



# GMHA Consistent Key Teaching Points



## Tyke to Atom

### Player WITH the Puck

1. Move Feet ( Skate first)
2. Head Up - Look to advance Puck
3. Puck Possession
4. Hockey Canada Skill Specific
5. Coaches Choice

### Team Does Not Have the Puck

1. Closest player applies pressure (P1)
2. Good Angles
3. Stick on Puck
4. Body Position (D-side of puck)
5. Hockey Canada Skill Specific
6. Coaches Choice

### Player SUPPORTING the Puck

1. Move Feet
2. Move to Open Space (Ready for Pass)
3. Stick on Ice
4. Communicate
5. Hockey Canada Specific
6. Coaches Choice

### Player CHECKING AWAY from Puck

1. Head on a Swivel (Shoulder Checks)
2. Defensive Side of Puck (between player and your net)
3. Anticipate and React
4. Communicate
5. Hockey Canada Skill Specific
6. Coaches Choice