



ADULT SKILLS MANUAL

A Skills Manual for Adult Hockey Players



USA Hockey

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Contents

Section I	Skates	1
Section II	Skating	5
Section III	Puck Control, Passing & Receiving	13
Section IV	Shooting & Scoring	17
Section V	Offensive Team Tactics	21
Section VI	Defensive Team Tactics	27
Section VII	Ice Hockey Terminology	33

Section I
Skates



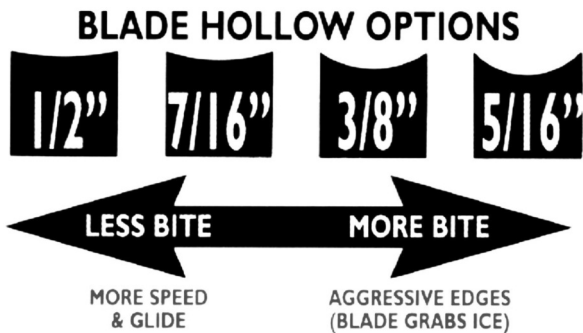
SKATES

The skates are a player's most important piece of equipment. They provide the contact point between the athlete and the playing surface, so proper fit and blade care are essential.

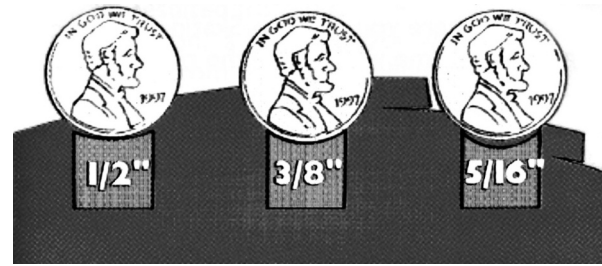
A skates' blade has both an inside and outside edge.

Skates are sharpened or ground with a particular hollow. The depth of the hollow is up to the individual but can be determined by a player's weight and skating style. A lighter weight player may need a deeper hollow to help grip or "bite" the ice, while the heavier player's weight helps the blade dig into the ice.

The deeper the hollow the more bite the skate's blade will have. However, a shallower hollow will allow for more speed and glide. It is recommended that players start with a 1/2 inch hollow and then determine if more bite is required.



To determine the current hollow, hold a penny perpendicular to the skate's blade looking down the length of the blade. If the penny fits snug, you have a 3/8" radius hollow. If the penny can be rocked slightly side to side, the hollow is more than 3/8" and often a 1/2" hollow. If the penny touches the edges of the blade, and you can see light under the penny, you probably have a radius hollow near 5/16".



The radius or profile of a skate's blade is also of great importance for players and can be individually determined by a player's skating style and position.

Skates have a gliding surface that is level and in the middle of the blade under the player's center of gravity, under the arch of the foot. This gliding surface is usually between 1 1/4" to 2 1/4". The radius determines how much blade is in contact with the ice.

The radius is usually between 9' and 13', with 11' being the most common. Each length has its advantages. The smaller radius (9') provides a shorter gliding surface. This equates to quicker acceleration and turns, but a slower top speed. The larger radius (13') has a longer gliding surface that provides for greater top speed and better glide, but less acceleration and a slower turning speed.



Pictures courtesy of Mark Hughes and EASTON.

Section II
Skating

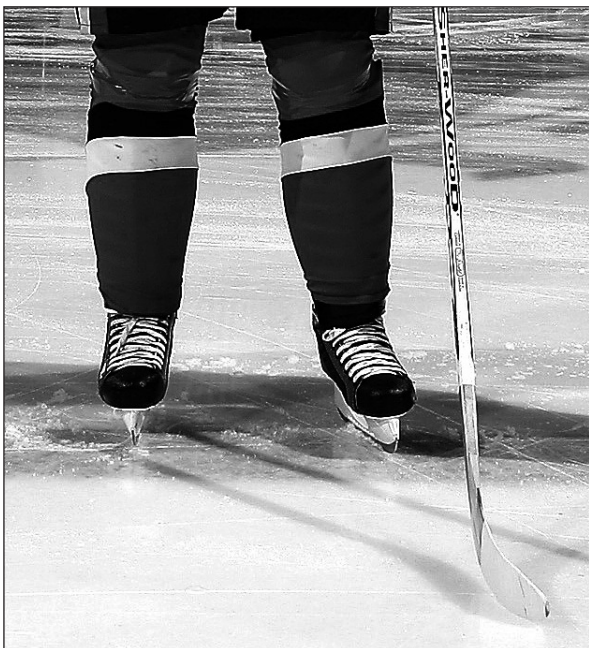


SKATING

Ice hockey is a fast-moving, physically demanding sport. The success or failure of a player is dependent on his or her ability to properly execute the skating skills included in this chapter. Skating is the primary skill of ice hockey. The better a person can skate, the better that person will play the game. In this section, we will build onto and refine the basic skating movements. Greater skating efficiency and more confidence will be gained by the players as they enter into competitive levels.

