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For Help on Help, Press F1

Hi, I'm Craig Simpson and I'll be your coach in *Know Your Hockey* - the knowledge product that teaches young players, their parents and their coaches the fundamentals of the game of hockey.

This product will help each of you to discover and master the individual hockey skills, understand how and when to use them in 1 on 1 situations and study the first elements of team play.

Teaching a skill and performing a skill require different talents. Often the best players are better at doing than they are at teaching. And, quite often, what worked to help them learn the game is not appropriate for everyone. The coaches in *Know Your Hockey* have spent years modeling professional hockey players and identifying their secrets. Then they translated that knowledge into a teaching strategy that works like magic with young hockey players. Using the *Know Your Hockey* approach to teaching hockey fundamentals, beginning hockey players will develop the professional form that, with practice, will lead to great hockey skills.

Hockey is more than just learning the skills. Developing integrity, courage, loyalty, personal discipline and the value of teamwork are fundamentals to playing the game and growing as a person. Enjoy this product and *Know Your Hockey*.

Know Your Hockey has four major areas.

Click on the Hockey Skills puck, to go to the Hockey Skills section - where you will learn how and why to perform the fundamental hockey skills.

Click on the Know the Game puck, to go to the Know the Game section - where you will learn the roles and responsibilities of each player in each position, you'll also learn that the ice is divided into zones and that there are golden rules for every zone and different responsibilities for players in each zone. In the Know the Game section you will also learn how and when to use your individual skills in game situations at the faceoff, when backchecking, when you are attacking the net and much more. You will also learn the beginning elements of team play and how to react to different situations in each zone.

Click on the Beyond the Game puck to go to the Beyond the Game section - where you'll hear stories about developing integrity, courage, loyalty, personal discipline and the value of teamwork and fair play.

Click on the Equipment Room to go to the Equipment Room section where you'll learn about the equipment you'll need to play hockey and the correct way to put it on.

Notice the buttons at the bottom of the screen.

Click on the Coach button for a coaching tip from Craig.

Click on the Guide button for more from me.

Click on the Analysis button to jump immediately to the *Know Your Hockey* analyzer.

Click on the Menu button to jump to another section of the program or to select a specific hockey skill.

Click on the Help button for written help on this section or skill.

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In Skills Sequencer you will learn the correct way to perform each of the fundamental skills of hockey. Each of these skills are essential to getting the most from the game of hockey and are required of all hockey players.

The player-figures at the bottom of the screen each represent one step in the entire action. The figure on the left is usually the first step in the action and the players to the right represent the following steps.

Listen to the Guide for a clear definition of each step. Use the teaching card to study the position and to read about each step. Use the video-tron to play and replay each of the skill steps while you listen to the Guide describe how to perform this step or the Coaches you tips on when and why you should use it.

Listen to the heading for each step and study the position. Watch the videos, read the words and Know Your Hockey.

This is the Hockey Skills-Sequencer section. There are three main learning areas in this section: the player icons on the ice at the bottom of the screen, the hockey skills learning card on the right side of the screen, and the video-tron on the screen to your left. Attached to the video player are 5 buttons:

Click on a player icon to see one step in the Hockey Skill action sequence. When you click on a player icon, the Guide will tell you about the action you have chosen and the program will load a video clip for this step into the video-tron. Use the video controls to control the play of the video. Clicking on a player also causes a teaching card for that action to be displayed so you can study the position at your own speed.

In the learning card, Click on the Detail button at the top of the card to see the next card for the selected player icon. Notice that the bottom right corner of the card is slightly turned-up. Click on this corner to flip the card over to read about how to perform this step of the skill.

If you look at the bottom of the video tron, youll notice a row of buttons including menu, help, coach, guide, and analysis.

Click on the Coach button for a coaching tip and the reasons why this part of the hockey skill is important.

Click on the Guide button for detailed instructions on how to perform this step in the skill.

Click on the Analysis button to jump immediately to the Know Your Hockey Skills analyzer section of the program.

Click on the Menu button to select another skill or to jump to another section of the program.

Click on the Help button for written help on this skill.

Click on the Junior (JR) button for a video clip of young players in action.

Click on the Pro button for a video clip of the pros using this skill in game situations.

Stance

V Start

Crossover Start

Power Strides

Power Strides from V-Start

Cross Over

Full Stride

Turning

Crossover Turn

Glide Turn

Stop

Keep your skates parallel about shoulder width apart and pointing forward.
Your knees are bent with your weight on the balls of your feet
Lean slightly forward with your head up and chest out
Hold your stick in two hands

Turn your heel in to form a 'V' with your skates
Rotate your drive foot out to 90° of skating direction
Keep your knees bent and push off your drive foot for power

Your knees are bent, your body square and at right angles to your skating direction
Push off with inside edge of your outside skate
Then crossover by driving off the outside edge of your inside skate

Keep the first stride with each skate short and powerful starting at *90 angle
With each stride the angle of the blade moves inward and your stride lengthens to the toe of the blade
Start by pushing straight back and with each stride start pushing more out and back
Keep your skates close to ice for quick recovery

Cross over and keep your knees bent using short powerful strides
Turn your shoulders but keep them level as your crossover
You should have your body squared up by the 3rd or 4th stride
Take longer strides with each push
Stay low to the ice as you gain speed

Keep your head up, chest out and a bend in your knees
Push your drive leg down and out to full extension
Keep your recovery skate close to ice
Transfer your weight to the glide skate
Pump your arms forward and back close to your body

Lean into turn from your waist down and keep your shoulders level
Push out and to the side off your outside skate to full extension
Transfer your weight to the inside skate and then swing your outside leg over the inside skate
Push to full extension on your inside skate
Keep your stick on the ice on the inside of the turn

Glide into the turn

Turn your head and shoulders in the direction of the turn

Bring your arms and stick to the same side

Put pressure on the outside edge of your lead skate

Shift your weight slightly ahead of your skates to allow for the cross over

Keep your shoulders parallel to ice

Use a short glide into the stop

Prepare to stop by turning your shoulders, hips, then legs

Your inside leg acts as a pivot as you move your skates about shoulder width apart

Extend your legs down vigorously and into the ice

Keep your head up and shoulders level and stick on the ice for balance

Stance

Start

Crossover start

Stride

Stop

V-stop

Two-foot stop

One-foot stop

The trunk is held fairly upright like sitting in a chair
Keep a bend in your hips, knees and ankles
Your weight is over the balls of the feet
The skates are apart in a strong balanced position

Rotate the toe of your drive skate inward

extend into the ice, by hip, knee and ankle(?)

(Push into the start by extending your hip, knee and ankle)??

Cross your leg over after full extension and push on the outside edge of the drive skate

Transfer your weight to the ball of the power foot

Push straight out to the side and back with a "C" cut motion

On full extension transfer your weight to the glide skate and bring it directly under your body

Bring your recovery leg back under the body keeping your skate close to the ice

Repeat the action sequence

Spread your feet slightly apart
Turn your heels in and toes out
The weight is on the balls of the feet
Bend your knees and lean slightly forward
As you extend your legs put pressure on the inside edges of your skates

Bring the skates together and rotate your body to the side
Get into position by turning the head, shoulders and hips
Stagger your skates and keep them apart for proper balance
The knees are bent in order to put pressure on the blades when extending

Transfer your weight to the front skate

Rotate your back skate and extend (your leg? your ankle?) down to put pressure on the inside edge

After you stop, drive off the back skate and begin forward skating stride

Forward to Backward
Backward to Forward

Glide on one skate

Rotate your other skate outward so that your heel lines up with the glide skate

Start the pivot by turning the shoulders, your torso follows

Finish the pivot by rotating the glide skate

Start skating backwards

Glide on one skate

Rotate your other skate heel to prepare for the move forward

Initiate the pivot by turning the shoulders, your torso follows

Transfer your weight from glide skate to rotated skate

Finish the pivot by rotating the glide skate

Start skating forward

Stance and Grip

Stick Action

Sweep Pass

Snap Pass

Saucer Pass

One Touch Pass

Follow Through

The knees are bent with skates apart in a strong balanced position
Your chest is out and head is up
The hands are about a forearm distance apart on the stick

Quickly find your target and focus on a tape to tape pass

Look at the puck get control of it then pickup you target just before you pass

Bring the puck back in your stance

Position the puck in the middle of the blade

Use a sweeping action across in front of the body by pulling with top hand and pushing with bottom hand

Transfer your weight from back skate to front skate as you make the pass

Bring the puck back in your stance

Position the puck in the middle of the blade

Transfer the weight from back skate to front with the movement of the puck

Sweep puck across the front of the body

Contact the ice just behind puck and snap wrists through the puck

Bring the puck back in your stance

Position the puck in the middle of the blade

Transfer the weight from back skate to front with the movement of the puck

Sweep the puck across the front of the body

Scoop the puck up with a snap of the wrists

The puck should move from heel to toe on the blade and spin toward the target

Move your hand down the shaft of the stick for strength
Present a target for your teammate with your blade on the ice
Watch the puck into blade and snap your wrists on contact
Cup the blade of stick (on contact) to control flight of puck

