NHL20 - Getting Started
PS4 Edition

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NHL20 - Getting Started

WHAT'S NEW

EA SPORTS™ NHL® 20 introduces cutting-edge gameplay innovation to showcase your skills, more customization to unlock your style, and new modes to compete with friends.

WHAT’S NEW AND IMPROVED IN NHL20, SPECIFICALLY?

Here’s a bullet point list of the major innovations and improvements over past iterations, including:

▪ Speed and Shooting Fueled by RPM Tech
▪ A New Generation of Hockey Broadcasting
▪ New Mode and Icons in Hockey Ultimate Team™
▪ New Ways to Play With Friends
▪ An Ever-Expanding World of CHEL


Table of Contents

1. Pre-Play Checklist
2. Starting the Game
3. Training Camp
4. Free Skate: 1v1 vs. Goalie
5. Player Creation
6. Main Menu / Modes / Team Formation
7. Extended Gameplay Modes
# NHL20 - Getting Started

## Pre-Play Checklist

- **The VERY First Thing: IT Permissions on Campus**
  Before any gameplay can occur on a school campus, make sure that your school’s IT Department has had time to review the manufacturer’s instructions on setting up this game on a LAN; that permissions have been set-up on dedicated PS4 units; and that school administration is supportive of esports on campus.

- **Equipment Check**
  Got all the right peripherals? Fast internet and sufficient bandwidth to play the enhanced functions? Consider a larger monitor, as the graphics details will blow you away!

- **Training Camp Feature**
  Complete ALL features and activities in the Training Camp. These will familiarize players new to hockey with important basic terminology, as well as get players acquainted with use of the controller and the many button + joystick + trigger combinations that will have you playing like a Stanley Cup hopeful in no time.

- **Design Your Player**
  If you got through the grind of the Training Camp modules, you are ready to create a customized player, built completely from scratch or pulled together from real game stats of players in American, Canadian, and European hockey leagues.

  **Players, take note:** *Female athletes* are part of customizing choices, so you can design a player that reflects your own unique playing style.

- **Build Your Team Roster**
  Having built a player and passed ALL of Training Camp, you are ready to create a team of players (including the one you made) from a selection of all the players currently playing in American, Canadian, and European hockey leagues. From here, you can truly create your Dream Team by assigning them to positions and lines.

- **Early Scrimmages**
  Start with Practice Mode or 1v1 Free Skate versus an NHL goalie, then work your way up to 3v3 match-ups. When you're feeling ready, expand to full-team matches from 4-10 minutes per period, with increasing levels of difficulty and expertise.

*Continued, following…*
NHL20 - Getting Started

Pre-Play Checklist, continued

☐ Game Functions OTHER than Playing...

This new version of NHL20 is packed with menus to customize the smallest details of your customized player, and the game extras don’t stop there! You can pick any two teams, assign lines to create your dream match, and then play against another person, the PS4 Artificial Intelligence (AI), or set both teams to CPU mode, and see if your game results match league reality.

Want more, you say? How about scouting prospects, building the bench for your Dream Team, or thinking REALLY BIG by designing your very own hockey stadium! You control every aspect, right down to paint colors, merchandise at the team store, and what kinds of concessions are sold on game day. The possibilities are endless!

☐ Online Competition

With an active Playstation Network account, go online and take on the world! Pit your Dream Team against other live international players who are looking to leave it all, including you, on the ice.

☐ Club Activation through NASEF

If you love esports and want to expand not just your mad NHL20 skills but your personal horizons, then talk with classmates to find a suitable “General Manager” (read: cool teacher or other adult with access to consoles and a space to play) and talk with them about joining the North America Scholastic Esports Federation – NASEF. There’s NO cost to join, NO cost to access or use what we offer, and NO cost at all for ANYTHING we provide. Get all the details at www.esportsfed.org.

☐ Advanced Gameplay

If we catalogued EVERYTHING that’s new, innovative and amazing about NHL20, you’d never finish reading. Let’s keep it light, fun and simple – we’ll get you going, teach you how to play in 30 minutes or less, and after that, you decide what menu looks most interesting, or what aspect of hockey you want to master. This is not just a game you finish over a weekend; it’s a game experience designed for hockey enthusiasts who love to go down fighting and come back up for more!
NHL20 - Getting Started

Starting the Game

Getting started in NHL20 is a fairly intuitive and straightforward process. In fact, one of the creators of this training guide caught on in just 30 minutes while admitting to knowing absolutely nothing about ice hockey, the NHL, or even an PS4! While this guide is written for those who need words and images to help with learning (or getting reacquainted with) a new game, you could do the same by yourself without this guide – it might just take you longer to play, as you would get totally caught up in all of the features, details, and unbelievable extras that EA has developed.

