

# **COACH RESNICK'S**

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## **COMMANDMENTS OF HOCKEY**

### **TEN COMMANDMENTS:**

1. *I WILL skate my lane.*
2. *I WILL keep two hands on my stick and my stick on the ice.*
3. *I WILL NOT turn my back to the puck or to my opponent's goal.*
4. *I WILL NOT get a penalty when my team is behind.*
5. *I WILL NOT go backward in our zone except on a power play.*
6. *I WILL NOT go offside on a two-on-one, three-on-one, or three-on-two—straddle the blue line.*
7. *I WILL control my wing between the blue lines.*
8. *I WILL NOT hog the puck, except when I am left alone.*
9. *I WILL keep my body between the puck and the man.*
10. *IF I am in a shooting position, I WILL take the shot.*

### **RULES OF PASSING:**

1. *I WILL NEVER pass to the man standing still.*
2. *I WILL NEVER pass the puck foolishly.*
3. *I WILL ALWAYS pass the puck to improve our offensive position.*
4. *I WILL keep my head up and never pass to the covered man.*
5. *I WILL headman the puck.*
6. *AFTER passing the puck, I WILL skate to get into position for a return pass.*
7. *I WILL NEVER pass diagonally in my own zone unless 100 percent sure of the pass.*
8. *I WILL NOT pass or carry the puck in front of my own net or throw it out blindly from behind the net.*
9. *I WILL pass the puck into the offensive zone—only if I have no skating room and no one to pass to.*

### **MAN-DATORIES:**

1. *Skate to the puck.*
2. *I WILL take the man if I cannot get the puck.*
3. *I WILL backcheck and pick up the open man when the other team has the puck.*
4. *One on one, I WILL ALWAYS take the man.*
5. *I WILL check the man passing the puck.*
6. *First man in takes the puck carrier.*
7. *Second man in takes the puck.*
8. *Player in front of the net must face the puck and lean on his stick.*
9. *You must never allow the team to be outnumbered in its own zone.*
10. *Puck carrier is never the last man to leave the zone.*