

# Tucker Hockey Tips

## Basic Tips To Help Players of All Ages Improve Hockey IQ / Smarts On The Ice

- Make sure your skates fit properly - usually 1:5 size smaller than your shoe size.
- Be aware of your weight on your skates – it should always be on the middle of your blades.
- Maintain a deep knee bend when you are skating – the Sidney Crosby hockey stance is ideal.
- Proper stick length – below the chin when the tip of the stick is on the ice.
- Keep your stick on or very near to the ice.
- Keep 2 hands on the stick especially when handling the puck in traffic.
- When handling the puck, be sure to keep your shoulders and arms loose, and arms away from your body for improved puck handling skills.
- There are 3 ways to start up in hockey i.e. t – start, v-start and crossover start. The most effective and most popular is the v – start.
- Always face the play / puck, try to avoid turning your back to the puck.
- Keep your head on a swivel – be alert on the ice.
- Head up at all times - beware of the danger zone – 3 to 4 feet off the boards. Avoid getting hit from behind – Safety first!
- Communicate with your teammates – make eye contact and talk on the ice.
- Know when to stride (keep your feet moving) and when to glide (save ice) and read / anticipate the play.
- Know the short game (stops and starts) vs. the long game (crossover / glide turns) to maximize flow on the ice.
- Want the puck – track the puck’s movement on the ice with relentless effort and speed. Be an active participant (around the puck) and not a spectator (watching and wondering what just happened!).
- When receiving the puck accelerate with speed.
- Drive over the blue line with speed – go hard to the net.
- Take more shots on net – Gretzky said “You will always miss with the shots you don’t take”.
- Don’t go behind the net after a shot on net - always stop in front of the net and look for the rebound or a loose puck.
- Play a 200 foot game – skate hard and smart in all 3 zones.

### The 5 Levels of Skill Development:

(1) Fundamentals (2) Train to Train (3) Train to Compete (4) Train to Win (5) Mastery



**Without continual growth and progress, such words as improvement, achievement, and success have no meaning.**

**~ Benjamin Franklin**