



Checking Skills U13

CANADIAN PLAYER PATHWAY



The drills in this practice plan are designed to give coaches some ideas on getting their players ready for Body Checking by incorporating the progressions of skating, angling, stick checks and body contact. There are 4 practice plans in this series that provide the checking skills required to give players the skills and confidence to apply these skills in a game in a safe manner.

The plan is based on 60 minutes so depending on the length of the ice time, the suggested time to run each drill can be adapted to fit the ice time. Where longer ice times are provided coaches can add drills / games of their own.



- To view free videos of the drills in this practice plan download the free version Hockey Canada Network App
- Search and download the Hockey Canada Network from the App Store or the Google Play Store
- Create your account
- Tap on " Skill Development "
- Tap on - U13
- Tap on Checking Skills

Checking Skills #1 – 60 Mins

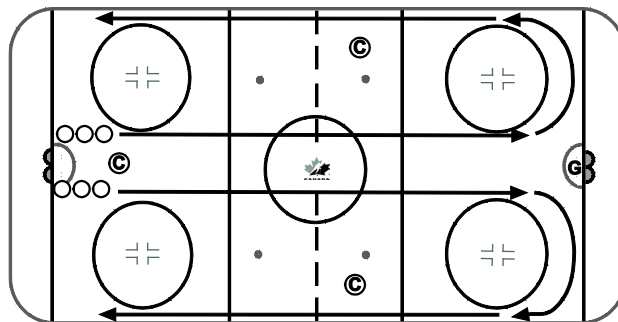
Drill Name & Description

10 mins - Skating – Warm Up 1 - Forwards

- Players line up in two lines on the hashmarks
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and then back along the boards.
- Skills to be performed:
 - Inside edge glide
 - Heel skating (micro pushes)
 - 1 crossover each way
 - 2 crossovers each way

Key Teaching Points

- Technique is important in this warm-up to give the players lots of repetition on technical aspects of skating.



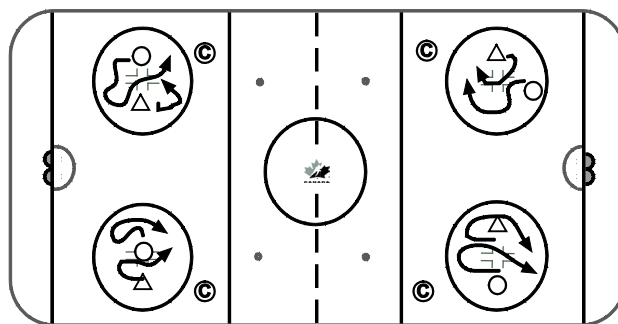
Drill Name & Description

5 mins - Balance and Agility – Rabbit - Coyote

- Players pass back and forth and can move anywhere. On the whistle, it becomes a game of keep away. When the coach blows the next whistle, whoever has the puck gets a point. Immediately start passing again and wait for the next whistle. Make it a best of 5 or 7

Key Teaching Points

- Offensive player protects the puck. Keep body between the puck and the checker. Use your body to shield the opponent
- Defensive player needs to close the gap, get stick on puck and body on body. Defensive player needs to “take his stick with him” and keep it on the ice.
- Coaches make sure players play penalty free



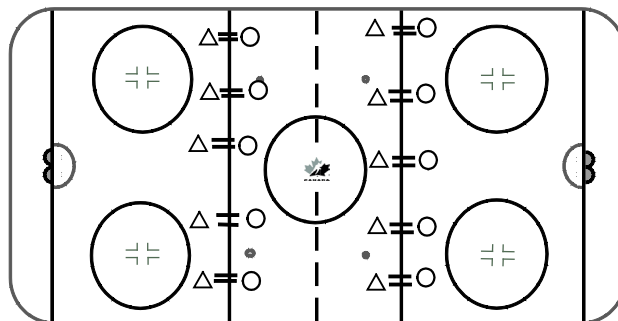
Drill Name & Description

5 mins - Balance and Agility – Stick Battles #1

- Players face each other and each one grabs the end of their partners' stick so they have both have a stick in each hand and each holding on to the same stick
- On the whistle players wrestle to throw their opponent off balance
- A player is considered off balance when a body part other than the skates touch the ice
- Push and pull – go for 15 – 20 seconds, then rest for 15 or 20 and repeat.