Playstation Network Account – Your Season Ticket to NHL20

There has to be a rule, right? This one is easy, and you probably saw it coming: to play most games on PS4, you need a Playstation Network account to establish your legal age, to make in-game purchases, and to save and send screenshots and video replays of your most next-level plays, sick teamwork and buzzer-beater slapshots, etc. Have an account already, you say? Proceed to page 6.

To access any play mode other than Training Camp and Practice, you will need to create an EA account. This also requires you to electronically sign the EULA (End User License Agreement, seen below) before continuing.

If you don’t already have a Playstation Network account, you will be prompted to create one next. We suggest that you do the basics with only the required information and save the personalization like avatars, screen names and the like until later. You are encouraged to not make your real name publicly viewable for your own safety.

Wait! You wanted to PLAY NHL20, right? So then let’s move on…

Continued, following…
The first time you play, you will need to complete the “Score Clock Calibration” to ensure that the game uses as much of your display as possible.

Use the arrows on your controller to adjust the score clock position on the bottom so that the yellow bar is not visible on the bottom.

By column, the suggested settings include:

1. **Your NHL Experience:** I’m new to sports gaming
2. **Controls:** Hybrid
3. **Difficulty:** Rookie
4. **Gameplay Presets:** Preset 2 – Traditional
5. **On-Ice Trainer:** Beginner
6. **Shot Aim:** Aim Assist
Training Camp - Highlights

Start at the beginning and work through ALL six (6) Training Camp Basics sessions, which are:

- Shooting
- Passing
- Defense
- Faceoffs
- Basic Deking
- Advanced Deking

Most Training Camp activities require you to complete an activity or motion three (3) times, after which you move on to the next activity.

- Shooting = Shoot the Puck (3x) / Slap Shots (3x) / Shot Aim (3x)
- Passing = Pass (3x) / Good Passing (4x) / One-Timers (3x) / Goal (3x)
- Defense = Poke Check (3x) / Body Check (3x)
- Faceoffs = Faceoff Draw (3x) / Faceoff Tie-Up (3x)
- Basic Deking = Stick Handling (4x) / Toe Drag (3x) / Loose Puck Deke (2x) / Windmill Deke (2x)
- Advanced Deking = Between the Legs Deke (2x) / Between the Legs Shot (2x) / Backhand Drag Shot (2x) / One-Handed Tuck (2x) / Tap-Back (2x)

There is also an option to learn more, at your own pace, through a series of live-action, on-ice videos filmed by Hockey Canada. It is highly recommended that you review Offsides and Icing before exiting Training Camp.
NHL20 - Getting Started

Training Camp - Shooting

Making the Most Out of Shooting Drills

From here on out in this training guide, when you’re presented with a new gameplay skill, it will come with:
1. A screenshot of the Training Camp sub-menu; select a skill to practice and acquire it;
2. The controller action required, and
3. A screenshot of the action on the ice, to familiarize yourself with it.

Easy, right? We’ll also share some hockey facts and figures, so it’ll look like this:

Rocket Wrist!
The fastest slapshot ever recorded was 118.3 MPH by Bobby Hull. That’s faster than any animal in the animal kingdom...other than a peregrine falcon.

Use the Force!
The force needed to bend a hockey stick by one inch depends on the bending length. If it takes 85 lb to bend a one meter section of the stick by one inch, it will take 680 lbs to bend a 0.5 m section of the same stick by one inch.
Training Camp - Passing

Before the shot, there is often times a pass; it’s a great way to increase your chances of scoring by getting the goalie to move side to side.

The challenge to make a good pass is equal to the payoff when you do. Plan accordingly!

The Bank Pass
You won’t always have a direct passing route to your teammates. Use bank passes off the boards to evade defenders and forecheckers. Puck possession is key to team success, and indirect passes can be tough plays for defenders to read. Try them in practice: it will help you see the game in a new perspective, and it should open up more play-making opportunities and capabilities.
There is as much agile footwork and lightning-fast sprinting in NHL20 as there are bone-jarring body checks, and they are all part of what you need to master to win: DEFENSE.

