



Player's Mental Checklist

Center

- In my own end defensively I am going to keep proper position by supporting my defenseman to the rear in the corner and by keeping my man between me and the net when they have control of the puck. I must talk with my defensemen.
- In my own end I am going to keep my stick on the ice and in the passing lanes. (Stick on stick body on body)
- When we gain control of the puck I must provide quick short support and a big target for my teammates and call for the puck.
- I need to lift up sticks in front of the net and not play the puck unless I am 100% sure I can clear it.
- When we break out from our own end, I need to use proper timing so I am not ahead of the puck looking backwards. Again, I must provide a big target and call for the puck.
- On a line rush I need get my head up so I know who is with me and quickly assess the situation whether I have the puck or not. If I don't have the puck I quickly call out to my teammates what the situation is. (2-1, 3-2, etc.)
- Take what is given to me, don't try to force a fancy play. (Be quick, don't hurry)
- If I am the third man in the zone I must be patient and responsible for being high to stretch the offensive zone and support my defenseman. I have to be ready to provide quick support for my teammates.
- When fore-checking I must always keep my stick on the ice and in the passing lanes.
- Before face-offs I have to make sure my teams are ready.

Wings

- In my own end when the other team has control of the puck I must have proper body position when covering my defenseman at the point. I have to assume he is going to get the puck. I want my stick on the ice and in the passing lane. I want my skates facing the boards where I can see my defenseman and the play in the corner.
- When my defenseman gets the puck I need to immediately be in the shot lane so the puck can not get through to the net. I must keep my stick on the ice and go through this defenseman. (stick on stick, body on body)

- Along the boards in our own end I have to make sure I get the puck out of the zone.
- When my team creates a turnover I must sprint full speed to provide short support on the boards if the puck is on my side of the ice. If I am the wide winger I must sprint back to stretch out the opposing team and be open for a possible wide pass, or be open for a D to D to W play. I need to talk to my teammates and give a big target so it easy for my teammates to pass the puck to me.
- On an offensive rush, if I am one of the first to men, I need to crash the net to make room for my teammates and be in position for a rebound. I need to pay the price.
- When fore-checking I must always keep my stick on the ice and in the passing lanes.
- I need to move in straight lines as much as possible everywhere on the ice. (stop and start)
- I need to win the battles in the corners and in front of the net.

Defensemen

- In my own end I need to play stick on stick and body on body. My stick needs to be on the ice so an easy pass can not be made right by me.
- I am going to keep my man in between me and the net at all times when they (the other team) have the puck.
- I need to lift up sticks in front of the net and not play the puck unless I am 100% sure I can clear it.
- I am going to win the one on one battles in the corners by being smarter and mentally tougher than my opponent.
- I am going make my passes hard in all areas of the ice so I am not creating turnovers, knowing an icing call is better than a turnover.
- I am going to quickly provide short support for my partner in all areas of the ice if he gets control of the puck. I am going to call for the puck if I am open or I am going to tell him/her to skate it if they have room.
- I need to provide rear support for my partner in the neutral zone so my pass will not get intercepted on a D to D pass. I also will be buying myself more time when I get the puck to make a good play and will stretch out the opposing team. I need to call for the D to D pass if I want it.
- When I go back to get the puck I am going back as hard as I can to buy myself time and space. I am going to pick up the puck at a slight angle so I can look back and see where I am going to pass the puck before I get it.
- In the offensive zone I need to get my shots through to the net. If nothing is open push the puck into the corner.
- Always move up and back with the play never standing still.

After your game look at your list and see where you were strong and where you need improvement. Use this in your upcoming practices to focus on these areas. Remember that taking pride in doing the little things ultimately turns into big things.