

[Play Heads Up Hockey]



Stay Alert

Be aware of what's going on around you at all times.

Strength And Flexibility

Increasing muscle strength around your neck and spinal cord will make you stronger and safer when taking a hit.

Arm Positioning

Be sure to position your arms so you can cushion a hit from all sides.

Bend Your Knees

Always keep your knees bent for better balance in all situations.

Be In Control

Improving your skating ability will make you a safer, stronger and smarter player.

Heads Up ... Don't Duck

For more information on playing Heads Up Hockey or to order your own Heads Up Hockey kit, log on to www.usahockey.com.

Heads Up

Keep your head up at all times. Constantly scan the ice straight ahead and from side to side.

Along The Boards

Don't duck along the boards and glass. Instead, maintain your balance, keep your feet moving and properly brace yourself for contact.

Cushion All Impacts

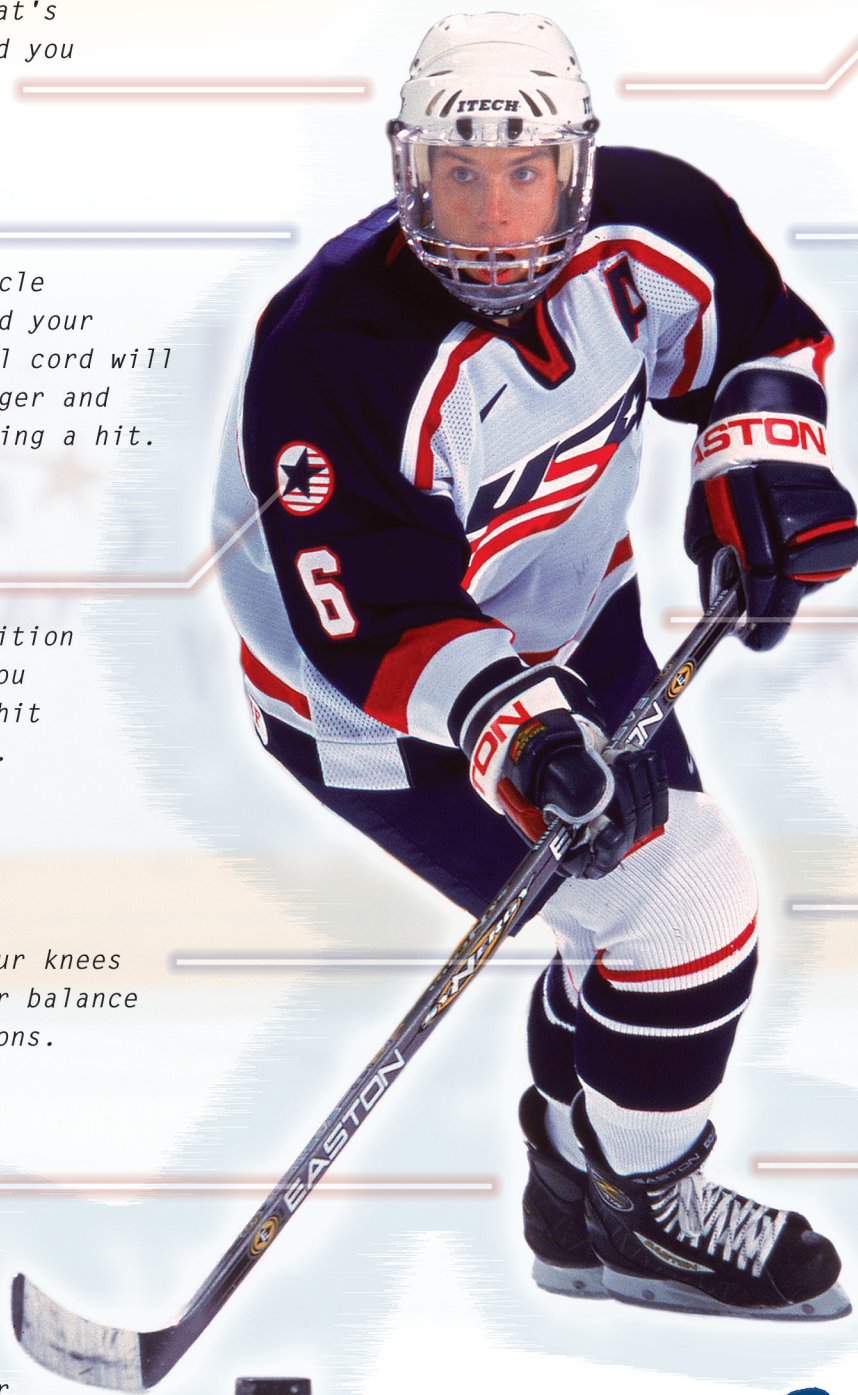
Try to absorb the impact with as much of your body as possible.

Go Low

A lower center of gravity increases your balance and stability on your skates.

Skate Through A Check

Skating through a check decreases your chances of full impact, and also gives you a better chance of maintaining your balance and staying in the play.



A blue ink signature of Karyn Bye, written in a cursive style.

Karyn Bye
2002 Olympic Silver Medalist
1998 Olympic Gold Medalist

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Think Smart

The more you learn, the better player you will become.

Never Blind Or From Behind

Always face your opponents. Never hit them blind or from behind.

Arms First

Always put your hands on your stick, if possible, and cushion any impact using your arms like a shock absorber.

Skate Hard

By moving fast, you are a difficult target for your opponents, and you are in a better position to give or receive a pass.

Quick Feet

Don't be caught standing still – keep moving.

Heads Up ... Don't Duck

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Control Your Aggression

Do not retaliate through anger, or let anger throw you off your game.

Anything But Your Head

Never hit anything on the ice with your head first.

Don't Duck

Never, ever duck!

Always At An Angle

Be safe when skating into the boards by always skating in on an angle.

Sticks And Skates

Sticks and skates are what make you a hockey player. They are never to be used against an opponent in a dangerous manner.



Brian Rafalski
2002 Olympic
Silver Medalist