Shift your weight to the front skate

Follow through low and finish with stick blade towards the target

The puck moves from heel to toe of stick blade to cause the puck to spin

The puck spin will help keep the puck flat on the ice

Snap and roll your wrists over on follow through

Stance

Stick Action

Sweep Pass

Saucer Pass

Follow Through

Quickly find your target and focus on a tape to tape pass
Look at the puck get control of it then pickup you target just before you pass
The knees are bent with skates apart in a strong balanced position
Keep your head up, chest out and arms away from the body
Place your hands comfortably apart on the stick

Transfer your weight to the back leg
Bring the puck across the body to the back leg
Cup the puck with the blade and bring the puck back across the body for release
Spin the puck to help it lay flat on the ice

Transfer weight to the back leg

Bring the puck across the body to the back leg

Cup the puck with the blade and bring the puck back across the body for release

Snap your wrists to scoop the puck into the air

Finish with your blade of your stick up, do not roll over your wrists

Put a spin on the puck to help it lay flat on the ice

Shift your weight to the front leg
Follow through low with the momentum of your stick
Roll the puck from heel to toe on your blade to cause it to spin
Snap and roll your wrists over on follow through
The spin causes the puck lay flat when it lands

Stance

Cushion/Cradle

Prepare to Move

Your knees are bent, chest is out and head is up with eyes focusing on the puck
Lean slightly ahead with weight on the balls of the feet with your skates active
Be ready to move your body and stick into position to receive the puck
The hands are comfortably apart the stick
The stick is on the ice to present a clear target

Keep the blade of the stick 90° (square to the puck?) towards to puck
Watch the puck into the blade and cushion it on contact
Cup the blade over the puck to control it

Bring the puck back to the middle of your stance
Control the puck, get your head up and be ready to move it

Stance

Cushion/Cradle

Prepare to Move

Your knees are bent, chest is out and head is up with eyes focusing on the puck
Be ready to move your body and stick into position to receive the puck
The hands are comfortably apart on stick with arms away from the body
The stick is on the ice to provide a clear target

Keep the blade of the square to the puck

Watch the puck into the blade of the stick and cushion it on contact using your hands
arms and shoulders

Cup the blade over the puck to control it

Bring the puck back to the middle of
your stance

Control the puck and get your head up to be ready to move it
Be prepared to skate, pass or puckhandle to protect it

Stance/Ready Position

Prepare to Shoot

Wrist Shot

Slap Shot

Snap Shot

One Timer shot

Contact the Puck

Wrist shot

Slap shot

Snap shot

Flip shot

One-timer shot

Follow through

Wrist shot

Slap Shot

Snap shot

Flip Shot

One-timer shot

Your knees are bent, chest is out and head is up with eyes looking at the target
The hands are comfortably apart on the stick
The stick is on the ice with the puck in the middle of the blade

Your knees are bent, chest is out and head is up with eyes looking in the direction of the puck

Have your skates active get your body in position for the shot

Your hands are comfortably apart on the stick

Be ready to move your bottom hand down the shaft to one time the puck

The stick is on the ice providing a target for your teammate

Get control of the puck in the middle of the blade
Find your target and shift your weight to the back leg
Bring the puck back in your stance behind the line of your back skate

Get control of the puck in the middle of the blade and find your target
Bring the puck back in your stance behind the line of your back skate
Shift your weight to the back leg

Position the puck in the middle of your stance

Bend your knees and find your target

Move your bottom hand slightly further down the shaft

Shift your weight to the back leg and bring stick back to about shoulder height

Get control of the puck in middle of the blade
Find your target
Move bottom hand slightly further down the shaft

Stay low and balanced in your stance

Move your bottom hand down the shaft for more power

Focus on the puck and track its path to your position

Transfer your weight to the back leg and bring stick back and ready to shoulder height

Stay low and in powerful position
Extend your bottom wrist and flex your upper wrist
Bring the puck across your body, snap and roll your wrists over
Shift your weight forward to the front leg
Pull with your top hand and push with your bottom hand

Stay low and in a powerful position

Extent your bottom wrist and flex(cock, bend?) your upper wrist

Sweep the puck across your body

Just before contact draw your blade back from puck and then snap wrists

This shooting action is very quick and powerful

Keep your eyes on the puck and extend a rigid
Begin the downswing of the stick and shift your weight through to the front leg
The blade contacts the ice just behind the puck
Strike the puck in the middle of the blade

Open up the blade of your stick
Use a short shooting action and a scooping motion with the blade

Keep your eyes on the puck and extend a rigid bottom arm
Begin the downswing of the stick and shift your weight through to your front leg
The blade contacts the ice just behind the puck
Exert force down into the ice and through the puck

Power your stick all the way through
Your weight finishes on the front leg
Follow through low with the stick in the direction of the shot

Power your stick all the way through
Your weight finishes on the front leg
Follow through low with the stick in the direction of the shot

Power your stick all the way through

Your weight shifts to the front leg

Follow through with the stick in the direction of the shot

Your blade is open and your weight is on the front leg
Follow through high to maximize loft of the puck

Power your stick all the way through
Your weight shifts to the front leg
Follow through low with the stick in the direction of the shot

Stance/Ready Position

Prepare to shoot

Sweep Shot

Flip Shot

Release the puck

Sweep Shot

Flip Shot

Follow through

Sweep Shot

Flip Shot

Your knees are bent, chest is out and head is up with eyes looking at the target
The hands are comfortably apart on the stick
The stick is on the ice with the puck in the middle of the blade

Get control of the puck in the middle of the blade

Find your target and bring the puck back in your stance beyond the plane of your body

Shift your weight to the back leg

Find your target

Get control of the puck in middle of the blade

Move your bottom hand down the shaft of your stick

Stay low in a powerful position

The bottom wrist is flexed and upper one is extended

Cup the puck with blade of your stick

Bring the puck across your body and snap and roll your wrists over

Push with your top hand and pull with your bottom hand

Shift your weight to the front leg

Open up the blade of your stick

Use a short shooting motion and scooping action with the blade of your stick

Power your stick all the way through
Finish the shot with your weight on the front leg
Follow through low with your stick in the direction of the shot

Your blade is open and your weight is on the front leg
Follow through high to maximize loft of puck(to raise the puck high)

Stance/Grip

Handling the puck

Stationary

Open Ice Carry

Skating with the Puck

Turning with the puck

Forehand

Backhand

Protecting the Puck

Your knees are bent, your chest is out and your head is up
The hands are comfortably apart on the stick
Keep your stick on the ice with the puck in the middle of the blade

Move the puck from side to side by rolling your wrists
Turn the blade inward and the heel outward and repeat the action
Cup the puck with the blade on forehand and backhand
Shift your weight from side to side with the movement of the puck
Keep your head up and the puck in the middle of the blade

Use the proper skating stride and control the stick with your top hand
Keep your head up and push the puck ahead with the bottom edge of blade
Pump your arms forward and back close to your body
Keep the puck within reach and be prepared to use both hands to control the puck

Use the proper skating stride with both hands on your stick

Try to keep the puck in middle of the blade

Maintain control by rolling your wrists from side to side and cupping the puck

Shift your weight from side to side as you move the puck across the body

Keep your head up and your arms and upper body relaxed

Maintain the proper posture and skating stride

Glide into the turn carrying the puck in the middle of the blade

Turn your shoulders into the turn and keep your hands out and away from the body

Cup the blade over the puck to control it with your top hand under the bottom hand

Keep your head up and look in the direction of the turn

Maintain the proper posture and skating stride
Glide into the turn carrying the puck in the middle of the blade
Turn your shoulders into the turn and lead with your inside skate
Keep your hands out and away from the body
Move the top elbow up and out and cup the puck with blade of the stick
Stay low and get your head up and look in the direction of the turn

Bend your knees and move into a low powerful base
Keep your body positioned between the puck and the defender
The arms are out and away from the body to control the puck
Keep your feet active so you can react quickly and change direction
Turn your head on a swivel to keep an eye on your opponent

Stance

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Stand with your feet almost shoulder width apart.
Keep your knees bent, with your weight on the balls of your feet.
Bend your upper body slightly forward.
Make sure your catching glove is open and near top of your knee.
Keep your stick flat on the ice and just in front of your skates - but not touching your skates.
Your head should be up, and your shoulders level.

Coach Basic Stance

A goaltenders stance is very important. This is the position that you'll spend most of your time in. Remember to keep your weight on the balls of your feet. If you sit back too far or lean forward too much you won't be able to move quickly enough to react to the shooter. Always be set and in your stance when the puck is in your end of the rink.

