

STEP 6 – ABCS



ABCs – The basics that work for you

What are the 2 or 3 things that when you do them well on the ice you play solid hockey - the basic things that help you consistently play to your potential on the ice?

Actions such as: “win the battles; good passes; own the lanes” or “quick shots; be alert; protect the puck” or “constant pressure, hard to the net, challenge the gaps, great line changes.”

More Examples:

- A. Keep my feet moving
- B. Win wall battles
- C. Get the puck out

- A. Relentlessly hound the puck
- B. Active stick/Stick on puck
- C. Be physical

- A. Make good reads and maintain position
- B. Box out net front
- C. On the stick or off the glass – out of our zone quickly

- A. Be alert
- B. Crisp passes
- C. Want the Puck
- D. Rip the puck violently

- A. Move my feet
- B. Drive the net
- C. 2nd and 3rd efforts on all battles

- A. Find the seams.
- B. Slip into the open areas.
- C. Poise at the net and finish.

What are your overall ABCs?

- A. _____
- B. _____
- C. _____