

# STEP 1 – EXAMPLES OF ROLES



## **Starting Goaltender**

I am a team leader in every sense. I can win hockey games on my own. I am physically and mentally tough, and put my team first at all times. I am resilient and able to work well with others in stressful situations. I am receptive to constant learning and change. I'm a student of the game of goaltending and the game of hockey. I am athletic, agile, smart, motivated, unselfish and determined. I give the team a chance to win nightly.

## **Back-up Goaltenders:**

I am unselfish and have a team-first attitude. I am able to win games from practice and consider making everyone around me better to be the most important part of the job. I am able to play and win games without the benefit of warm up or warning. I am the backbone of my team, every day...coaches & players rely on my consistency. I have the ability to overcome adversity and ego to perform my job at the highest level. I contribute every day in every way to be successful.

## **Defensive Defensemen:**

I play basic, simple, and error-free. I am dependable and responsible for anchoring the team. I am consistent and reliable without fanfare or accolades. I am rugged, play inspired, and can adapt to adverse conditions. I shut down the other team's best scorers.

## **Offensive Defensemen:**

I'm highly skilled at stick handling, passing, skating, and shooting fundamentals. I play defense first and recognize proper offensive opportunities to enhance and create scoring chances. I know that offense cannot diminish defense, and creativity cannot compromise system. I take care of my partner and goaltender first in all offensive situations. I am disciplined and able to understand and execute the game plan.

## **4th Line Players:**

I energize entire team by taking the game to opponents. I am patient, strong and committed. I am even or in the plus column every night. I have relentless work ethic in games and in practices. I dominate the opponent's 4th line and shut down my opposition's best players. I am committed and desire to play the best possible defense and opportunistic offense. I score big goals. I am systematically perfect and able to play within a structured environment, and I know that ice time is dependent on the success of the line. I am hardworking.

## **Energy Forwards:**

I am enthusiastic, extremely well-conditioned, hard-working and never-say-die. I outwork, out-hit, out-smart, out-think, out-skate, out-shoot and out-play the opposition. I can change the course of a game by forcing my opponent to play tentatively or scared. I play well when the chips are down, and create good things when energy is needed. I'm in the even or plus column. I am fast and strong.

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## **Grinding Forwards:**

I know that size of heart is much more important than size of body. I am a tough individual that enjoys physical play and knocking opponents off puck. I play aggressive style at net fronts. I'm unafraid to check, steal pucks, counterattack off turnovers, win personal battles, wall battles, & slot battles. I screen, pick, tip and dig for rebounds. I block shots. I am even (plus/minus) every night. I execute this role on every shift.

## **Playmaking Forwards:**

I have great hockey-sense and vision. I safely and effectively move the puck into high scoring areas. I am unselfishly skilled and confident. I play with an edge, system, and attitude without being cocky. I have more assists than goals, and am in the plus column every game. I'm proficient in my own end.

## **Goal Scorers:**

It's not enough for me to score goals - I score big goals. I score when the situation demands it. My team relies on me to produce on a daily basis. I am plus every night. I'm tough; and will get my opponent's attention. I can play like a grinder occasionally. I score for my team, not myself in order to live this role.

## **2 Way Players:**

I am talented and play the game of hockey the way it is meant to be played. I generate excitement through inspiring and dedicated play. I give special attention to both offense and defense.

## **Championship Players:**

I am willing to make the sacrifices needed to win championships. I am committed to my teammates, coaches, program and mission. I am productive in every situation. I outwork the opposition when no one is watching. I have class, guts, and determination. I strive for greatness while being unselfish. I make everyone around me better. I don't have an ego, and am never a bad teammate. I make my team better. I am 100% committed and possessed. I have mental, physical, spiritual, and emotional toughness. I carry myself, on and off the ice, with high standards and never create more adversity for my team through off ice actions. I am able to put mistakes behind me and accept criticism to improve for the sake of the team. I have a growth mindset and am willing to listen and learn. I understand that it is a privilege and not a right to represent my team.