Balance & Agility : Glide 2 Feet

- Begin by skating forward
- Glide with feet shoulder-width apart
- Inside edges, weight on flat of blade
- Head and chest up
- Butt down
- Knees and ankles bent
- Stick on ice and under control
- Repeat backward



2 Foot Glide

FORWARD SKATING

1 Foot Stride : Push & Glide

- Begin from a ready position with the feet close together under the body
- Knees are bent with head and shoulders up
- With weight on one leg, turn the opposite skate blade slightly to the side and push off with that skate
- The force of the push should be directly to the player's side
- Extend the leg completely with the knee, following through with the toe - complete planter flexion with the foot
- Keep the hips level and the glide leg knee bent
- After full extension, pick up the extended skate and, with a controlled movement, return it to its start position
- During this recovery phase, keep the toe of the skate blade close to the ice
- Repeat down the ice
- Keys are level hips, bent knee on glide leg, full extension, and low recovery

1 Foot Stride : Alternating Push & Glide

- Begin from a ready position with the feet close together under the body
- Knees are bent with head and shoulders up
- Ankles bent forward
- With weight on one leg, turn the opposite skate blade slightly to the side and push off with the leg
- The force of the push should be directly to the player's side

- Extend the leg completely with the knee, following through with the toe – Complete plantar flexion with the foot
- Keep the hips level and the glide leg knee bent
- After full extension, pick up the extended skate and, with a controlled movement, return it to its start position
- During this recovery phase, keep the toe of the skate blade close to the ice
- Alternate legs down the ice
- Keys are level hips, bent knee, full extension, and low recovery



1 Foot Stride

EDGE CONTROL

Inside & Outside Edges : Window Wiper

- Begin in ready position
- Feet shoulder-width apart
- Bring knees together, exaggerate inside edges
- Keep toes pointed straight ahead
- Move knees apart outside skates, exaggerated outside edges
- Repeat movement

Inside Edges : Large Cs

- Stride forward on one skate's inside edge
- Hold opposite skate off ice under body
- Keep head and chest up
- Two hands on stick
- Stick blade is near ice and under control
- Lead with stick blade and initiate turn by bringing shoulder back
- Keep shoulders level
- Glide on skate with knee bent
- Complete a 90° turn
- Transfer weight to opposite leg with new stride on inside edge
- Bring the inside shoulder back and lead with stick blade in opposite direction
- Complete a 180° turn
- Repeat down ice

Outside Edges : Large Cs

- Begin by striding to one's outside edge
- Keep head and chest up
- Raise the opposite skate off the ice slightly and hold it under your body
- Keep the head and chest up
- Keep the stick blade near the ice and under control
- Lead by moving the stick blade in the intended direction of travel
- Initiate the turn by moving the shoulders back
- Keep both shoulders level
- Glide on the skate with the knees bent. Keep gliding until you have turned 90°
- Transfer your weight to the opposite leg by crossing over onto the other skate and pushing off
- Lead by moving the stick blade in the opposite direction
- Help initiate a turn by moving the inside shoulder back
- Glide on the skate until you have turned 180°
- Repeat these large Cs down the ice

Inside Edges Backward : Large Cs

- Skate backward with feet close together under the body
- Head and chest up
- C-Cut with inside edge on one skate to start
- Immediately transfer weight to the opposite skate and C-cut on its inside edge
- Hold the edge on the opposite skate and keep the other skate off the ice
- As the body swings around, step and push back onto the opposite skate

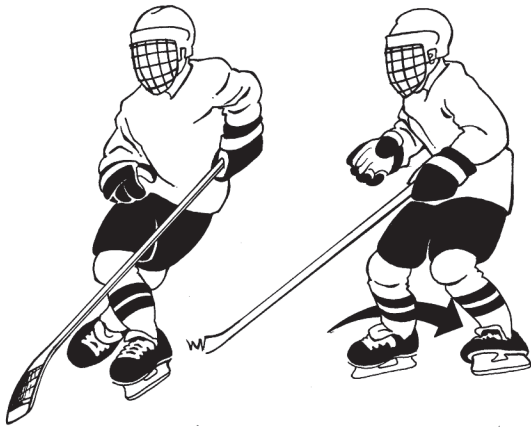
- Hold C-cut on this skate and keep the other skate off the ice
- Alternate this sequence down the ice maintaining good body posture with head and chest up and shoulders level
- Stick blade is down and under control