Bend your knees in a half squat position.

Keep your legs further apart than the for basic stance and remember your weight is on the balls of your feet.

Bend your upper body well forward at the waist.

Open your glove and hold it open out to your the side, half-way down your leg pad.

Keep your stick on the ice to cover the space between your pads.

Remember to watch the puck.

Coach

Use a crouch when the play moves in close. Your gloves must be ready for action. Keep your catching hand up, open and in front - almost like a boxer. You cant catch the puck if your glove is closed and on your knee. Keep your stick on the ice. Many young goaltenders will really improve their game just by keeping their stick on the ice.

Keep your head up and your body facing the puck.

Stay low in your crouch.

Point your feet forward and keep your stick on the ice.

Shift your weight to your pushing foot.

Push off with inside edge of your pushing foot.

Glide to your desired spot.

To move further, bring your feet together - shift your weight to the pushing foot and push off again.

Remember to keep your weight on the balls of the feet.

Coach

Shuffle

Use the shuffle movement to move from one side of the net to the other. This will be the most used maneuver for most young goaltenders. A good shuffle is smooth and never loses the crouch. The beauty of the shuffle is that you continue to face the puck even when you are moving. You'll find that you'll stop many more shots if you're in position, facing the puck. Watch that gap between your pads, we call it the 5 hole. Remember to bring your pads together after each shuffle.

Watch the puck.

Keep your head up and your body facing the puck.

Stay low in your crouch with your weight on the balls of your feet.

Use a quick, short "C" cut with your glide foot and to bring it parallel with the crease.

Plant your other foot and push off with inside edge of the skate.

Extend your back leg and glide across the crease.

To stop, turn your glide foot inward and stop on your inside edge.

Remember, to keep your stick on the ice.

Coach

T-Push

The T-Push is a move that is useful for moving very quickly from one side of the net to the other. Use it when the play is in the corner behind the net. Be careful with the T-Push: it takes some strength in your stopping leg and it can leave you off balance for a moment.

Stay low in your crouch with your feet facing forward, your knees bent, and your head up. Watch the puck.

Turn your drive toe slightly outward, then push with your heel to make a C cut on the ice. Your skate blade should stay on the ice.

Aim with your glide leg and switch pushing legs.

Do this in reverse order to scull backwards.

Remember to stay in your crouch and stay square to the puck.

Coach Sculling

This is how you move forward and backward in and out of your crease while staying in your stance. Use the sculling movement to move quickly forward and backward around the crease. Always keep your stick on the ice.

Stay in your stance and keep the puck aimed in the center of your body.
Keep your knees bent, with your feet pointing forward.
Turn your toes of both skate blades slightly out and make a C cut in the ice by pushing with the heel of your blade. Your skate blades should stay on the ice.
Remember, to keep your stick on the ice

Coach Telescoping

This a big motion, like sculling, only using bigger C cuts. Telescoping is a good technique to use to move quickly out to challenge the shooter.

When the puck is directly in front of you in the slot, stay in your proper stance. Use the goal crease, the posts and the circles to help you know where you are in your net.

Stay centered on the puck, not on the puck carrier.

Move to the top of the crease to cut down the shooters view of the net.

Remember, the further you move out the less net the shooter has to hit.

Coach

Knowing how to play angles can make the difference between a good goaltender and a great goaltender. The first thing you need to know about playing your angles is where you are, in relation to the goal. Always start from the goal line at the center of the net. The crease markings, and the goal posts are good guides to tell you how far you are from this point. Now, imagine a triangle, with a line drawn from the puck to each of the goal posts. Your job, in playing angles, is to be inside that triangle and as close to puck as possible without moving too far past the front edge of the crease. The shooters job is to put the puck in the net - too shoot for the holes around you. Your job is to fill all of the holes. Playing your angles - moving forward and backward within this imaginary triangle will fill up the net with your body and take away the shooters chances of scoring. Be careful not to come out too far or the shooter may skate around you or pass the puck to an opponent in behind you.

When the puck is directly in front of you in the slot, stay in your proper stance. Use the goal crease, the posts and the circles to help you know where you are in your net.

Stay centered on the puck, not on the puck carrier.

Move to the top of the crease to cut down the shooters view of the top of net.

Remember, the further you move out the less net the shooter has to hit.

Coach Playing a Vertical Angle

Think of the vertical angle as an imaginary straight line between the puck and the top of the goal net. If you play deep in the crease, you leave a lot of the upper portion of the net and the top corners open. You could imagine a straight line from the puck into the net. When you move out into the crease and beyond, you take away the pucks view of the top of the net. Now the imaginary straight line goes from the puck, over top of the net. Be careful not to come out too far.

When player is approaching from the side, hug the post by keeping your pad tight against the post. You only want to move in one direction to make the save. Keep your post leg anchored and be prepared to react to any shot across the net. Remember to keep your stick on the ice.

Coach

Playing the Short Side

Stay in your stance with your weight on the balls of your feet. Keep your stick on the ice.
Challenge the shooter by moving out of the net to just outside the top of the crease
Always play as if the shooter is going to shoot. Keep centered on the puck.
Back slowly into the crease as the shooter approaches.
If the shooter dekes, shuffle sideways and follow the puck with your body.

Coach

Playing a Break Away

Watch the puck.

Look over, under or around the screening player without losing your position in the net.

Spread out and stay low to cover as much net as possible.

Keep some distance between you and the screening player.

Be prepared to react quickly.

Coach

Handling a Screened Shot

Start from your low crouch stance with your feet spread apart in an upside down V. Drop both knees to the ice, keeping your ankles flat to the ice, your toes extended out towards the side of the net.

Show the shooter your as much of your leg pad as you can.

Keep your stick on the ice in front of your knees.

Keep your gloves in position: your catching glove should be about waist high over your leg pad. Your blocker should be in the same position on the other side.

To get up, press your heels against the ice, lean back and lift your lift your knees up.

Once youre up, get back in your crouch and bring your legs back together.

Remember to get up quickly.

Coach

Butterfly

Start from your stance and find the path of the puck.
Shift your weight to your power leg.
Turn your save foot toward the post, and push off with your power leg.
Keep the outside edge of your skate blade on the ice as you turn it toward the puck.
Go down on the knee of your power leg for support.
Keep your eyes focused on the puck and watch it right into your skate.

Coach

Skate Save

Start from your stance and find the path of the puck.
Keep your stick on the ice in front of your skates.
Shift your weight to your power leg.
Move your stick in an curving motion across the crease.
Turn that foot outwards and slide it behind the blade of your stick as a backup.
Go down on the knee of your power leg for support.
Keep your eyes focused on the puck and watch it right into your stick.

Coach

Stick Save

Start from your stance and find the path of the puck.

Keep your stick on the ice in front of your skates.

Shift your weight to your power leg.

Turn your save foot outwards and push off with your power leg.

Turn your skate in an arc towards the puck keeping the face of your pad square to the puck.

Time the kick of your pad leg so the face of your pad meets the puck.

Keep your eyes focused on the puck and watch it right into your pad.

Coach

Pad Save

Start from a low crouch, and find the path of puck.

Use an aggressive t-push across the net by aiming at the post with your glide foot and pushing off with your power foot.

Tuck your inside pad under your outside pad and slide your body across the ice.

Extend your arm back pushing your armpit tight to the ice.

Hold your other arm above your stacked pads.

Follow through by bringing your bottom leg underneath even with your top pad.

Coach

Two Pad Stack

Start from your stance with your knees bent and your stick on the ice.

Find the path of the puck.

Center your body to the puck.

Close your pads together and bend knees to absorb the impact of the puck, and to direct the puck down to the ice.

Smother the puck with your pads or your glove.

Coach

Standing Pad Save

Coach

Stopping High Shots

Start from your stance and find the path of the puck.
Keep your stick on the ice in front of your skates.
Keep your glove open and to your side, slightly in front of and above your knee.
Let the puck come to your glove, do not grab for it.
Keep your eyes focused on the puck and watch it right into your glove.
Hang on to the puck or move it to a team mate.

Coach

Glove Save

Start from your stance and find the path of the puck.
Keep your stick on the ice in front of your skates.
Move your eyes and your body square to the puck.
Move your blocker into the path of the puck.
Watch the puck come into your blocker, do not punch at it.
Turn your wrist to deflect the puck into the corner.

Coach

Blocker Save

Start from your stance and find the path of the puck.
Move your eyes and your body square to the puck.
Watch the puck come into your body and draw your arms in close to your body to hold the puck.
Bend slightly forward and smother the puck with your arms.

Coach

Body Save

Rise out of your stance and keep your eye on the puck.
Slide your catching glove down around the wide portion of your goal stick. The stick should rest in the palm of your glove.
Use your blocking hand as your power hand. Keep it at the top of the shaft of your stick.
Sweep the puck with your stick on the ice.
Follow through low for a low shot or follow through high for a high shot.

