

U16 Female NW Team - Basic Rules for Success (The Process of Winning)

- Eat to compete – **We have to eat to feed the energy systems that we use in hockey.**
- **THE GOLDEN RULE – SHORT SHIFTS (45 SECONDS OR LESS) – THIS ALLOWS US TO STAY IN THE ANAEROBIC LACTIC ENERGY SYSTEM – WE CAN COMPETE AT 80-90% OF OUR MAXIMUM EFFORT.**
- **We want to emphasize the team approach** - Goalies **MUST BE VOCAL!**
- **Communication is critical** – talk to each other on and off the ice!
- **Control the ``GAP`` between our defenseman and forwards** – MOVE THROUGH **ALL ZONES AS A 5 MAN UNIT!**
- **WE WANT TO BE THE HARDEST WORKING TEAM ON THE ICE, at all times** – DON`T LET YOUR TEAMMATES DOWN - **give everything you`ve got, every time you step on the ice!**
- WE MUST HAVE A **TENACIOUS FORE-CHECK** and more importantly, **WHEN THE PUCK IS TURNED OVER**, WE WANT TO HAVE A **TENACIOUS BACK-CHECK; HEAD ON A SWIVEL AND PICK UP YOUR MAN!** What we do without the puck is just as important as what we do with the puck!
- **If we want to score we have to follow a simple approach:**
 - **GAIN THE OPPOSITION BLUE LINE WITH SPEED!**
 - If their defenseman ``stand up`` at the blue line – **DUMP THE PUCK IN AND CHASE.**
 - If their defenseman ``back off`` the blue line – **TAKE THE PUCK TO THE NET- Drive! Drive! Drive!**
 - If we are in the **PRIME SCORING AREA** – **SHOOT THE PUCK!**
 - Always use the **1,2,3, Attack (Triangulation)** – Create width and depth in our attack!
 - Use your teammates – **Pass the puck!**
- **If we turn the puck over - EVERYONE BACK-CHECKS AS HARD AS THEY CAN, THROUGH THE DOTS** – We want our defenseman to have support, so that they can **force the play at our blue line!**

- **PROTECT THE CENTER OF THE ICE – FORCE OUTSIDE!**
- We have to **play smart, be disciplined and play for each other. NO DUMB PENALTIES!**
- **I CAN'T EMPHASIZE THIS ENOUGH – THE TEAM THAT COMES TOGETHER THE QUICKEST AND BONDS AS A TEAM, HAS THE GREATEST CHANCE FOR SUCCESS, IN SHORT-TERM COMPETITION. IF WE WANT TO DO WELL AS A TEAM, THERE IS NO PLACE FOR INDIVIDUALISM! BC HOCKEY IS LOOKING FOR TEAM PLAYERS; INDIVIDUALS DO NOT ADVANCE IN THE HIGH PERFORMANCE PROGRAM – IF YOU WISH TO SUCCEED AS AN INDIVIDUAL, BE A TEAM PLAYER! YOUR TEAMMATES WILL MAKE YOU LOOK GOOOOOOOOOOD!**
- **Hockey isn't rocket science; the team that works the hardest, plays as a team, stays out of the penalty box and makes the least amount of mistakes, usually wins.**
- **IT ISN'T THE WIN** that is the most important thing, **IT IS THE PROCESS OF WINNING** that really counts. You can play a lousy team and win and learn nothing. You can play a really good team and lose and learn a great deal. **You have to become a student of the game and try to learn from your successes and failures. That is how you can become a better player and in our case, a better team. Forget about ``the win``; if you follow the process, ``the win`` will come.** Winning is a by-product of all of the little things that you do! **Follow the process of winning!**

MOST OF ALL, HAVE FUN AND ENJOY THE BC WINTER GAMES; YOU MAY NEVER GET ANOTHER CHANCE TO PARTICIAPTE IN THE GAMES, SO MAKE THE BEST OF THIS EXPERIENCE.

I LOOK FORWARD TO COACHING ALL OF OUR ATHLETES, WORKING WITH THE TEAM STAFF AND MANAGEMENT.

Truly,

Fred Hudson

U16 Head Coach – NW Zone