

A

TRUE

PLAYER

**TACTICS:**

**OFFENSE AT THE PUCK**

Ice awareness Patience  
Control Protection Board play  
Reacting Buying time/space  
Headman/give-and-go Scoring  
Stick on the ice Screens Rebounds  
Shots on net Communication

**OFFENSE AWAY FROM THE PUCK**

Ice awareness Pick/support  
Sprint to BO Jump to openings Cycling  
Attack/trail First to loose pucks Communicate

\*\*\*\*\***TRANSITIONS**\*\*\*\*\*

**DEFENSE AT THE PUCK**

Ice awareness Defensive side Blocking out  
Blocking shots Under sticks Eyes up  
Pressure/patience Contain-Pin-Finish  
Communication

**DEFENSE AWAY FROM THE PUCK**

Ice awareness Backchecking Coverage  
Closing the gap Finishing checks Passing lanes  
Clearing out Reading (forecheck) Step and sag  
Communication

**SKILLS:**

**SKATING**

Speed  
Quickness  
Agility  
Balance  
Strength  
Backward  
Altitude/Form

**PUCKHANDLING**

Control  
Protection  
Deception  
Quickness  
Dexterity  
Soft-Handedness

**PASSING**

Accuracy  
Touch  
Reception  
Camouflage  
Saucer  
Backhand  
Readiness

**SHOOTING**

Quickness  
Readiness  
Accuracy  
Camouflage  
Backhand  
Power  
Release

**BODY:**

Quickness Athleticism Proprioception Flexibility Durability Leverage  
Height Weight Maturity Upper body—Strength—Lower body Vision Lateral movement  
Eye-hand coordination Stamina Aerobic Anaerobic Living/training habits Agility/balance

**MIND:**

Poise Self-control Competitiveness Sacrifice  
Fairness Empathy Courage Respect  
Discipline Curiosity Spirit Reliability  
Toughness Level-headedness Playfulness Loyalty  
Dedication Craftiness Enthusiasm Humility  
Work ethic Cleverness Adventurousness Leadership  
Persistence Knowledge Confidence Responsibility  
Consistency Awareness Compassion  
Self-critique Attention Dealing with adults  
Coachability Focus Problem seeking/Problem  
Accountability Wisdom solving  
Perceptiveness Initiative

**HONESTY**

**INTELLIGENCE**

**EMOTION**

**SOCIAL**