Coach

Passing the Puck

Grip your goal stick firmly with one hand at the shoulder of the wide part.
Use a sweeping motion to drag the puck.
Follow through low.

Coach

One Hand Clear

Stay in your stance with your head up, watching the puck.

When the player with the puck comes into range, thrust your stick quickly into the path of the puck. Your hand should slide towards the butt end of the shaft.

The thrusting action is with the arm only and should not cause you to lose your balance.

Timing is important. Do not move too quickly, or the shooter will step around you.

Watch the puck and where you expect it to go.

Be aggressive. Once you make your decision, follow through without hesitation.

Coach

Poke Check

Start from your stance.

Shuffle quickly across the crease.

Use one hand on the stick.

Lower the shaft of your stick to the ice and sweep the entire stick along the ice.

Sweep your entire stick around the post. But not around the net.

Recover your stance.

Coach

Sweep Check

Move quickly out of the crease and around behind the net.

Be sure to skate around the net on the same side as the puck.

Race to the boards behind the net and place your body against the boards. Keep your stick on the ice and watch the puck.

If you have to play the puck out from behind the net, never shoot or pass the puck out without looking.

Always know what you are passing into before you pass.

Coach

Stopping the Puck Behind the Net

Get Control of the puck in the middle of the blade

Find your target and bring the puck back in your stance beyond the plane of your body

Shift your weight to the back leg

The knees are bent with skates apart in a strong balanced position
Keep your head up, chest out and arms away from the body
Place your hand a comfortable distance apart on your stick

Get Control of the puck in the middle of the blade

Find your target and bring the puck back in your stance beyond the plane of your body

Shift your weight to the back leg

Transfer your weight to the back leg

Bring the puck across the body to the back leg

Cup the puck with the blade and bring the puck back across the body for release

Learn the equipment you need to play the game safely and the correct way to put it on.

Welcome to the Equipment Room. In this section you'll learn about the equipment you need to play the game safely and the correct way to put it on.

The order in which you put your equipment on can vary by what feels comfortable to you. This section will give you an idea of how I get dressed for hockey.

When you are taking off your equipment and packing it in your bag, remember that your equipment is wet and will need to be dried and your underwear washed in order to properly take care of your equipment and keep it in good shape to last longer. When packing your skates in the bag, make sure you dry off the blades to avoid letting them get rusty.

It is important to remember that proper fitting of equipment will decrease the chance of injuries occurring. Many parents think that buying equipment that is bigger than the child needs will ensure that they can wear it for a few seasons, however when equipment is too large or in some cases too small, there is a real risk of injury for the child. Pants, elbow pads, shoulder pads and shin pads need to fit properly or they don't protect the way they are supposed to and the child can be at real risk for injury. There are places that trade in used equipment that can help ease the financial burden of constantly buying new equipment. The one thing to remember is to make sure that the equipment is still in good enough condition to properly protect the way it was initially intended to.

This is the Equipment Room section. Click on the picture of the player or the picture of goaltender to choose which type of equipment you want to see.

Drag a piece of equipment -- by selecting it with your mouse and clicking and holding down the left mouse button -- from the dressing room and place it over where you think the right position is on the figure of Craig. If you miss the equipment will just spring back to where you dragged it from. If you are correct, you'll hear the reward. In some cases a video will play to give you more detail on that piece of equipment.

Click on the Dress the Player button at the lower left of the screen to have the program dress Craig the correct way.

Click on the Start Over button to undress Craig and leave you set to start over.

[The Skates](#)

[The Stick](#)

Dressing for the game

[Cup and garter belt](#)

[Elbow Pads](#)

[Gloves](#)

[Helmet](#)

[Pants](#)

[Shin pads](#)

[Shoulder Pads](#)

[Skates](#)

Socks

Stick

Sweater

Throat Protector

Underwear

The length of the stick varies from person to person and to what feels comfortable. Obviously if you are tall, your stick will be considerably taller than a shorter player. Typically, a cut off point of just below the chin is comfortable for most young players. For young players playing defense, a stick that is a bit taller will aid them in poke checking and in keeping their posture erect to see the ice better.

A player, playing forward may have a bit of a shorter stick in order to handle the puck in tight to their body like they have to do in traffic.

Weight is also very important to the make up of a good stick. If the stick is too heavy it will make it difficult to execute many of the puck handling maneuvers effectively. You should always test a stick when you are about to purchase one and carry it around in the puck handling position and pretend to have a puck in order to feel if it will be too heavy to carry around.

The curve of the stick should not be very big. So many young players get caught up in having a big curve on there stick, when there is no need to have such a big bend in the blade. The curve, if any, should be very gradual from heel to toe. This aids in putting some spin on the puck and also aids in raising the puck when trying to shoot.

It is important to not have too big of a curve in order to properly develop using the backhand for passing and for shooting.

The knob of the stick should have tape on it to form a barrier for the top hand. The size of the tape knob is usually based on what feels comfortable in the individuals hand and how he holds the stick. Some players hold the end of the stick in the palm of their hand and want a big knob the fits in tightly. Some players hold the shaft of the stick right to the end and feel comfortable with a small knob that just stops their hand from slipping off the end of the shaft. You should experiment with what feels comfortable in your hand and build a knob accordingly.

The blade of the stick should be taped in order to aid in puck handling. A blade with no tape at all on it is very slippery to a puck and young players should use the advantage in puck control that tape allows for. You should tape your stick from heel to toe in order to aid the stick in gliding smoothly on the ice. Heel to toe taping allows very little friction on the ice because the tape overlaps in the direction that your stick is headed on the ice. Parents will also like this as your tape stays on the blade longer and you dont waste as much tape.

In a game that relies upon your feet to propel your body across frozen ice, the only barrier to protect your feet from the elements are your skates.

The evolution of the skate boot and the skate blade have come a long way from the early days of the game of hockey. Today's skate is a wonder of modern technology. Light weight, form fitting and extremely protective, the skate should be your main focus in choosing the right equipment.

For young kids who are growing so quickly, it is very difficult to size a skate to fit a complete season. As parents know, the thought of having to pay for two pairs of skates in one winter is not a pretty one. To reach a compromise, the parents and children should spend some time looking at different kinds and different sizes of skates to ensure that they make a sound and practical decision in purchasing a pair of skates.

For young children who are growing, a comfortable size of skate should be one that is about a half size to a size too big. The reason for this is that it will still be comfortable on the foot and not too big so that the boot is moving around so much that it makes it hard to skate.

It is also easy to wear an extra pair of socks to make your feet a little bigger to fit the skates better. The blade should be a standard size to the size of the boot and the tip of the blade should be just ahead of the toe of the boot and the back of the blade should be just behind the back of the boot.

The boot should be of good enough quality and support, to ensure that it has enough protection to help protect from the impact of a puck and to give the proper support to the ankle, to help in skating and in balance.

There are different ankle sizes and different width sizes and be sure to go to a qualified dealer to ensure that your foot size, foot width and heel size are measured to ensure a comfortable and safe fit.

The blade of the skate has to be sharpened and should be done so on a fairly regular basis. The bottom of the blade has what is called a hollow and that means that when it is sharpened, the middle of the steel is hollowed out and it angles towards the edge of the blade. There are different depths of hollow and a deeper hollow is very good for hard, crisp ice because it digs in deeply and allows for good penetration and push off with each stride.

On very soft ice, a deep hollow is almost impossible to move in, as your blade digs so far into the ice that you don't glide well and have difficulty shifting your weight to stop and turn. On soft ice, a shallow hollow is more effective and lets you turn, stop and accelerate more effectively. You should have a feel for the kind of ice surface that you usually skate on and tell the person who sharpens your skates, what kind of hollow you would like.

The blade of the skate is not flat, instead it is rockered. This means that only a very small amount of blade is on the ice at one time. The center of the rocker should be over the ball of the foot which is the focal balance point of the foot. The blade is made like this so that you can make sharp turns and stops by using different parts of the blade and still stay in a balanced crouch. For some people who are having a lot of problems with their balance on the ice, it may be worth it to have a professional check the rocker of the blade to see if the centre of it is too far forward or too far to the rear.

The underwear that you use should be light and very comfortable. For young kids, I would recommend long underwear and a long sleeve shirt. This covers up the most skin and can be an extra added layer of protection from the elements and from sticks and skates.

The socks should be of a thickness that is comfortable for the size of your skate, and you may want to wear two pairs of socks if your skates are a little big.

Dressed in your underwear, start by putting on your protective cup, then your garter belt.

