



“After all the physical skills, conditioning and hockey intelligence learning and practicing during the season, execute the fundamentals in the clutch”

ALL ZONES – 10 KEYS TO WINNING EVERYTHING

Ask the players to review these keys before every game.

1. **Individual/Team Desire** – Want It More Than They Do – Work Harder and Smarter With and Without the Puck – High Energy/ Speed Positional Offensive and Defensive Hockey – give - go and receive passing - create passing lane openings everywhere with speed
2. **Disciplined Defensive Zone No Hesitation Coverages** – get to the puck in our corner at full speed first - shoot it out if no open low risk pass available - don't let them shoot - block shots - get their stick off the ice in front – D get between them and our goalie in front – 2 D and centre 3 on 3 coverage down low - wingers cover their points blocking passing lanes, high slot passes and mid wall rolls to the middle - opposite their forechecking flow breakout puck movement – wingers no going back with the puck in our zone, and no stickhandling in our zone – cover their shooters on the faceoffs – tie up faceoffs and win the puck as a team
3. **Forecheck** ferociously and physically 2 – 1 - 2 to win the puck adjusting to cover their D to D pass or rim reverse pass – shoot the puck in if no odd man rush and give them no room to get started but have one high forward in case, anticipating their breakout play. Convert to 1 – 2 – 2 in their zone forecheck if first player in has no chance to even battle for the puck because they have puck control and space
4. **No Unnecessary Penalties – DISCIPLINE** - score on our power play
5. **Shoot** from everywhere in their zone with a high or low on the corner blocker side shooting plan, no middle of the goalie shots, except 5 - hole – non shooters anticipate the shot – screen their goalie at the top of the crease on the white ice - crash the net for rebounds and relentlessly bear down to score confidently – butterfly goalies are usually down after first shot, top shelf on our rebound shot
6. **Win One-on-One Puck Battles Everywhere** – under stick to dislodge the puck, then into his body, then take the puck
7. **More Physical Than They Are Everywhere** - finish checks
8. **Aggressive On the Puck, Challenging, Take Away Their Angle On The White Ice Goaltending** - D immediately one touch clear all rebounds to the side boards or to our corners to limit shots on our net
9. **No Odd Man Rushes Against** from D high risk pinching and lunging at their blue line or in the neutral zone – particularly no breakaways or 2 on 1's – high F3 in their zone - forwards backcheck hard to prevent any 2 on 1's or 3 on 2's and cover their trailer(s) in our zone



10. **Neutral Zone Regroups** with forwards getting back fast to regroup, D to D pass(es) and forwards accelerating up ice with speed into the openings wherever they are, chipping the puck into their zone if no time and space to carry the puck in, or quick counter attack passes after back to a D