Backward Skating : Backward C-Cuts

- Begin from a ready position with the feet close together
- With weight on one leg, turn heel of opposite skate out and push out with the skate's inside edge
- Begin on the flat part of the blade and finish full extension using the toe of the blade
- Keep the glide leg knee bent and hips level
- After a powerful complete extension, point the heel of the extended skate back in and return to the start position
- Both skates maintain constant contact with the ice
- Repeat down the ice
- Keep the head and chest up with butt down
- Stick is in one hand, blade is down and under control
- Keys are level hips, bent knee on glide leg, full extension on the C-cut, and keeping the head level, not bobbling up and down
- Repeat on opposite leg

Stand on Outside Edges : Crossover

- Begin from ready position
- Cross one skate over the other and plant foot
- Keep head and chest up
- Shoulders and hips square
- Knees and ankles bent
- Stick down and under control
- Skates will be on both outside edges
- Return crossover foot to start position



Backward Crossover

STARTS & STOPS

Snow Plow Stop

- Begin from a forward skating stride
- Plant feet and glide in a ready position with knees and ankles bent
- With knees and ankles bent, turn toes in and heels out to stop forward momentum on the inside edges
- Knee bend is crucial to absorbing the forward energy

V-Starts

- Begin from a ready position with the feet close together under the body
- Knees and ankles are bent with head and shoulders up
- Player starts by turning both skates outward and bringing the heels together so the toes point in a "V"
- Player leans and steps forward with one skate, then pushes off explosively with the flat-toe-to-toe portion of that skate blade
- This initiates a forward running motion for the player
- The player begins with short explosive steps leaning into the direction of travel
- As momentum is increased, the steps elongate
- After a short distance, enough momentum has been gained to begin full skating strides
- Keys are knee bend, toe and blade position, and short explosive steps to gain speed

Control Stop : Inside Edges

- Begin from a forward skating stride
- Plant feet and glide in a ready position
- Head and chest up
- With knees and ankles bent, initiate the stop by bringing the inside shoulder back
- Turn hips
- Reduce weight on front skate while turning the foot 90° to direction of travel
- Once front foot has turned, reapply weight to the skate's inside edge
- Turn back skate 90°; with feet shoulder-width apart, apply pressure to back skate's inside edge
- Player completes stop in ready position
- Knee bend is crucial to absorbing the forward energy and applying pressure stop



Control Stop

Hockey Stop : Inside & Outside Edges

- Begin from forward skating stride
- Plant feet and glide ready position
- Head and chest up
- With knees and ankles bent, initiate the stop by bringing the inside shoulder back
- Turn hips
- Reduce weight on front while turning foot 90° to direction of travel
- Reapply weight evenly to the front skate's inside edge and the back skate's outside edge
- Lean back in the opposite direction to help the edges dig into the ice
- Knee bend is crucial to absorbing the forward energy and applying pressure to stop

Section III

**Puck Control,
Passing & Receiving**



PUCK CONTROL, PASSING & RECEIVING

PUCK CONTROL

Stationary Puck Handling : Narrow

- Begin with feet shoulder-width apart
- Head and chest up
- Hands closer together than the standard range
- Tight grip with top hand
- Loose grip with bottom hand
- Arms loose and away from body
- Stickhandle the puck out in front of the body between the skates
- Emphasis is on wrist movement, not arm movement
- Cup the puck on forehand and backhand sides of the blade
- Use split vision to survey surroundings and also the puck

Stationary Puck Handling : Wide

- Begin with feet shoulder-width apart
- Head and chest up
- Hands closer together than the standard range
- Tight grip with top hand
- Loose grip with bottom hand
- Arms loose and away from body
- Stickhandle the puck in front of the body side-to-side outside the skates
- More arm movement is necessary but still use wrists to cup the puck
- To increase reach when dribbling side-to-side wide, the hands must slide closer together
- Use split vision to survey surroundings and also the puck

PASSING & RECEIVING

Instructions

- Sweep Puck
- Hand Placement
- Push/Pull
- Follow Through
- Catch with Hands and Wrists
- Forehand
- Backhand
- Indirect Pass
- Reach and Pass
- Give & Go
- Monkey in the Middle

Passing Details : Sweep Puck

- Begin by pulling the puck back behind the skate
- The puck starts on the heel of the blade and is pushed toward the receiver with a sweeping motion
- This motion helps keep the puck flat on the ice for the receiver

Passing Details : Hand Placement

- When passing, the hands should be held on the stick in the same position as when stickhandling

Passing Details : Push/Pull

- Through the sweeping action, the bottom hand pushes the stick while the top hand slightly pulls

PASSING & RECEIVING

Passing Details : Follow Through

- When the puck is swept toward the intended receiver, it should spin down the stick blade and depart the blade from the toe – the imparted spin helps keep the puck flat
- The stick blade should follow through low to the ice, turning the wrist over at the middle of the receiver's stick blade
- During follow through, point the toe of the stick blade toward the middle of the target

