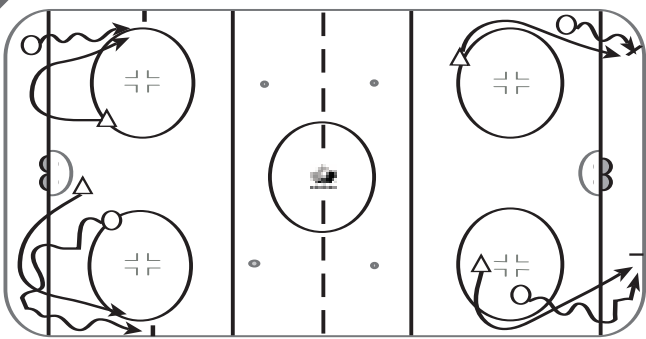


- Session Objective(s)**
1. Checking skills
 2. Creating puck separation
 3. Contact confidence
 4. Open ice body checking

5 min

ANGLE UP, ANGLE DOWN WITH PUCK SEPARATION



Drill Objective:

- To work on angling skills and work on positioning to separate puck carrier from the puck.

Drill Explanation:

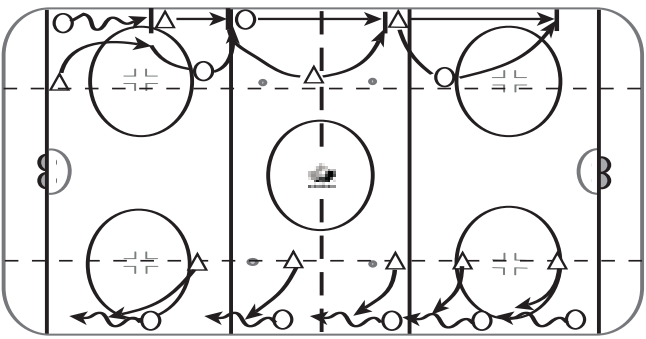
- Positions with various gaps from O who has the puck.
- On whistle, j-skates quickly and controlled and steers O in desired direction.
- Drives body between O and puck - aim for the stick shaft.
- Separate O from the puck.

KEY EXECUTION POINTS

- Inside shoulder just ahead of puck carrier's inside shoulder
- Drive body in front of the puck carrier

10 min

PARTNER BUMP AND ROLL FLOW - NO STICKS



Drill Objective:

- To develop angling and positioning and to practice the execution of the shoulder or block check.

Drill Explanation:

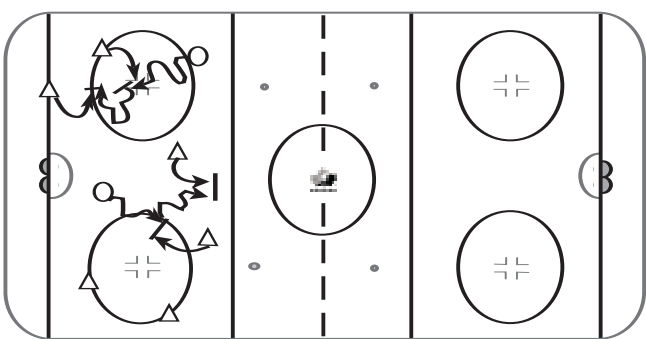
- Players divided into pairs and placed sparsely around the ice without sticks.
- O against the boards, by the faceoff dots.
- O moves slowly along the boards while angles and closes the gap.
- Makes chosen body check then moves slowly along the boards. O rolls to the boards, rotates out and becomes the checker.

KEY EXECUTION POINTS

- Approach under control and at a good angle
- O collapses shoulder/body from check, rolls into wall
- Use the terms coil/uncoil as a description of the motion
- Add sticks and pucks, increase speed, add a pin as players become more proficient

10 min

OPEN ICE BODY CHECK - NO STICKS



Drill Objective:

- To work on angling and positioning skills and to teach checking from a balanced position.

Drill Explanation:

- At each end divide players into 4 groups - 1 group with pucks. Other groups have no sticks.
- Group with the pucks cycles around inside the blue line while checkers attempt to bump carriers - if carrier gets bumped off puck they regain the puck and continue.
- Keep score to see which group gets bumped off the puck the least.

