center red line into the opposing zone. The puck is untouched and crosses the goal line. If the goalie must play the puck so it doesn't go in the net, icing does not apply – Applies only for even strength situations.



# Definitions

- **Angling** – A skating pattern in which a checker moves toward the puck carrier on an angle which forces the puck carrier to move in the direction the checker intends for the carrier to go.
- **Weak Side** – The side of the ice opposite to where the puck is being controlled.
- **Strong Side** – The side of the ice where the puck is being controlled.
- **Hash Marks** – The marks on either side of the face-off circles at both ends of the rink. Players must remain on their side of the hash marks until the puck hits the ice during a faceoff.
- **Half Boards** – The area of the boards alongside the sideboards roughly between the hash marks and the blue line



# Definitions

- **Cycling** – When players in the offensive zone pass the puck to each other while skating away from the corners, usually using the boards, to get the defense moving and open up a scoring opportunity once a forward feels he can get open in the slot or move it out to the defenseman.
- **Forecheck** – defensive play made in the offensive zone with the objective of applying pressure to the opposing team to regain control of the puck. ... Forechecking can be aggressive or conservative depending on the coaching style and on the skating skills of the players.

<https://www.youtube.com/watch?v=xqB-czQMZec>

- **Backcheck** – The attempt of the defending team to overcome the opposing team's attack. The goal of backchecking is to recover the puck from the opposition.

<https://www.youtube.com/watch?v=v1FYLixMpfE>



# Definitions

- **Support –**
  - **Vocal** - Call for the puck. Yell ‘heads up’ when your partner is under pressure. Be alive on the bench when someone is coming for a change. Call a switch on defense.
  - **Mental** - Make the decision to switch from offense to defense when you sense your team is about to turn over the puck so you are early on the backcheck. Not supporting mentally in an instance like this is considered selfish and can lead to poor defense, poor team play, and lack of trust from a coach and teammates.
  - **Physical** - A center cutting across the ice to receive a pass from the defense or winger. Staying between your check and the net (defensive side positioning). A center sagging off the defense in the corner in a position to jump on a loose puck or play one on one if the defenseman gets beat out of the corner. One defenseman hinging / staggering off the other defenseman in the neutral zone. A winger battling on the defensive side of a scrum instead of speculating on the offensive side.



# Overall Ice Awareness

- Know where the puck is
- Know where your teammates are
- Know where your opponents are
- Know where you're skating to
- Be ready to receive a pass or take a shot
- Know where your "man" is
- Look for open ice





# Behaviors on the ice

- Skating to avoid other players
- Avoiding goal posts while driving to the net
- Keeping your stick down
- Not losing control on the ice
- Controlling your temper
- Knowing when you're about to collide
- Preparing for impact along the boards





Questions?



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