Key Teaching Points

- Solid and strong - wide stance
- Get low
- Use strong legs as the base





Canadian Player Pathways U13 Checking Skills #1

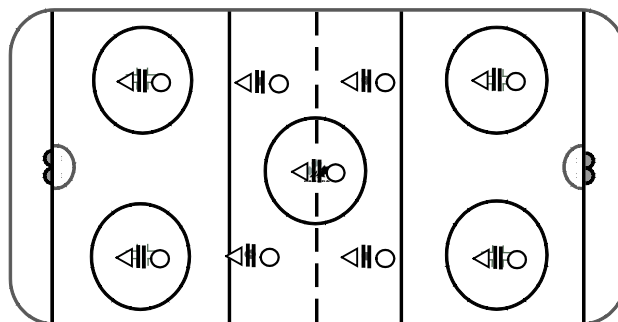
Drill Name & Description

5 mins - Balance and Agility – Own the Dot #1

- Players position themselves at a faceoff dot and place a puck on the dot
- Players are positioned back to face
- On whistle player furthest from puck is trying to knock the puck off the dot, the player closest to the dot is trying to keep the puck on the dot.
- Must keep hands and stick down and play it “ clean “

Key Teaching Points

- Elbows down, stick on the ice
- Good low stable body position
- Drive with the legs



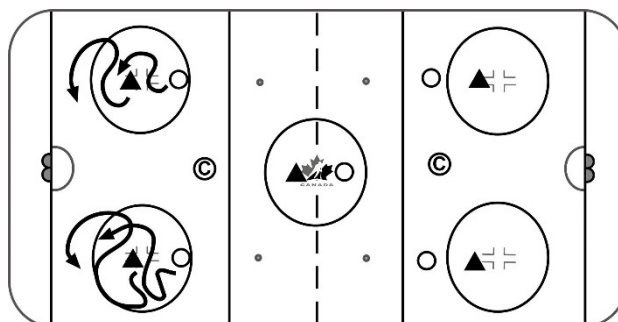
Drill Name & Description

5 mins - Angling – Open Ice Contain

- Players in groups of 4 spread out around the ice – can use circles as contain zones to prevent collisions
- Defensive player starts skating backwards trying to elude forward who acts as forechecker. Quick, deceptive moves to try and lose the forechecker.
- Forechecker stay square, use stick to help contain

Key Teaching Points

- Quick Feet, deception, agility
- Both players need to read and react
- Turn into 1 on 1 for intensity and competition



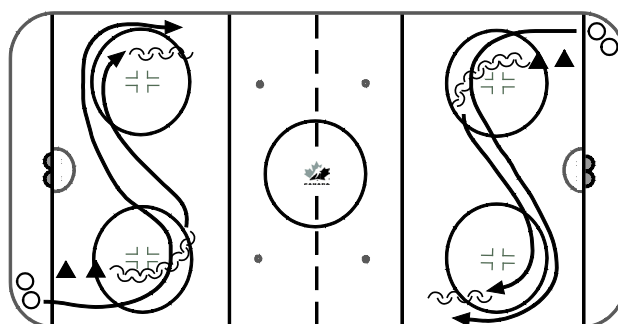
Drill Name & Description

10 mins - Angling – Circle Angling

- Key concept is for the defensive player to get and keep a tight gap on the offensive player
- Offensive player skates the circles and defensive player tries to stay a stick length away
- The drill then turns into a 1-1 drill back at the net

Key Teaching Points

- Defending player keeps a tight gap on the offensive player
- Defensive player keep shoulders square and tries to limit crossovers
- Defensive player tries to stay within one stick length
- Use proper form on transitions both backward to forward and forward to backward
- On the 1-1, defensive player takes inside ice and keeps the attack outside
- Stick on puck, body on body



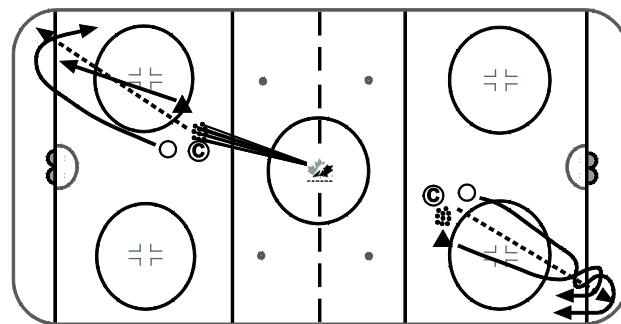
Drill Name & Description

10 mins - Angling – Puck Retrievals

- Start with pucks in the faceoff circle, 2 players start in circle.
- Coach dumps puck in corner and designates one player (player on inside of ice) to be the retriever and the other (player closest to boards) to put on passive forecheck pressure.
- Coach dumps puck so it bounces off the boards in the corner.
- Puck retriever has to take proper lane to puck - stick fake, head fake, and / or shoulder check going into the corner to retrieve puck
- Drill is designed to give players confidence in retrieving pucks and to learn the proper path to getting loose pucks when an opponent is near by

Key Teaching Points

- Get to puck first – first in first out
- Utilize fake to throw off forechecker (Scan / Shoulder Check)
- Can go either way, up boards or behind net



Drill Name & Description

10 mins - Angling – Corner Angling

- Pucks and players in faceoff circle.
- Coach dumps puck into corner, player on inside skates towards corner and retrieves puck.
- Player on outside, must take proper path and angle to force the puck carrier up the boards so the puck can be turned over
- Must match speed of offensive player, stick on stick (stick on puck) and be in a position so the puck carrier cannot turn back the other way

Key Teaching Points

- Control Skate, take proper pathway
- Stick on Puck, force puck carrier into poor position so puck can be taken away
- Scan / Shoulder Check