KEY EXECUTION POINTS

- Approach under control - eyes on contact area
- Arms crossed at chest
- Use leg drive

- Session Objective(s)**
1. Checking skills
 2. Creating puck separation
 3. Contact confidence
 4. Open ice body checking

10 min

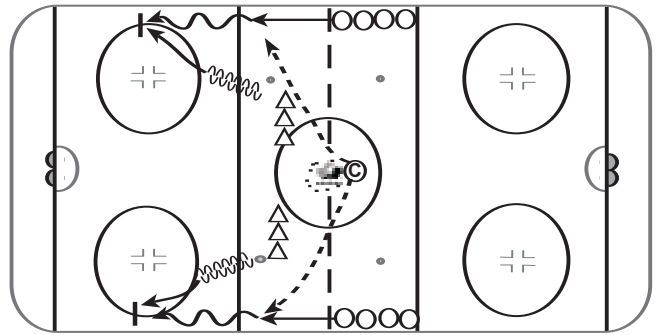
1 ON 1 BODY CHECKING

Drill Objective:

- To develop angling skills while working on lateral motion with a turn and go. To practice executing body checks.

Drill Explanation:

- O starts from behind the redline.
- Coach passes puck and at the same time Δ starts backward from face off dot outside the blueline.
- O must stay along the boards, angles and makes body check.
- Both players go back to respective lines on opposite side of ice from original starting point.



KEY EXECUTION POINTS

- Angle, use a controlled approach
- Hard but controlled, timing is key

10 min

NEUTRAL ZONE FORECHECK

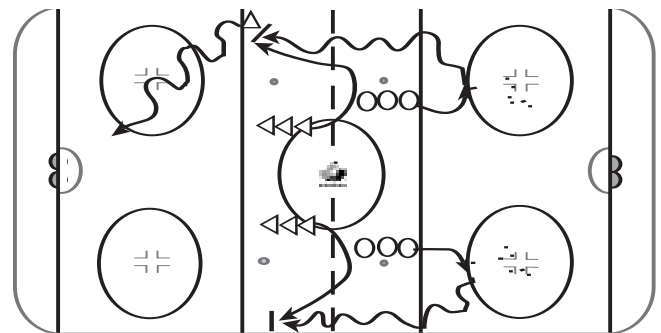
Drill Objective:

- To work on angling, steering, positioning and body checks.

Drill Explanation:

- On the whistle the O's start and swing to get the puck.
- As O picks up the puck Δ starts.
- Δ steers/angles O outside to the boards and makes the check.

- Rotate players through all four positions.
- Use variations such as Δ with no stick, O can regroup or Δ regains puck and goes for shot.



KEY EXECUTION POINTS

- Angle defensive side
- Close gap under control

5 min

ONE ON ONE

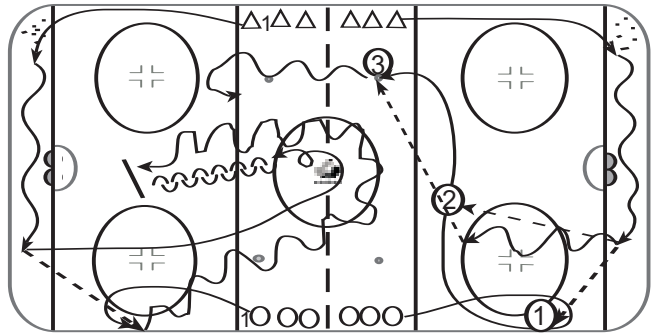
Drill Objective:

- To develop angling/steering/positioning and gap control in the neutral zone. To work on body checking along the boards and in open ice.

Drill Explanation:

- O starts with a puck, takes a shot low from the outside and button hooks to the corner.

- Starts when forward starts and goes to the corner for a puck.
- Carries around the net and passes to O:O breaks for far blue line with pursuing and maintaining a tight gap.
- O horseshoes and comes back 1 on 1, angles and attempts to make body check at blueline.



KEY EXECUTION POINTS

- Angle - make the decision for the puck carrier
- Control check with follow through