Passing Detail : Catch With Hands/Wrists

- When receiving a pass, reduce the grip on the bottom hand and use the wrists to cushion and cup the puck
- The stick blade only needs to cushion the reception by moving a short distance
- Catch with hands, not arms

Section IV

Shooting & Scoring



SHOOTING & SCORING

SHOOTING

Instructions

- Hands on Stick: Grip
- Knee Bend
- Weight Transfer
- Puck Stick & Feet Position
- Push / Pull with hands
- Wrist Shot
- Backhand Shot

SHOOTING & SCORING

Shooting Details : Hands on Stick : Grip

- The bottom hand on the stick may be lowered slightly from the normal stickhandling position
- For some shots, the bottom hand is slid significantly farther down the shaft
- Hand tension should also firm up when shooting; grip strength and forearm strength are especially important when shooting

Shooting Details : Weight Transfer

- To generate power when shooting, body weight is quickly shifted from the back leg to the front leg (the same as swinging a bat or throwing a ball)

Shooting Details : Puck, Stick, & Feet Position

- For most shots, the contact point between puck and stick blade is near the heel
- This helps better transfer the power generated through the stick's shaft to the puck
- The stick blade also begins cupped over the puck
- For most shots, the puck should begin behind or near the back foot
- Only slap shots and snap shots vary from this position as the stick blade is brought back away from the puck
- It is also important for players to understand that, in game situations, the puck will not always be placed in the most desirable position for completing the shot
- Players must adapt and learn to shoot off balance and from a variety of positions to be effective

Section V

**Offensive
Team Tactics**



OFFENSIVE TEAM TACTICS

POSITIONAL PLAY

Developing the Forward

Today's swift, wide-open style of hockey makes playing the forward position exciting, and it is a position where a player that receives a lot of attention. However, playing forward has a lot of responsibilities attached to it, and it is a position you need to master. In selecting forwards many coaches select the athlete that can score, skate fast and handle the puck well. However, there is more to the position than skating fast and scoring goals. They not only need to know how to play with the puck but, just as important, play without the puck.

Characteristics of a Forward

- Solid in the fundamental skills
- Ability to read and react to situations
- Understands the game at both ends of the rink
- Patient and confident
- A good two-way player
- Very creative
- Intelligent with the puck
- Strong on his/her skates
- Aggressive instinct around the net

Basic Guidelines for Forwards

Offensive Points of Emphasis

- Keep your feet moving when passing or shooting the puck
- Communicate with your teammates
- Win all the races to loose pucks
- Never skate by the net after a shot
- Don't get caught with three players deep in the zone below the puck
- Keep a forward high for offensive as well as defensive purposes
- Understand the concepts of support, transition, pressure and containment
- Ability to cycle and create space

Defensive Points of Emphasis

- Back check by picking up the off-side forward
- Take your players to the net if they stay outside your defenseman
- If the player cuts to the middle in front of the defense, stay in your lane, and back up your defenseman
- If you are the trailing backchecker, pick up the player in the high slot area
- Keep your body between your opponent and your net (defensive posture)

One-on-One Points of Emphasis

- Attack your opponent at angles
- Make your moves in full stride
- Learn to protect the puck
- Use change of pace speeds to elude your defender
- Work hard to gain a path into the prime scoring area
- Do not be predictable; vary your attack

Two-on-One Points of Emphasis

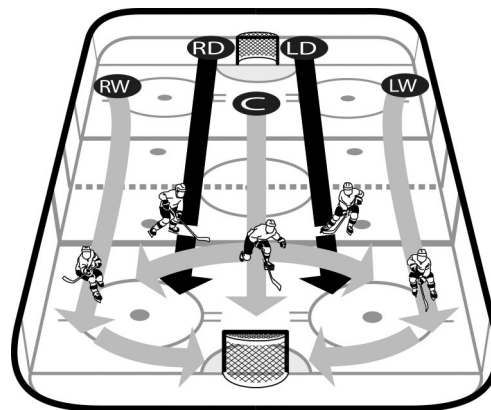
- Cut the ice in half
- Try to pull the defender out of the middle
- Bring the play to the defenseman as quickly as possible
- Use a variety of moves: go wide, freeze the defenseman, criss cross, etc.
- Stagger so the open forward is in support position

Three-on-Two Points of Emphasis

- Attack the offensive blue line with speed
- Get the puck deep into the attacking zone quickly
- Penetration to the net with puck is of utmost importance
- Use a variety of attacks
- Be creative
- Move the puck quickly around the zone
- Isolate your attack on one defenseman, creating a two-on-one situation on one side