Place one of your shin pads on your leg in place, and put on your hockey sock over top of the shin pad. Grab the top of the sock and place the ball of the front holder of the garter under the sock and secure it in the holder which is on top of the sock, to hold the sock firmly in place. Then place the ball of the back garter under the sock and secure it in the holder on top of the sock which will hold the sock securely in place. Once the sock is secured, then move the shin pad into a comfortable position which protects the shin and knee properly, and secure the shin pad with either tape or Velcro strap just under the knee. Use the same procedure with the other leg.

Once the socks and shin pads are secured in place, the next piece of equipment to put on is the pants. Put both legs into the pants and pull them up over the shin pads. Pull the suspenders over each arm and they come to rest on the shoulders. Most pairs of pants have a draw string or belt to tighten the pants around the waist, you can either pull them tight now or wait until you have tied up your skates to make it easier to bend over. It is important to ensure that your pants fit properly. The most common fitting problem with pants is that they rest too high above the knee. If they are too high on the knee, it can be a trouble spot for injury. Pucks travel at high speed and a direct hit between the knee pad and the pants can result in serious injury.

Pull on your skates and get your foot comfortable in the boot. Tighten the laces of your skates from the toe of the skate towards the ankle. Tighten one lace ring at a time. The tightness should be firm but not too uncomfortable. Once the skates are tightened, some people like to tape the heel extension to the leg. This gives a little bit more support to the ankles but can also limit flexibility and should be done by what feels good to you.

I always put on my elbow pads before my shoulder pads because it is important to have the elbow pads fitting properly as the elbow is very susceptible to injury and the pads can slide up and down the arm if they are not placed properly and fit snugly.

Start by placing one elbow pad on loosely and move it into a comfortable position that feels good and covers the elbow with the middle of the pad. Now tighten the straps so that the pad fits snugly and no longer can slide up or down. Be careful not to tighten too much as it may cut off your circulation. The elbow pad is one piece of equipment that you want to make sure that it is the proper size in order to decrease the risk of injury.

Once you have put on both of the elbow pads, it is time for the shoulder pads. First place them over your head and put your head through the hole at the top. They should be resting loosely on your shoulders. Take the arm straps and place them around each arm and secure the strap. Make sure that they are in a comfortable position and are covering part of the elbow pad. Then take the bottom strap and pull around the body to the front and secure the snaps at the front.

The next piece should be the throat protector. Place it around the neck and secure it at the back. Make sure that it is placed in the proper position to protect the exposed part of the neck.

Next, your ready for your sweater. The easiest way to put on a sweater with all that bulky equipment on is to put your arms in first, then put your head through the hole and pull the sweater down.

Put your helmet on and secure the straps that hold your mask in place and the straps that secure the helmet on your head. It is important that your helmet and your mask are the proper sizes. Your helmet should fit snugly and should not move on your head when you shake it from side to side. Your mask should fit comfortably on the bottom of your chin and should be about two fingers in width away from your nose. This allows for some cushion in case of a collision.

Put your gloves on and you are ready to grab your stick and head out on to the ice. Try to make sure that your gloves are not too small or short on the cuff so that they dont cover up your wrists. With sharp skate blades all over the ice, your wrist is one area that you want to make sure is well protected.

The stick is a vitally important piece of equipment and should feel like an extension of your arm.

It is important to find a stick that is most comfortable in your hands from a standpoint of thickness and weight. If your hands are small, you want to have a shaft that is fairly thin, so that you won't have trouble controlling the stick and will be able to get a good strong grip.

Coach

Being a coach is more than just knowing how to skate or shoot a hockey puck. Developing integrity, courage, loyalty, personal discipline and the value of teamwork and fair play are fundamentals to playing the game and growing as a person. Many coaches and parents have found that a lot of teaching comes in the form of stories. These stories help to reinforce the learning of skills also helping coaches, parents and especially the kids to understand what it really means to play hockey. Hockey is more than just a game, and with these stories, we tell you why. This is the Beyond the Game section. Move the Craig cursor over the words on the ice to identify a story. When the spotlight shines on the words, click the spotlight circle to hear the story. Click in on the crowd, in front of the ice, for the Wave.

Stories

[Setting Your Goals](#)

[The Importance of Confidence](#)

[Being a Team Player](#)

[Being a Parent](#)

[Safety and Fair Play](#)

[Share Playing Time](#)

[Set Reasonable Expectations](#)

[Handling Errors](#)

[Choose Your Own Attitude](#)

[The Importance of Losing](#)

It is important to set different goals at all stages of your development. For some it may be to improve as a player so as to make a specific team. For others it may be to score a certain amount of goals or win a certain amount of games to be successful.

Goals should be something that each individual defines and considers to be important. They should be set continually throughout the year. For instance, your goal may be to make the team. Once that is accomplished it may be to score 40 goals in the season. Along the way, you should set specific goals for each game, for each shift and for each practice. This way you are constantly pushing yourself and staying focused on different objectives that you feel are important at that particular time. You will find that as the year goes along, you change, your environment changes and you constantly need to explore and identify what your goals need to be focused on.

For most young players, setting goals of a certain amount of points or goals is not always realistic. Try not to put too much emphasis on point totals at such a young age, the most achievable goals are ones that deal with pushing yourself to be a better player. For instance, it is very reasonable to set a goal for yourself to be the first in line for every drill in practice. If you set out to do that for every practice, you will be working that much harder every day and you cant help but improve as a player in doing so. Remember that setting goals can mean a lot of things to different people and if you are not able to reach every single goal you set for yourself, that doesnt mean you are a failure.

There is nothing more important to having success in anything in life, not just hockey, than having confidence in your ability and in who you are.

It is amazing what having confidence will do for you.

You really need to believe in yourself and train your mind to think positively at all times and be able to deal with some of the disappointments and failures that will come your way.

When your confidence is high, you feel like you can do anything. I can remember going through stretches where I felt like I was going to score every time that I stepped out onto the ice. There were also times when my confidence was very low, I felt like I couldn't do anything right and I didn't even want the puck anywhere near me.

The important thing is to identify with something that you do very well and remember the feeling of what it is like to do that thing, and ingrain that feeling in your mind. When things are not going so well, keep going back to those things and relive that feeling in your mind. Think back and remember how good you felt doing it, and train your mind and body to follow those feelings.

You will find that when you remember the good feelings associated with doing something well, it will be much easier to bring your confidence level back up when things are not going so well.

By staying positive and being enthusiastic about the game, you create a good atmosphere around you and you are a valuable asset to the team. You will find the game is much easier to play when you are playing with confidence and there is no question that it will be more fun.

One of the most important parts of succeeding on a team is to be a team player. The most successful teams are filled with individuals who put the importance of the success of the team goals ahead of their own personal goals.

It is important to continually improve as an individual player, however, what makes hockey a very special game is the aspect of team play and camaraderie that is associated with the players all coming together to accomplish the team goals.

It is important to succeed as an individual and it is important to applaud the success of your teammates.

A team player is someone who is the first to congratulate a teammate for scoring a goal that has helped the team. Also he is there to pick up the spirits of a teammate who has made a mistake, instead of criticizing him openly in front of others. We all make mistakes during the course of a game and it is important for each player and the team to know that their teammates are there to support and back him up.

Sometimes it can be difficult to be cheering the success of a teammate when there is competition between the two of you for the same position. It takes great pride and confidence in yourself to be rooting for the success of a teammate even if that success may limit your time on the ice.

In a team sport it is important to remember that ultimately, the success of the team will have a direct relationship to the success that you will have. Playing on a good team, and playing with good players will help you develop into a better hockey player. The only person you can control is yourself, so work as hard as you can to develop your skills and not continually look to others and hope that they fail.

The most satisfying thing about being part of a team is being able to make sacrifices for your teammates and have them sacrifice themselves for you. That is truly a sign of a great team player.

As a parent, you are the most influential person in your child's development in everyday life and in their development as a hockey player. To me, the importance of being a good person, outweighs the importance of being a good hockey player, and as a parent I think it is good to keep that perspective as you watch your child develop. All of the important lessons in life, such as respect, honesty, hard work and dedication that make your child a good person, will ultimately contribute to making them a good athlete. The power of sport has such a huge influence on the lives of millions of children and can be an important stepping stone to learning values and work ethics that will be valuable in whatever they do in their life.

Parents are so important in guiding their children through this exciting time in their life. For so many young children, participation in team sports is a thrilling time that is filled with ups and downs, successes and failures, fulfillment and disappointment. It is imperative that parents take an active role in helping their children deal with all the emotions that come from playing sports.

For parents it is important that they are there for support of their child and not just to praise their accomplishments. For most young players, there may be more frustrations than there are successes while they develop as players. There is naturally, a built-in competition between them and their peers that can be difficult for the child to work through, so the ability of the parents to talk through the ups and downs with their child is so important.