In NHL20, you defend by executing two specific moves (combined with other movement you are doing simultaneously): a poke check and a body check.

Now, because this is a static training guide, we can only show you the controller combinations to activate these defensive moves. A screenshot will not convey the awesome sounds or visuals of two players, each around 6'4” and easily 200+ pounds (each), body checking. Here are the combos - go to it. GLHF!

For Extra Credit
There are Newtonian physics at work in all times in hockey, especially with body checks. Can you figure out how the mass of the players changes the forces exerted in a collision? Play with smaller, lighter players vs. larger ones in 1 v 1 and experience the difference!
One of the most strategic, hold-your-breath moments in a hockey game is the faceoff, where two athletes square off with each other, waiting for the precise moment the puck hits the ice before exploding into action. Training camp will equip you with a sense of timing to either draw the puck to you, or tie up a quicker opponent’s stick in the hope of puck recovery. Whether you win or lose the faceoff, there is a lot to learn about what happens immediately after the puck is put in play.

Wait Your Turn!
The goal is to gain possession of the puck immediately after it is dropped. Jump in too soon, and the linesman may throw you out of the circle. Too late and you’ll be chasing after the play. In addition, around the outside of the faceoff circle in either team’s end of the ice, you’ll notice a set of hash marks on either side of. Those are the markers for the wingers’ positions. No other players may enter the circle prior to the puck being dropped, and players must remain on their side of the hash marks as well. Important to know: No contact is allowed with the opposition prior to a draw.
NHL20 - Getting Started

Training Camp – Basic Deking

Deking out defenders to score devious goals is a proud part of hockey tradition, so NHL20 made sure to include NINE (9) ways to get your deke on! The first four (4) are found under the Basic Deking menu. To dominate on the ice, this is your offensive weapon so get to work on these sweet moves now!

Deke?!
Deke originated as a shortened form of "decoy." Ernest Hemingway used "deke" as a noun referring to hunting decoys in a novel. About a decade later, "deke" began appearing in ice-hockey contexts in Canadian print sources as both a verb and a noun meaning the act of faking an opponent out of position.
You’re about to get your Black Belt in offense on the ice: Advanced Deking includes a series of increasingly difficult controller combos that, when timed to perfection, execute tactical moves that will have even the CPU opponent staring as you speed by with the puck. Completing the practice runs will be worth the sweat once you start playing higher ranked players or CPU-managed teams with higher ranked skill sets.

**Keep in mind:** Your sense of timing can crush an opponent with higher base stats.

**Land of Ice & Sun?!**
It was **California** entrepreneur Frank Zamboni who created the first Zamboni in 1949!
NHL20 - Getting Started

Free Skate: 1v1 vs. Goalie

Shooting practice...CHECK. Slapshot cannon primed...CHECK. Toolkit full of deke techniques...CHECK. So now it’s time to bring your game before the 900-pound gorilla in the crease - the goalie. NHL20 has stats for the best in all leagues, so this is your opportunity to slap the puck past your arch-rival, or to see if John Gibson is as bullet-proof as his stats say...

Vision Control

If you aren’t familiar with it, vision control is the L2 button on PS4. Holding it down without the puck will make your player square up with the puck; holding it down with the puck will make your player skate backwards.

Off the Post!

Pinging the puck off the posts surrounding the goal is about as close as you can come to scoring without actually illuminating the red light. Even so, it doesn’t count as a shot on goal. Likewise, if a goalie catches a puck that was going high or wide of the net, they do not receive credit for making a save.
NHL20 - Getting Started

Main Menu / Pinned Modes

Choose your first three, then change on the fly.

From the Main Menu, NHL20 content is divided into six (6) general topics:

1. **Quick Play** (No time to wait! No need for training - just knuckle through it!)
2. **Career** (All you number junkies and stat-fans - EVERYTHING is in here!)
3. **Online** (Your window to world-wide NHL20 play, including the new World of CHEL)
4. **More** (Always imagined yourself slapping the buzzer-beating winning shot? Make it happen here by either setting up two champion teams, or test your grit and nerves in Shootout Mode)
5. **Customize** (Start small with building a player and graduate to creating teams and rosters)
6. **Extras** (As if all of the other stuff wasn’t enough, change your settings or get in some practice)

Your first time through NHL20, you will be prompted to select three (3) menus to pin to your opening dashboard / screen. Below we make three (3) suggestions to get you playing in 30 minutes or less:
NHL20 - Getting Started

Main Menu / Modes / Pinned Modes

To get you going quickly, we recommend you pin the following:

1. Play Now: Get started quickly!
2. Creation Zone: Create your own players and teams to take on the hockey world
3. Training & Practice: No one makes the big leagues without practice, and that includes you!
FINALLY! You can build...YOU!...and compete in the NHL...