AREAS OF RESPONSIBILITY

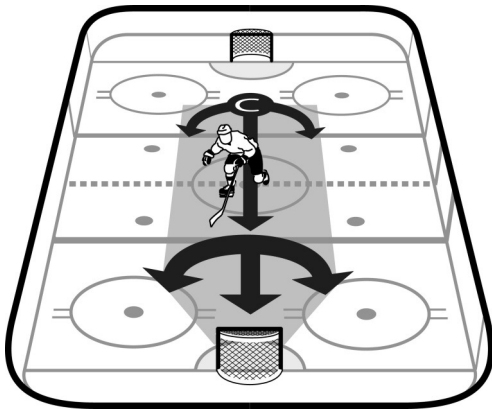
Offense – The phase of the game when a team is in possession of the puck. The aim is to get the puck down the ice in a systematic way and into the opponent's net.



Key Elements

1. Individual Skills
 - Carrying the puck (stickhandling)
 - Passing and receiving
 - Shooting
2. Team Skills
 - Teach an orderly method of moving the puck down the ice into the attacking zone
 - Players must take a great deal of pride in their passing and receiving skills
 - Two quick passes when breaking out
 - Stay wide and move quickly through the neutral zone
 - Set up offensive triangle in attack zone; set up a two-on-one on the defensive player

Center



Breakout Zone

1. Center stays between the circles, close to the top of the circles
2. Always angle toward side boards when receiving pass

Neutral Zone

1. Move up ice in the middle zone, between the seams

Attack Zone

1. Playmaker - usually passes to a wing
2. Without Puck
 - Trail the puck carrier at top of circle (or skate hard to front of net)
3. With Puck, Over Blue Line
 - Stop in middle, just before top of circle, and pass to wing or shoot

Wing

Breakout Zone

1. Strong-side Wing
 - Position yourself against the boards at the hash marks to receive a breakout pass
2. Weak-side Wing
 - Move to top of faceoff circle when puck goes to the other side
 - Move out of zone along seam

Neutral Zone

1. Both wings should stay in outside lanes

Attack Zone

1. Puck Carrier
 - Quickly penetrate zone on top of circle
 - Options: go to net and shoot; pass back to trailer (center); pass to weakside wing in front
2. Weak-Side Wing
 - Stay wide when coming into zone
 - Skate into faceoff dot and angle to net

Section VI

**Defensive
Team Tactics**



DEFENSIVE TEAM TACTICS

POSITIONAL PLAY

Methods for Playing Various Situations

One-on-One – Skate backward, one hand on the stick, with elbow cocked next to your hip, blade open to forehand, stick out in front without leaning too far forward (keep balance), face on-rushing forward and watch his/her upper body (chest), not the puck. Let the attacker make the first move. If you overplay him/her to the inside, his/her only option is to go outside off the shooting angle.

Keep your body between the attacker and the net. Play the attacker and not the puck, keep a good gap (distance between you and the puck carrier), maintain same speed as forward, force player to backhand and do not cross your feet.

One-on-Two – The first defenseman who can play the forward to his/her backhand side moves on the attacker and forces him/her to the outside, therefore limiting his/her mobility to one side of the ice. The second defenseman moves to back up his/her partner and picks up the loose puck.

Two-on-One – Position yourself between the two forwards and try to force them off the shooting angle. Stay in the middle of the ice to prevent attempted passes. Never let the puck carrier get behind you or cut in on the goal. Keep the puck out of the prime scoring area in front of the net. The defenseman's prime responsibility here is to prevent the pass, force a bad angle shot and let the goalie play the puck.

Two-on-Two No Backcheckers – Play just like the one-on-one. The defense does not cross if the forwards criss-cross, only player coverage may change. Talk with your partner and know your assignment. Protect the middle of the ice; don't allow the attacking forwards to split you or create a two-on-one situation. Don't back in too far on the goalie. Keep a tight gap and try to prevent your opponents from gaining the blue line.

Three-on-One No Backcheckers – Stay in the middle of the ice, try to stall or slow down their attack and force a shot from a poor angle. Don't become physically tangled with any of the attackers. Avoid picks, interference and checks. Try to position yourself so that the puck carrier will have to pass the puck through you to reach a teammate. Don't back in too far on your goaltender.

Three-on-Two – There can be two ways to play this. (1) Try to force the play at the blue line with a one-on-one situation involving the puck carrier and one defenseman. The other defenseman plays the open attackers (without puck) like a two-on-one, with the player closest to the net receiving the most attention. (2) One defenseman plays the puck carrier forward side establishing a two-on-one situation, forcing the puck carrier to the outside and a bad shooting angle. The other defenseman plays a one-on-one situation with the off-side attacker. Play a delaying game but threaten any puck carrier coming into the prime scoring area in front of the goal. Do not allow yourself to be drawn out of position.