Many parents want their children to succeed so badly that they put too much pressure on their child and can damage their child's fragile self-confidence. It is helpful to remember that you can't force your child to be a good hockey player, you can only supply them with a good environment to try to work on his skills to develop as a player. Each child will develop at a different pace and some will succeed more than others. The important thing to remember about competing in a sport is to make sure your children are having fun. Having fun and loving the game is the most important thing to remember, at all levels of hockey, including the NHL.

For many parents, the prospect of their child excelling in a sport is overwhelming. Many pursued the sport as children with various levels of success. One thing to remember as parents is to not let your accomplishments, or disappointments as a young athlete affect how hard you push your children into a sport. Remember that your child will have their own view of the importance of the sport in their lives and you have to respect that.

Part of what makes the game of hockey as exciting to watch and play as it is, is the speed at which it is played. That speed also makes the potential for accidents and injuries a real issue.

One thing to remember as a player is that the game must be played with some understanding of the potential risks and problems that may arise. It is vitally important to be outfitted in proper fitting, safety approved equipment. The potential risk of playing hockey is greatly reduced when the safety standards of the game are met.

What that entails is the proper use of helmets, face masks, gloves, pants, elbow pads and most importantly for the young kids, a throat protector.

Outfitted with the proper equipment is one aspect of safety, the other is to practice fair play in all of your game activities.

It is important to play aggressively and physically in game situations, however, it is also important to treat your opponent with some respect and compassion. Skating onto the ice surface does not give you the license to intentionally go out and try to hurt someone.

A good way to remember this is to think of how you would want to be treated in the same situation. The game of hockey is built around speed and potential body contact, but is not built around the idea of trying to injure your opponent. Players who are successful at this still play very aggressively and don't hold back from anything, however, they play within the rules.

Rules are put in place to protect all participants and they must be respected. As well, the people responsible for enforcing the rules must be respected as well.

The referees have one of the most difficult jobs in sports and most at the minor hockey level are doing it because they love the game. It is important to remember that referees are human and will make mistakes just like the rest of us. Parents and players alike should be understanding and compassionate and show the referees respect.

If you practice fair play and give your peers, coaches and referees respect, you will find that the game will be more enjoyable and you will have gained respect for yourself in doing so.

There are times I wonder why some kids come to the rink at all. They're the ones on the third line - or the spare players that get played only when their team is winning.

As you know, in most minor hockey organizations, the coach must play each player a certain amount each game.

Let me set up a situation that I see a lot during games. It's the third period, and your team is down 2 goals to 1. One of the players on the third line is sitting on the edge of the bench, head down, staring at his skates. Every once and a while he steals a glance at the coach, wondering, will I get to play. He knows what the coach is thinking...

The coach turns back to the bench and catches a glimpse of the young player, realizing it will soon be time for a line change, he sees the third liner and thinks, I'll play the third line as soon as we score one more goal.

Coaches, can I offer some advice?

Sometimes it is a fine balance between playing to win the game and playing for the players to win.

Why not balance your lines? Mix skill levels on a single line or defensive pair. The stronger players can stand-out and the weaker skilled players will have the on-ice support they need.

Your best team is not just your best line. And your best line is not just your best player. Just think how the player who might have sat out a shift will feel when he plays on the starting line. Remember, the players obviously enjoy being with you and love the game, otherwise they wouldn't come back game after game just to sit on the bench.

Didn't you feel better when your name was in the starting lineup?

As a coach, how do you set expectations for your team?

Be careful about setting expectations too high. It can be a frustrating experience for kids when the coach advertises that a championship is in sight.

Good coaches set expectations they know can be reached. If you have a team with a bit of experience and you play about ____ games per year, advertise to your players that winning ____ games would be great. Everything else is a bonus.

The worst possible thing a coach can do is allow players to feel that winning the championship is the only goal.

You know there will only be one league winner and there are so many situations that can stop you from this goal when you are dealing with kids or pros.

Let them please you by reaching the goal you set.

If you reach your team goal early in the season - celebrate! Pop and chips for everyone.

Whatever it takes to let your players know that you are really proud of them.

You never have to tell them that it is important to win. We all want to win. But we know that losing is also an important part of hockey. Losing happens throughout life and we all have to deal with it.

Remember, players always key on your expectations to gauge whether or not the team is successful.

If you set a reasonable goal even less than you personally think you set up everyone, including parents, for a fun season.

There is one thing that I know for sure about Hockey mistakes happen and they will be a part of the game until the end of time.

Please remember that no player purposely misses a scoring chance or falls down at the worst time.

Your job as a coach is to find something positive to present in all of these and many more situation.

Hollering without a purpose is not only a waste of time, it is hurtful to the players.

Encouragement is the best possible response.

Learning the technical part of the game gives you the tools to help the player who made the mistake.

If you suggest why the error occurred, the player will understand and feel that you truly care.

Take it in stride and accept mistakes and in integral part of any game - not just hockey.

In all walks of life we, as individuals, choose our own attitude in any given situation. How do you, as a coach, react when a player misplays the puck or makes an error? How do you as a parent react when the coach makes a mistake on a line change or plays one player for several shifts, at the expense of the other players?

I know when I was a young player, if I made a mistake, I would look over at my dad and know he was cheering for me - mistake or no mistake.

Players should be able to look at the coach on the bench and get the same reaction.

We know that kids want to please the coach and they don't purposely make errors?

I get a chance to see a lot of minor hockey games. One thing that concerns me is I know there will be many mistakes committed by both teams in the game. As each mistake unravels, I have an uncomfortable feeling the parents will point fingers.

It would be great if parents focused on the positive. The players would feel less pressure to perform to perfection. In this way we will receive the best performance from our children that they can give.

Hockey is a competitive sport. While, on occasion, it may seem that the purpose for competition is to separate the world into winners and losers, a more useful way of looking at the game is as a forum for learning. Learning about your self and how you handle pressure and defeat and victory.

Coaches, use losses as an opportunity to for your players to learn from their mistakes. Gently identify what was wrong and suggest techniques and attitudes that would have been better choices. Follow-up in practice sessions using the new techniques.

Teach your players to handle losing as graciously as they handle a win. Remember, it is not always easy for young players to feel good about losing. They will look to you as a role model for how they conduct themselves under difficult circumstances. This is a skill they will need throughout their lives.

Welcome to the Know the Game section. Here you'll learn the roles and responsibilities of every player and how those roles change in the different zones of the ice. You'll recognize the basic positions. You'll learn the golden rule for every zone. You'll learn how to use your individual skills in the common situations. You'll also learn the fundamentals of team play - how to react to common hockey situations when you may have to use more than just your individual skills and recognize when to pass, when to shoot and when to skate with the puck.

Select one of the 4 sticks: at the bottom of the screen to go immediately to that area of the program.

Remember, you can also click on any of the buttons in the button bar at the bottom right of your screen.

[Roles](#)

[Goals](#)

[Using Your Skills](#)

[The Fundamentals of Team Play](#)

Introduction

In this section you will learn the basics of positional play - the players positions and responsibilities in the defensive zone, the neutral zone, and the offensive zone.

Click on any one of the three sections of the ice to load that zone.

From inside any zone, click on any player for details about that players position and responsibilities in this zone.. You will get the same information by clicking on the topics in the menu on the right side of your screen.

Click the coach button to learn the reasons why plus coaching tips for each area.

Click the guide button to repeat these instructions.

[Roles - Defensive Zone](#)

[Roles - Neutral Zone](#)

[Roles - Offensive Zone](#)

Coach

In this section you will learn the basics of positional play - the players positions and responsibilities in the defensive zone.

Click on any player for details about that players position and responsibilities in this zone.. You will get the same information by clicking on the topics in the menu on the right side of your screen.

Click the coach button to learn the reasons why plus coaching tips for each area.

Click the guide button to repeat these instructions.

**Know The Game - Roles - Defensive Zone - Goaltender
Coach**

**Know The Game - Roles - Defensive Zone - Left Defense
Coach**

**Know The Game - Roles - Defensive Zone - Right Defense
Coach**

**Know The Game - Roles - Defensive Zone - Center
Coach**

**Know The Game - Roles - Defensive Zone - Left Wing
Coach**

**Know The Game - Roles - Defensive Zone - Right Wing
Coach**

Introduction

In this section you will learn the basics of positional play - the players positions and responsibilities in the neutral zone.

Click on any player for details about that players position and responsibilities in this zone.. You will get the same information by clicking on the topics in the menu on the right side of your screen.

**Know The Game - Roles - Neutral Zone - Left Defense
Coach**

**Know The Game - Roles - Neutral Zone - Right Defense
Coach**

**Know The Game - Roles - Neutral Zone - Center
Coach**

**Know The Game - Roles - Neutral Zone - Left Wing
Coach**

**Know The Game - Roles - Neutral Zone - Right Wing
Coach**

Introduction

In this section you will learn the basics of positional play - the players positions and responsibilities in the offensive zone.

