

SAFE HOCKEY PLAYING

The best way to stay in the game a long time is to play safe! Our window as an NHL prospect may be somewhat diminished at this point in our lives. Here are 7 key areas to keep in mind to help you get the most out of your game.



Be the best skater you can be! - Strong skating skills:

- Help keep your balance when you make contact with someone
- Help develop a strong body, particularly your core, so you handle contact
- Improve your confidence and decision making when moving around the ice



Head Up - Head on a swivel! - Keep your head up, this will let you:

- See everyone and everything around you, so you can take action to avoid accidental contact
- See where teammates are and help them keep their heads on a swivel
- See where your opponents are so you can avoid making poor decisions



Respect:

- Respect for your opponent's physical well-being
- Understand and respect the rules of the game
- Know how to play hockey safely



Know the Danger Zones! This means you:

- Are aware that there are dangerous areas where contact may occur
- Know to keep your head up and on a swivel when near or in those zones
- Approach these zones in a safe way



Angle, Angle, Angle! - Approach the boards on an angle, this helps you:

- Safely take the puck away from an opponent and stay with the play
- Keep your head on a swivel and your field of view is much larger
- Keep skating before, during and after you've retrieved the puck



Be ready for contact! - Always be prepared for physical contact, this will:

- Let you play at ease with loose muscles
- Keep your head up and on a swivel in anticipation of possible contact
- Help you communicate with teammates so everyone is ready for contact



Arms Up! - Get your arms up when going into the boards, this lets you:

- Absorb the impact of hitting the boards
- Avoid going head first into the boards
- Keep your head up and on a swivel