General Tips

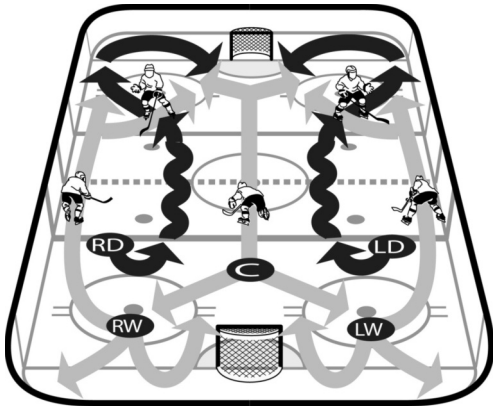
- Remember that the defensemen should be staggered and they must work together as a pair.
- Always gauge the speed of the attackers coming at you. Your backward speed must be the same as the attacker's speed.
- When stick- or poke-checking never reach out so far that you are off balance – a forward can easily turn you if you have shifted the wrong way.
- Don't body check when you are in a situation where the opposition has a numerical advantage. Check when you have an even or numerical advantage or the player has his/her head down.
- Communicate with and back up your teammates in your zone.
- Blocking shots (not recommended for younger players) – If you have to block a shot, make sure the attacker is about to shoot – look for the clues: head drops, hand slips down the stick or he/she drops his/her arm and shoulder on his/her shooting side. Do not drop too soon or the attacker will carry the puck around you. Don't commit yourself too early. Another method sometimes used is the sliding block. The player must leave his/her feet and slide the body in front of the puck as close to the shooter as possible. This method is very dangerous and must be perfectly timed. It should only be used by advanced players.

Defensive Zone Tips

- Always try to stay between the puck carrier and the goal.
- Coverage in the corner – Move in under control and force your opponents to go in the direction you want them to move. Cautiously play their body. Always create a good angle to eliminate the puck carrier's options.
- Coverage in front of the net – Block all opposing players out of the prime scoring area, cover their sticks without losing sight of the puck, be prepared to intercept passes, clear rebounds and check opponents attempting to shoot on goal. No one should be left uncovered in this area. Defensemen should stand off the goal posts facing up ice with a full view of the ice surface. They should turn their heads, not their bodies, when looking into the corners and maintain physical contact (use stick or arm, etc.) with the opponent in the slot area. Don't get into a pushing and shoving match in front of the net with an opponent who doesn't have the puck. Keep body position.

AREAS OF RESPONSIBILITY

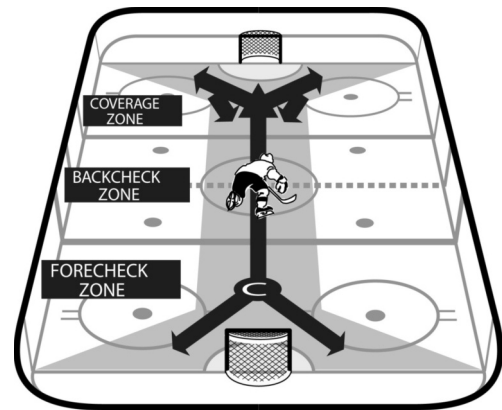
Defense – The phase of the game during which your team is not in possession of the puck. It begins when your team loses possession of the puck and ends when your team regains control of the puck.



Key Elements

1. Individual Skills
 - Checking the puck carrier, angling
 - Intercepting passes or cutting off passing lanes
 - Covering opponent
 - Blocking shots
2. Team Skills
 - Carrying out lane responsibilities in all three zones
 - Pressuring and outnumbering opponent at puck
3. Defense is a Matter of Pride
 - Be proud of maintaining your defensive responsibilities
4. Give 100 percent
 - Effort and energy are a matter of will

Defensive Responsibility



Offensive Zone – Forecheck

1. Defensemen hold the blue line until the puck is between faceoff dot and top of circle
2. Middle defenseman plays as free safety, keeping all five of the opponents in front of him/her

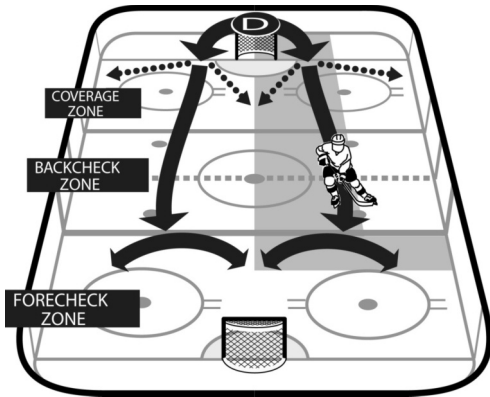
Neutral Zone – Backcheck

1. Each defenseman plays the seam (imaginary line drawn through face-off dots), to the middle of the ice

Defensive Zone – Coverage

1. Force play to outside
2. Strong-side defensemen on puck, block out puck carrier from going to the net
3. Weak-side defensemen cover the front of the net, start on the weak-side post

