ICE HOCKEY SYSTEMS BREAKDOWN

CREATING SCORING OPPORTUNITIES

(WITHOUT THE PUCK)



KEY POINTS

1. Head Up

Keep your head up! Be aware of where the puck is and what your surroundings are.

2. Scan Ice

Don't just stare at the puck. Look around and scan the ice. Scanning the ice allows you to see where everyone is and where the open ice is.

3. Go To Space

Jump to the open space quickly or with deception so that the defence can not easily follow you.

4. Communicate

Use verbal and non-verbal communication with your teammates so they know where you are and where you are going!

























