

STEP 1 – EXAMPLES



Example 1:

Vision: I pursue excellence in every situation.

Mission: I will win a national championship with my team. I will be an all-American. I will be the best defensive defenseman in the league. I will be an incredibly hard-working, reliable, and positive player.

Role: I am a shut-down defenseman. I play a simple and dependable game. I am responsible for anchoring my team's defense and starting my team's offensive rush with quick breakout passes and plays. I do this job consistently well without fanfare or accolades.

Actions:

When I am at my best on the ice, I am:

- Moving my feet constantly
- Creating great gaps
- Playing inside the dots when defending the rush
- Great stick on puck taking away all time and space
- Active stick in the DZ taking away passing lanes
- Bumping early, boxing out, and playing heels to the paint
- Physical and stay out of the box
- Talking, talking, talking to my teammates on the ice

When I am at my best off the ice, I am:

- Eating well and getting 8-9 hours of sleep per night
- Showing up early to events
- Mentoring teammates
- Using the courage it takes to stand up and speak up to hold teammates accountable if needed
- Listening to teammates and learning from feedback
- Following my routine

Example 2:

Vision: I am passionate about living a faithful life filled with divine purpose.

Mission: live my faith in all that I do by using hockey as an opportunity to grow as a person. I will physically, mentally, emotionally and spiritually be a consistent force who displays an unshakable sense of optimism, belief, and integrity on and off the ice. I will lead and support my team to win a national and league championship as well as the Christmas tournament this season.

Role: I am an energy forward with a never-say-die attitude who outworks, out-hits, out-smarts, out-thinks, out-skates, out-shoots my opposition. I can change the course of the game through my intensity and raw determination – especially when the chips are down.

Actions:

When I am at my best on the ice, I am:

- Moving my feet constantly
- Driving the net
- Ripping the puck
- Going to the dirty areas and battling for rebounds
- Supporting my linemates and always a pass option
- Relentlessly hunting on the backcheck
- Getting in the shot lane in the DZ and sacrificing to block shots
- Finishing my hits
- Talking, talking, talking to my teammates on the ice

When I am at my best off the ice, I am:

- Eating well and getting 8-9 hours of sleep per night
- Practicing my faith
- Supporting others and including others on the team
- Using the courage it takes to stand up and speak up to hold teammates accountable if needed
- Following my routine
- Treating all people with respect and care
- Leading in my actions as well done is more important than well said

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Example 3:

Vision: I am the best teammate on the planet.

Mission: I will relentlessly pursue excellence and put the team's needs ahead of my "wants" every day, with a contagious positive attitude. I am a glue guy.

Role: I am a fourth line grinder. The size of the heart is much more important than the size of the body. I am tough, gritty, aggressive. My game outworking everyone, with an aggressive edge. I stay out of the box. I am ready to play a regular shift or 2 shifts per period; either way my teammates and coaches know exactly what to expect from me. I enjoy physical play and knocking opponents off puck. I am aggressive at net fronts. I love to check, steal pucks, counterattack off turnovers, win personal battles, wall battles, & slot battles. I screen, pick, tip and dig for rebounds. I thrive on blocking shots.

Actions:

When I am at my best on the ice, I am:

- Moving my feet constantly
- Knocking their players off the puck
- Hitting
- Stealing pucks
- Winning wall battles
- Blocking shots
- Winning slot battles
- Grinding and battling in front for screens, tips, rebounds and greasy goals.
- Antagonizing the opponents with my fierce competitiveness in each battle
- 2nd, 3rd, 4th effort on every puck and battle
- Talking, talking, talking to my teammates on the ice

When I am at my best off the ice, I am:

- Studying game film
- Helping teammates
- Showing up early to events and staying late
- Fueling well and getting enough sleep
- Getting treatment every day because my body takes a beating
- Encouraging, supportive, and coachable even when I don't get the playing time I hope for
- Following my routine