Click on any player for details about that players position and responsibilities in this zone.. You will get the same information by clicking on the topics in the menu on the right side of your screen.

**Know The Game - Roles - Offensive Zone - Left Defense
Coach**

**Know The Game - Roles - Defensive Zone - Right Defense
Coach**

**Know The Game - Roles - Defensive Zone - Center
Coach**

**Know The Game - Roles - Defensive Zone - Left Wing
Coach**

**Know The Game - Roles - Defensive Zone - Right Wing
Coach**

Introductions

Coach

In this section you will learn the golden rules, and the dos and donts associated with the three zones and other special areas of the ice.

This is the Know The Game - Goals section.

Click on any one of the three sections of the ice to load that zone.

From inside any zone, move your cursor over the ice surface and click on the highlit area for details about that area. You will get the same information by clicking on the topics in the menu on the right side of your screen.

Click the coach button to learn the reasons why plus coaching tips for each area.

Click the guide button to repeat these instructions.

[Goals - Defensive Zone](#)

[Goals - Neutral Zone](#)

[Goals - Offensive Zone](#)

Coach

In this section you will learn the golden rules, and the dos and donts associated with the special areas of the defensive zone.

Move your cursor over the ice surface and click on the highlit area for details about that area. You will get the same information by clicking on the topics in the menu on the right side of your screen.

Click the coach button to learn the reasons why plus coaching tips for each area.

Click the guide button to repeat these instructions.

Know The Game Goals - Defensive Zone
- Danger Zone

Coach

Know The Game Goals - Defensive Zone
- Behind the Net

Coach

Know The Game Goals - Defensive Zone
- Left Boards

Coach

Know The Game Goals - Defensive Zone
- Right Boards

Coach

Know The Game Goals - Defensive Zone
- Inside Blueline

Coach

Know The Game Goals - Defensive Zone
- Left Corner

Coach

Know The Game Goals - Defensive Zone
- Right Corner

Coach

Coach

In this section you will learn the golden rules, and the dos and donts associated with the special areas of the neutral zone.

Move your cursor over the ice surface and click on the highlit area for details about that area. You will get the same information by clicking on the topics in the menu on the right side of your screen.

Click the coach button to learn the reasons why plus coaching tips for each area.

Click the guide button to repeat these instructions.

Know The Game Goals - Neutral Zone
- Turn-over area 1

Coach

Know The Game Goals - Neutral Zone
- Turn-over area 2

Coach

Know The Game Goals - Neutral Zone
- Center-ice area

Coach

Coach

In this section you will learn the golden rules, and the dos and donts associated with the special areas of the offensive zone.

Move your cursor over the ice surface and click on the highlit area for details about that area. You will get the same information by clicking on the topics in the menu on the right side of your screen.

Click the coach button to learn the reasons why plus coaching tips for each area.

**Know The Game Goals - Offensive Zone
- The Goal**

Coach

**Know The Game Goals - Offensive Zone
- The Point**

Coach

**Know The Game Goals - Offensive Zone
- The Slot**

Coach

**Know The Game Goals - Offensive Zone
- Left Half Boards**

Coach

**Know The Game Goals - Offensive Zone
- Right Half Boards**

Coach

**Know The Game Goals - Offensive Zone
- Deep Left Corner**

Coach

**Know The Game Goals - Offensive Zone
- Deep Right Corner**

Coach

Coach

In this section you will learn how, when and why to apply your individual hockey skills in common game situations. We'll cover face-offs, forechecking, backchecking, attacking the net, defending the net, defending in front of the net, techniques for gaining control of the puck, and being a target for a pass.

1on1 situations represent the first chance to use your individual skills in game like situations. The game is won and lost in the one on one battles that take place in each of the three zones on the ice including...getting in an open position for a pass, winning possession of the puck, getting control and protecting the puck, or checking an opponent with or without the puck. This is where you get to demonstrate your strength, your determination, your agility and balance. We will take you through a series of 1 on 1 situations that happen in hockey games from mite to pro level. Remember you need to be a strong skater and a hard worker to have success in 1 on 1 situations.

This is the Know The Game - Using Your Skills section.

Click on any of the topics in the menu on the right side of the screen to see and hear an overview of that topic.

Click the Coach button to learn the reasons why plus coaching tips for each topic.

Click the Guide button to repeat these instructions.

Click the Analysis button to go immediately to the Using Your Skills Analyzer.

[Faceoffs](#)

[Attacking the Net](#)

[Defending the Net](#)

[Getting Control of the Puck](#)

[Forechecking](#)

[Offence in Front of the Net](#)

[Defence in Front of the Net](#)

[Backchecking](#)

[Attracting a Pass](#)

Coach

There are approx. 70 face-offs in a game. This is the one time in the game when everyone is set to start a play. Many scoring chances start here so make sure that you work on your face-off 1on1 skills to help your team gain control of the puck. In your own end think defense first. Don't let your opponent win the draw cleanly or have a clean lane to your net. Win or lose stay with your opponent. In the neutral zone try to win the face-off and get it to a team mate. Excellent scoring chances can result from winning face-offs in the neutral zone. Make one mistake and the other team has a break. In their end think offense. Try to win it cleanly and get it to a teammate to setup a scoring chance. If you see an opening fire it at the net right off the draw.

In every face-off there are three important participants, you, your opponent and the official. Remember the official puts the puck into play so get setup and react to the officials hand action, not to the puck hitting the ice. Read your opponent and try to anticipate the move he plans to make.

Keep your body low, your knees bent and in a powerful position. Move your bottom hand down the shaft of the stick into a position of strength. You can win face-offs by using the power and agility of your legs. Joel Otto is terrific at this technique.

Good timing and reading your opponent are both important to winning face-offs.

Some players will turn their bottom hand over for an even more powerful position. Messier uses this technique to over-power his opponent even though his grip shows everyone where he is going with the puck.

Use your stick to win the draw by going straight for the puck or tie up his stick with yours and then go for the puck. Some players are great at jamming their opponents stick and using their skate to move the puck to a teammate.

Coach

In the offensive zone your first objective is to work for the shot but if that isn't an option then control the puck, protect it and work for a pass to a teammate.

The defensive player has the advantage when you go head to head, so you will need a variety of moves to gain an advantage.

A change of pace can set up your opponent and throw him off stride. When you are attacking from the blueline you have more time and space to work with than when you attack from the sideboards so you need to quickly read the play and your opponent.

The key when you are moving in to attack the net is to protect the puck. You can deke the player with your eyes, with a head fake, a shoulder fake, or by moving the puck. When you have him off-balance, drop your shoulder and power around him.

Show the puck...if you can get your opponent to play the puck instead of your body you have him beat.

Remember, keep your head up and keep your legs moving when you go one-on-one.

Coach

As a defenceman, you must close the gap between you and your opponent, by the time the attacker reaches the blueline. This puts you in a great position to force the attacker to the outside.

The rule of thumb for defending a 1 on 1 from the redline is:

...when the attacker is at the red line you should be 1/2 way to your blue line;

...by the time he hits the blueline you should have closed the gap so you are stick to stick.

Defending the net.

Keep your outside shoulder in line with the inside shoulder of the attacker. Play the man not the puck, angle him to the boards and finish the check.

Use your split vision...look at the middle of the player...not at the puck or his head but still see the puck.

Keep your stick on the ice to force him to the outside. Be ready to check the puck and to protect against the pass.

Coach

Get back to the puck as fast as you can under control. Hustle to yourself a little extra time to make a play. Communication is really important on this play. Your goaltender can be your eyes and warn you if there is someone right on your back. If you pick the puck up cleanly and there is room, skate and look to headman the puck to a team mate.

If you sense pressure be prepared for the hit by getting close to the boards.

Use the net to your advantage. Make the forechecker go around the net, this buys you time to make a play.

If you feel pressure and you have an open teammate pass it. If no one is open and you are under pressure shoot it hard around the boards to get it out of the zone.

Coach

Great forechecker keep their feet moving and quickly close the gap on the puck carrier. The quicker you are on your opponent the less time he has to make any play.

I have always considered forechecking an offensive skill...many great scoring chances come from tenacious forechecking.

Whenever possible skate in at an angle and put the player your are forechecking on their backhand.

Put the puck carrier on the boards.

Keep your stick on the ice. This forces the player your way and takes away passing lanes.

Finish the check and take the player off the puck. You want to cause a loose puck...a turnover... that can be scooped up by your teammates.

Coach

Your goal is to gain a physical and positional advantage on your opponent.

If the puck is at the point, get in behind your opponent and force him high away from the goaltender and the crease.

If the puck is in the corner get in front of the attacking player and stay between him and the puck.

Keep your stick on the ice to take away the pass

On any shot, get your opponents stick off the ice. Tie him up and move him away from the net so your goaltender can play the puck.