...or any of the various official hockey leagues from all over the world. Start slow, work through the basic menu first, then gradually increase your customizations by layering in enhanced stats, playing style(s), and even create and fly your own team colors. Once you build your first custom player, male or female, you can then set your world hockey domination plans in motion by developing a bench of ice giants.
All-Stars, Assemble! Team Formation and Play

From your pinned modes menu, select Creation Zone, and select Create Team. You always start as the Burnaby Aces, but that, and a whole lot more, can be changed:

You can change any feature / stat / factor of the team Every facet of the team, from recruiting your favorites from any league team to including players, you create. The best part? There’s no salary cap!
NHL20 - Getting Started

Extended Gameplay Modes

Now that you’ve mastered the basics of NHL20, why not take a look at some of the following extended content and play modes?

REMEMBER: It’s true that there are so many options for gameplay, that it could possibly take over your day... if you let it. Don’t neglect your family, your friends, you school or your work. When you can play, give 110%.

NASEF advocates for healthy gaming, which includes a balanced diet (centers and focuses the mind), adequate sleep and physical exercise (all the world-class athletes AND the best gamers rest and work out, so why not you?), and dedicated time away from all electronic devices. Go outdoors, hang out with friends (face to face, in person, old school style), and remember that the game will be here, waiting for you.

- **Mode #1 - NHL® Threes**
  Just like you guessed, choose and play 3 on 3 hockey by traveling around North America, in an exhibition game, or against online opponents.

- **Mode #2 - Online Versus**
  Drop the guide, and play already!

- **Mode #3 - Franchise Mode**
  Great NHL teams are built through drafting and scouting, and in NHL20, it’s no different. You can even take on the role of an “armchair GM” by running the upcoming 32 team expansion draft that will add Seattle to the league!

- **Mode #4 - Ones Now**
  Go back to hockey’s roots by playing some outdoor pond hockey where it’s every player for themselves!

- **Mode #5 - World of CHEL**
  In World of Chel, four game modes are linked by a single progression and unlock system. With every game you play in any of the four modes, you earn experience points. Each time you rank up (and in certain other cases), you’re rewarded with a “Hockey Bag” (essentially a loot crate) containing an assortment of personalization options for your created character, such as clothes, accessories, goal celebrations, equipment, and even sound effects with which you can craft your own goal horns.
Resources and Additional Information

A. Suggested Resources
   i. NHL 20 tips: 10 essential things to know before you play -
      https://www.gamesradar.com/nhl-20-tips/
   ii. NHL20 Goalie Tutorial -
   iii. NHL20 Accessibility Resources -
        https://www.ea.com/able/resources/nhl/nhl-20
   iv. RPM Tech Speed and Shooting -
   v. NHL20 Goalie AI -
   vi. NHL20 Ultimate Team -
       https://www.ea.com/games/nhl/nhl-20/ultimate-team

B. Why Physical Performance Matters in Esports -

C. The Five Most Common Health Concerns for Esport Athletes -
   https://www.rappler.com/technology/features/181571-esports-common-health-concerns

D. Fraud Takes the Fun Out of Video Games -
ACKNOWLEDGEMENTS

About the North America Scholastic Esports Federation (NASEF)

Our mission is to provide opportunities for ALL students to use esports as a platform to acquire critical communication, collaboration, and problem-solving skills needed to thrive in work and in life.

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Holly Steele started her teaching career as a middle school science teacher. Now she serves the Orange County Department of Education as the Administrator for STEM, Esports, and Inside the Outdoors. In her current capacity, she and her team work to build an inclusive STEM community that empowers students to better their world, while also working toward the broader OCDE vision of leading the nation in college and career readiness. She’s a hockey enthusiast, an Anaheim Ducks Season Ticket Holder, and an amateur ice hockey player. She’s scored twice on Honda Center ice!

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