



# 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



## Canadian Player Pathways U13 Checking Skills #2

### Checking Skills #2 – 60 Mins

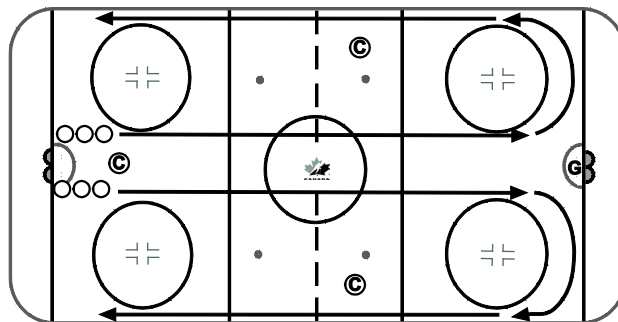
#### Drill Name & Description

##### 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.



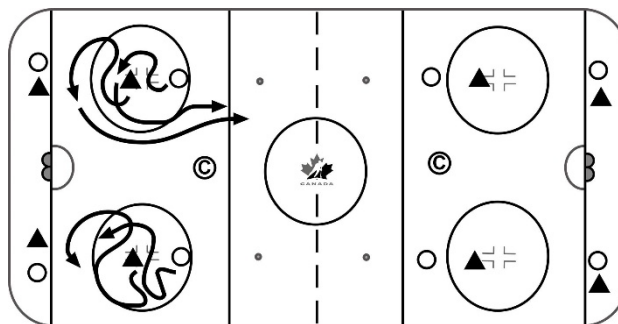
#### Drill Name & Description

##### 5 mins - Balance and Agility - Evasive Skating

- Players line up facing each other inside blue line
- Defensive player starts skating backwards trying to elude forward who acts as forechecker. Quick, deceptive moves to try and lose the forechecker. Start with no puck.
- Forechecker tries to contain, angle and react, and use stick position to steer defenseman.
- Add puck, defender must skate out of zone, If Offensive player gets puck then try to score

#### Key Teaching Points

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



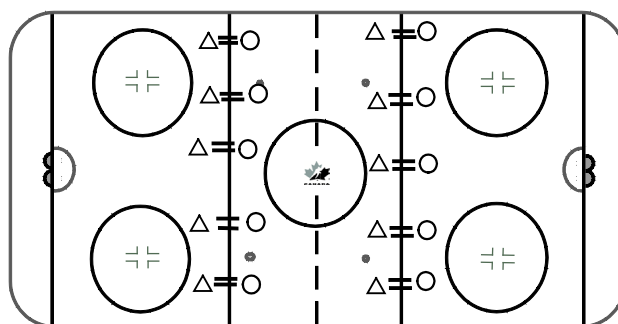
#### Drill Name & Description

##### 5 mins - Balance and Agility – Stick Battles #2

- Use one stick placed horizontally between two players and they both place both hands on the stick shaft
- On the whistle each player tries to push or pull their opponent off balance.
- Push and pull – go for 15 – 20 seconds, then rest for 15 or 20 and repeat.

#### Key Teaching Points

- Wide and low
- Drive with legs





## Canadian Player Pathways U13 Checking Skills #2

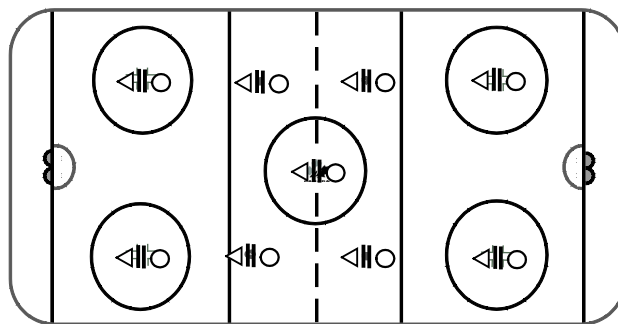
### Drill Name & Description

#### 5 mins - Balance and Agility – Own the Dot #2

- Players position themselves at a faceoff dot and place a puck on the dot
- Players are positioned face 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



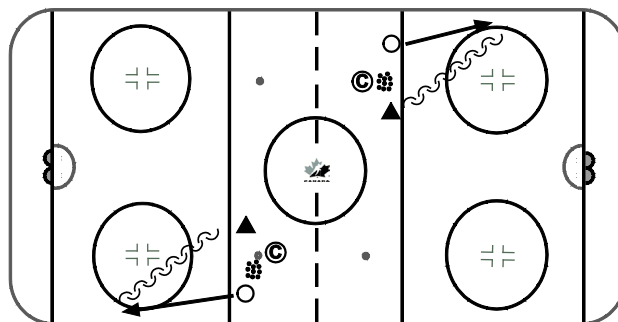
### Drill Name & Description

#### 7 mins - Angling – 1 on 1 Angling

- Players line up in two lines outside the blue line. Player on boards has puck and is on offence, player in middle of ice is on defence.
- On whistle, offensive player starts skating forwards, defensive player starts skating backwards. Defensive player angles offensive player into boards so he can take the puck.
- Defensive player has to take away time and space and must properly time pivot to turn to the outside to face the offensive player.

#### Key Teaching Points

- Use drill to teach both offence and defence tactics
- Defending player must control skate and gradually take away time and space
- Most important aspect is the angle and the timing – if those are right, the defensive player can simply take the puck



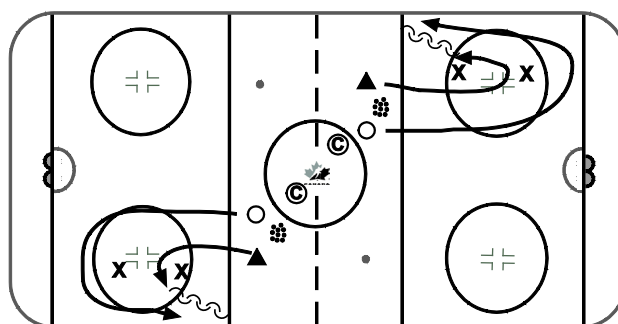
### Drill Name & Description

#### 8 mins - Angling – Open Ice Angling

- Place 2 pylons in the zone as shown, players in two lines at the blueline
- Offensive player skates towards own end with puck, defensive player skates a path inside. Offensive player skates around bottom pylon and turns towards boards to then skate up ice and out of the zone. Defensive player skates towards top pylon, pivots to the boards and then skates backwards to angle the offensive player towards the boards to try and keep the puck in.

#### Key Teaching Points

- Use drill to teach both offence and defence tactics
- Proper timing and body position by defensive player
- Keep inside shoulder lined up with outside shoulder of offensive player, stick on puck



### Drill Name & Description

#### 10 mins - Stick Checks – Stick on Puck

- 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
- Move to neutral zone
- Offensive player skates into neutral zone with puck, passes if boards to self to enter zone
- Defensive player must mirror pattern and angle and get stick on puck. (can skate forward entire way or pivot and play going backwards to get stick on puck)

#### Key Teaching Points

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