Remember to stay low in a strong stance and keep your skates moving.

Coach

This is a time to stay under control. There will be a lot of contact and action in front of the net so don't get frustrated. Don't take silly penalties.

Get into a low position ready to battle for position in front of the net. If possible get your opponent behind you and back him into his own goaltender.

Keep your stick on the ice for balance and for tips and deflections. When the shot comes, follow it all the way in to the goaltender.

When the puck is at the point get in position to screen the goaltender. Don't let the defencemen tie up you and lift your stick.

When the puck is in the corner move around in the slot and create an opening for a pass. Force the defenceman to either play you or the puck -- don't let him cover both.

Keep your arms and hands loose.

Keep your legs moving. Always be ready to pounce on a loose puck in front of the net.

Coach

It is an advantage if you are skating backwards as you backcheck... you can see your opponent and the puck... if there is a turnover you can be a part of a quick counter attack because in this position you are already facing your opponents net.

Talk to your teammates... "I've got the puck", "I've got him", "Switch".

Don't get caught just watching the puck or you'll lose contact with your check.

Stay on the defensive side of your opponent, between him and the puck.

Keep the player to the outside as he enters your zone and approaches the net and be about a stick distance away.

Position yourself to "blockout" the forechecker on the way in so your teammate has more time to turn and retrieve the puck.

Coach

Your objective is to get free of your man and be a part of the attack.

The basic rule is: if you're open, maintain your space, if you're covered, cut to another space and force the player to decide to follow you or give you up.

Communicate ...call for the puck if you anticipate getting open. Get your stick on the ice for a target.

Stay as wide as possible when the back checker gives you room. If the player gets too close to you, cut inside of him for the pass.

As you approach the net get inside of your checker and get in position for a rebound.

Coach

In this section you'll use real hockey game situations and apply your knowledge of the individual hockey skills to learn when and why it is appropriate to pass, to skate, or to shoot.

This is the first application of using your individual skills in game like situations.

We trust that you will find this a logical progression from learning your individual skills to using your one on one skills and finally applying them in team play situations.

One of the challenges you will face in the game of hockey is to create 2 on 1 situations where you are in a position to outnumber your opponents.

The second challenge then is to learn how to read the plays on the fly to fairly consistently make the best decisions possible. In hockey, as you know the game moves very quickly so you have very little time to decide your next action. The 3 zones of play...your own end, the neutral zone, and in their end each provide different objectives for you and your teammates.

Our introduction to team play will help you learn to meet these challenges and prepare you for team play.

This is the Know The Game - Fundamentals of Team Play section.

Click on any of the topics in the menu on the right side of the screen to see and hear an overview of that topic.

Click the coach button to learn the reasons why plus coaching tips for each topic.

Click the guide button to repeat these instructions.

Click on the Analysis button to go immediately to the Team Play situation analyzer.

[**Defensive Zone**](#)

[**Neutral Zone**](#)

[**Offensive Zone**](#)

Coach

The team goal in your own end is "to get the puck out". Ideally you would like to beat the first forechecker to the puck and then either skate with it or headman it to a teammate and get the puck out under team control. If you are pressured and have no skating or passing options get it out with a hard shoot around, a flip or chip off the boards. Finally if you are under extreme pressure and you have no safe options at all you may have to eat the puck to prevent your opponents from gaining easy control. Games are one and lost based on the number of times your opponents force you off the puck in your own zone so work hard to get the puck out every time.

When to PASS

When to SHOOT IT OUT

When to SKATE

You have to pass when there is someone right on your tail...pass it safely along the boards to a teammate...the basic rule is to pass when your teammate is in a better situation than you are (this means he has more space, more speed, and is ahead of you).

When you are the winger along the boards you have a couple of passing options: one is to pass it directly to a teammate open coming up the middle another is to bank it off the boards to a breaking teammate.

If you have the puck you should be thinking...who can I hit with a pass?
If you complete 2 passes and you will be out of the zone with control of the puck...many coaches will tell you this represents a perfect breakout play.

Skate when there is room and time to carry the puck up the ice.
Skate when the forecheckers back off leaving you room to skate.
Skate if the forechecker follows you in deep. Use the net and turn up ice ahead of him.

If you look to your teammates and you have more room with the puck than they do, skate.

Remember keep your head up and skate with control of the puck but pass it if you are pressured or if one of your teammates moves into a better position.

Often forwards have more room and space to skate with the puck out of the zone than the defencemen.

Remember your first goal when the puck is in your own zone is to get it out to prevent scoring chances.

If you face a double team deep in the zone shoot it hard around the boards and get it out this will catch them behind the play and help your team get the puck out of the zone.

If your team is scrambling around in your own zone disorganized and out of position shoot it down the ice to give your team time to reorganize.

If you jump on a rebound in the slot don't play with it shoot it off the boards to get it out. Of course when you are penalty killing you will shoot it out every chance you get and remember don't just shoot it blindly up the middle. Shoot it hard off or around the boards because it is the safest play.

Coach

Your goal in this zone is to attack the blueline maintaining team control of the puck. It takes good timing and teamwork to attack the blueline. Your skills in controlling and protecting the puck and being able to pass and receive a pass on the move will come in handy in this area. Don't be too cute around the blueline because if you turn over the puck while your teammates are attacking the net you will be racing back to help out your goaltender. A good play in the neutral zone usually results when you attack with speed with your teammates staying wide creating space and pressure on the defence.

When to PASS

When to SHOOT IT IN

When to SKATE

Whenever possible headman the puck to an open forward flying down the wing.

Remember the blueline causes a problem. If your winger doesn't get the puck he will have to wheel to the middle to stay on side and will probably take himself out of the play.

Timing is important...you only have a few seconds to make a play and the red line and blue line come into play with offside rule.

Use east-west passes (side to side) to create space and give your team time within the neutral zone to get into position....and north-south(forward) passes to advance the puck.

When you are facing pressure an effective way to get the puck to a breaking teammate can be a soft chip pass off the boards.

When no one is open get across the redline and if you still have a lane, attack the blueline and always keep your head up for other options.

You need to be able to hold onto the puck in the neutral zone and protect it while your teammates get into position for the attack. Keep your legs moving.

Sometimes, as a defenceman, you will need to skate backwards, while you control the puck, to setup a play.

If your teammates are not open for a direct pass and you do not have a lane, gain the redline to eliminate icing and shoot it into the zone by either:

- shooting it around hard around the boards to a teammate
- shooting it across to the opposite corner if your teammate has speed and an open lane to the corner

If possible keep the puck out of range of the goalie because if he can get to it safely and pass it to a teammate he has taken away your team's chance of making a play.

Sometimes you just shoot it in deep so you have time to change lines on the fly.

Some players have the ability to use a high flip shot to get it into the zone. Be sure you get it in deep if you use this technique.

Coach

Your team goal in this zone is to attack the net... get the puck to the net to create good scoring chances. Basically if you have the puck...#1 go to the net if you have an opening ...#2 control and protect the puck and look for teammate in good scoring position...#3 if you are under pressure and have no other options get the puck deep behind their net and then forecheck. It is fun to shoot but don't shoot if the puck is obviously going to get blocked. It is also not a very smart play to shoot from the point if there is no traffic between you and the goalie and no one to play a deflection or pick up the rebound. You kill the play by letting the goalie get easy control of the puck.

When to PASS

When to SHOOT

When to SKATE

Keep your head up, control and protect the puck and look for a teammate in position to take a pass.

If you make a threatening move to the net and the defense comes to you, get the puck to a teammate. Don't try to go one-on-one yourself.

Work with a teammate in the corner or along the boards passing to one another creating time and maintaining team control while others get into scoring position. This is called cycling and is hard work but can help setup great scoring chances and wear down your opponents

-remember anytime you have a teammate in a better scoring position that you pass the puck...and focus on tape to tape passes at a good pace so he can get his shot off quickly

Whenever you have space and you can improve your position...get to a better shooting or passing angle skate.

Skate and attack the net to force the defenceman to play you and leave someone else open.

It is hard work defending a player who is always working and skating with the puck.

Remember if you are in the attacking zone without the puck the same rules apply: skate to get yourself open for a shot or to receive a pass. Great players are ones who work hard and are effective at getting into the open without the puck.

Remember to have your stick on the ice when you go to the net.

Always try to skate to the best shooting angle in the slot before you shoot.
Shoot if you have the time and are in a good position to get your best shot off.
Thinkam I under balance...is the puck in position...do I have a good angle...do I have time to get my best shot off...SHOOT

Shoot if you have pounced on a turnover and the goalie and other players are out of position...in this case quick release is far more important than taking extra time to get lots of power into the shot.

Shoot if the player backs off you and overplays one of your teammates to pass.

Shoot if you can see a teammate in great position screening the goaltender or if in a good position to tip the puck and play the rebound.