Offensive Responsibility



Breakout Zone

1. Move puck quickly up ice
2. Puck carrier is between the faceoff dots when making breakout pass

Neutral Zone

1. Strong-side defenseman, after making pass, follows up play inside the seams
2. Weak-side defenseman is last player to leave the zone and moves up the middle

Attack Zone

1. Strong-side defenseman moves to top of circle
2. Weak-side defenseman moves to just inside blue line

Section VII

**Ice Hockey
Terminology**



ICE HOCKEY TERMINOLOGY

Angling

A skating pattern in which a checker moves toward the puck carrier on an angle which forces the puck carrier to move in the direction the checker intends for the carrier to go.

Attack Triangle

Any offensive formation which creates a triangular formation, thus providing the puck carrier with two passing options and enabling the offensive team to create width and depth in its attack.

Body Checking

A legal body check is one in which a player checks an opponent who is in possession of the puck, by using hip or shoulder from the front, diagonally from the front or straight from the side, and does not take more than two steps/strides in executing the check.

Breakaway

A condition wherein a player is in control of the puck with no opposition between the player and the opposing goal with a reasonable scoring opportunity.

Butt-Ending

The condition wherein a player uses the shaft of the stick above the upper hand to jab or attempt to jab an opposing player.

Closing the Gap

A retreating defenseman adjusts speed and skating pattern so the distance between the defenseman and the puck carrier is lessened in order to get the puck carrier within poke checking range.

Creases

Goalkeepers: Areas marked on the ice in front of each goal designed to protect the goalkeepers from interference by attacking players.

Referees: Area marked on the ice in front of the penalty timekeeper's seat for use of the referee.

Creation of Time and Space

Using technical skills such as skating, passing, puck control and applying concepts like stretching, support, overlapping, width and depth, etc.

Cross-Checking

When a player, holding his stick with both hands, checks an opponent by using the shaft of the stick with no part of the stick on the ice.

Cycling

A balanced rotation of players in the offensive zone to maintain puck control and create offensive options.

Deflections

Redirecting a shot headed toward the net or wide of the net.

Deking Fakes

These might include single fakes, double fakes, fake passes, fake shots, etc.

Delayed Offside

A situation where an attacking player has preceded the puck across the attacking blue line, but the defending team has gained possession of the puck and is in a position to bring the puck out of its defending zone without any delay or contact with an attacking player.

Directing the Puck

The act of intentionally moving or positioning the body, skate, or stick so as to change the course of the puck in a desired direction.

Driving to the Net

Either the player with the puck or another player without the puck skates as hard as possible toward the net during attacks. This places great pressure on the opponent's defenders.

Drop Pass

The puck carrier leaves the puck for a crossing or trailing teammate to pick up, either for an immediate shot or to carry into a scoring position. The drop should occur directly in front of the defender.

Faceoff

The action of an official dropping the puck between the sticks of two opposing players to start play. A faceoff begins when the referee indicates its location and the officials take their appropriate positions and ends when the puck has been legally dropped.

Game Suspensions(s)

When a player, coach, or manager receives a game suspension(s), he shall not be eligible to participate in the next game(s) that was already on the schedule of that team before the incident occurred.

Gap

The space between a defenseman and an attacking forward in a one-on-one situation. Wide gap means the defenseman is giving up space in front. Tight gap means the defenseman is giving up space behind him.

Give and Go

An offensive tactic; pass and aggressively skate to an open area to become an option for the player just passed to.

Goalkeeper

A goalkeeper is a person designated as such by a team who is permitted special equipment and privileges to prevent the puck from entering the goal.

Head on a Swivel

A technique utilized to observe and to read the entire ice surface by quickly rotating the head.

Headman Pass

Passing to a man ahead of the puck carrier and in a better offensive position.

HECC

The Hockey Equipment Certification Council is an independent organization responsible for the development, evaluation, and testing of performance standards for protective ice hockey equipment. To date, there are standards for face masks, helmets, and skate blades.

Heel of the Stick

The point where the shaft of the stick and the bottom of the blade meet.

High-Sticking

Although some organizations have recently enacted rules penalizing players from carrying the stick above the waist, the Playing Rules Committee favored retention of the shoulder height definition so as not to create a different rule for high-sticking the puck as for high-sticking an opponent. The Committee demands a higher awareness level of the “careless” use of the stick around the head of an opponent. Any player who contacts an opponent in the shoulder, neck or head area with the stick while it is carried in a careless or accidental matter shall be assessed a minor penalty. And if injury to an opponent occurs for a stick so carried, the offending player must be assessed the minimum of a major plus misconduct penalty, even if the contact was accidental.

Hooking

The action of applying the blade of the stick to any part of an opponent’s body or stick and impeding his progress by pulling or tugging motion with the stick.

Indirect Pass

A pass off the boards or around the boards.

Lane

A passing lane is an open route between the passer and receiver. Also, a specific section of the ice is identified as a lane of attack or a lane of defense.

Locking On

Identifying a person to cover and staying with that person tightly in a one-on-one fashion.

Man Advantage

Having a one or two player advantage (power play) because the opposing team has been assessed one or more penalties.

Man Down

Having a one or two player disadvantage (shorthanded) because your team has been assessed one or more penalties.

Man-to-Man Coverage

Each defensive player is responsible for an identified offensive player.

One-Touch Pass

Shoot or pass the puck off a pass without stopping the puck. It is like swinging at a baseball pitch. A synonym would be "Bumping the Puck."

Penalty

A penalty is a result of an infraction of the rules by a player or team official. It usually involves the removal from the game of the offending player or team official for a specified period of time. In some cases the penalty may be the awarding of a penalty shot on goal or the actual awarding of a goal.

Pressure (Defense)

Defensive speed creates pressure on the offensive players. This results in reducing the time and space available to the attackers.

Pressure (Offense)

Quick player and/or puck movement which causes the defense to react more quickly than it may be capable of doing.

Puck Control

Involves a variety of skills such as basic stickhandling, dekes or fakes, puck protection, etc.

Puck Protection

Any action or movement that keeps the puck away from the defender through the use of one's body. For example, driving to the net.

Pulling the Goalie

Removing the goalie from the ice in order to gain an extra skater. This is usually done when a delayed penalty is called against the opposing team or when a team is losing late in the game.

Quiet Zones/Dead Zones

Space in the corners and behind the net in the offensive zone which is generally uncovered. These can be used when under pressure to maintain puck control.

Regrouping

This usually occurs in the neutral zone. It means that players who are back checking from the offensive zone suddenly find that their team has the puck. For whatever reason they are unable to counterattack rapidly. Thus, they are forced to retreat with the puck while teammates skate predetermined patterns in an effort to generate speed and get open for a pass. In general, it is better to counterattack rapidly than it is to regroup. Regrouping involves time to organize your offense. This means that the defenders have time to organize their defense.

Roofing the Puck

Getting the puck up into the top part of the net particularly when the goalie is down on the ice.

Saucer Pass

Passing the puck through the air over an opponent's stick. The ideal saucer pass lands flat on the ice.

Screening

Positioning yourself in the goalkeeper's line of vision so that he/she cannot see the puck.

Shorthanded

Shorthanded means that a team is below the numerical strength of its opponents on the ice. When a goal is scored against a shorthanded team, the minor or bench minor penalty which terminates automatically is the one which causes the team scored against to be "shorthanded." Thus, if an equal number of players from each team is each serving a penalty(s) (minor, bench minor, major, or match only), neither team is shorthanded.

Slashing

The action of striking or attempting to strike an opponent with a stick or of swinging a stick at an opponent with no contact being made. Tapping an opponent's stick is not considered slashing.

Slot

The area of ice in front of the net from the goal to the top of the faceoff circles.

Small Games

The playing of small, compact games at one end of the ice. This helps players develop their skills, game strategies, and creativity. These games are excellent ways to maintain high levels of enthusiasm and keep players moving rather than standing in the traditionally long practice drill lines.

Spearing

The action of poking or attempting to poke an opponent with the tip of the blade of the stick while holding the stick with one or both hands.

Strong Side

The side of the ice where the puck is being controlled.

Support

Players away from the puck make themselves available as a passing option in the attack. Players away from the puck are active by positioning themselves in a manner which provides options.

Tight Gap

When players, especially defensemen, play very close to the opposing team's attackers on rush and neutral zone situations. It means that the space between the attacking players and the defenders is as small as possible.

Timing

The ability to arrive at the right place at the right time.

Trail

A teammate supporting the puck carrier from behind.

Transition

The ability of a team to quickly move from offense to defense and vice versa.

Weak Side

The side of the ice opposite to where the puck is being controlled.

Wideman Pass/Widewing Pass

To use width of the ice to change the point of attack.

Zero Tolerance

There can be no relaxation in standards by officials in dealing with verbal abuse directed to them, and in their conduct towards all team personnel. No one element (players, coaches, officials) is exempted from the policy. It is important that each group understands and respects the other two groups, and that without cooperation among all three we have a difficult, if not impossible, task to create an environment which is safe and fun.



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