



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 #3

Checking Skills #3 – 60 Mins

Drill Name & Description

10 mins - Passing Warm Up

1) Rabbit / Coyote

- Players grab a partner and spread out across half of the ice.
- One puck between two players.

Progressions:

1. Forehand pass – on 1st whistle pass, 2nd whistle play keep away 1 on 1. Player with puck on whistle protects it
2. Backhand pass - on 1st whistle pass, 2nd whistle play keep away 1 on 1. Player with puck on whistle protects it
3. 1 touch forehand pass - on 1st whistle pass, 2nd whistle play keep away 1 on 1. Player with puck on whistle protects it

-2 – 3 reps on each sequence

2) Skating / Passing Warm Up

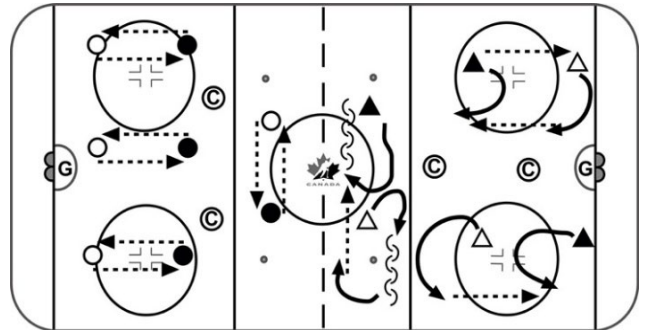
(Head up, Move Feet, Keep Puck Loaded)

- Defenseman will pass with a partner.
- Players can go anywhere but the key is when you receive a pass you need to get your head up to see the ice, move your feet and get it loaded which means be ready to pass the puck preferably on your forehand.
- Coaches whistle will control the pace.

Progressions:

1. Forehand Pass
2. Backhand Pass
3. Receive pass – Escape to backhand
4. Receive pass – Escape to backhand – slide stop

-2 - 3 reps on each sequence



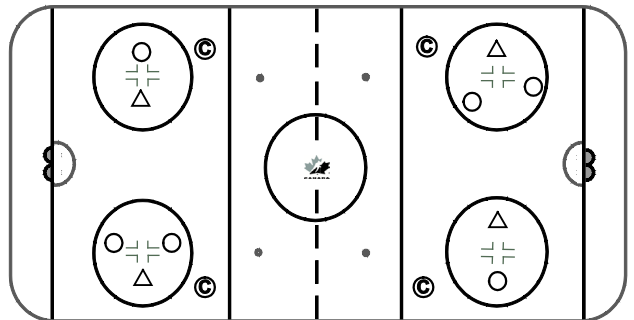
Drill Name & Description

5 mins - Stick Checks – Stationary Poke Check

- Players in circle facing each other – offensive player stickhandles puck, defensive player is in front and ready to poke check puck
- Player remains in a strong ready position stance
- Tuck elbow with top hand only on the stick
- Perform a quick extension of the arm and the stick straight out when the puck carrier is in the range of the check
- Maintain the ready balanced position at all times

Key Teaching Points

- Stay balanced and off toes of skates
- Time poke check when puck is moving from the side to the front





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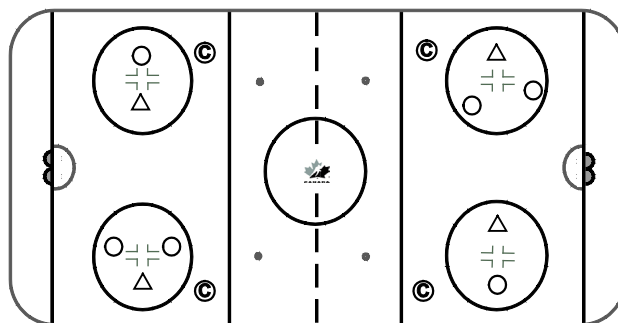
Drill Name & Description

5 mins - Stick Checks – Stationary Sweep Check

- Players in circle facing each other – offensive player stickhandles puck, defensive player is in front and ready to sweep check puck
- Top hand on the stick, the shaft of the blade lays flat on the ice
- Sweeping motion of the stick to the side to knock the puck off the offensive players' stick

Key Teaching Points

- Stay balanced and off toes of skates
- Time sweep check when puck is moving from side to side



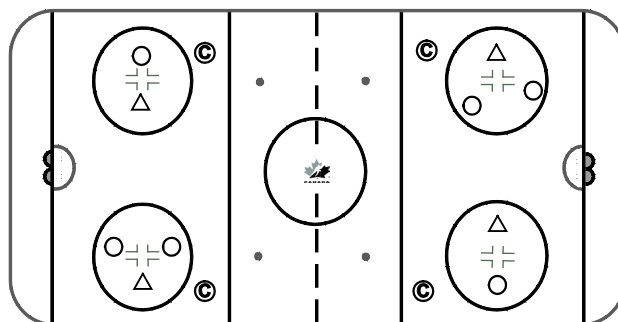
Drill Name & Description

5 mins - Stick Checks – Stationary Stick Lift

- Players in circle standing next to each other – offensive player has puck, defensive player is to the side
- Lift the opponent's stick on the shaft near the heel of the stick enough to retrieve the puck
- After lifting the stick move body in front of the opponent to protect the puck and maintain control

Key Teaching Points

- Lift stick near bottom of shaft
- Take away hands of opponent after the stick lift
- Move in front of body to protect puck



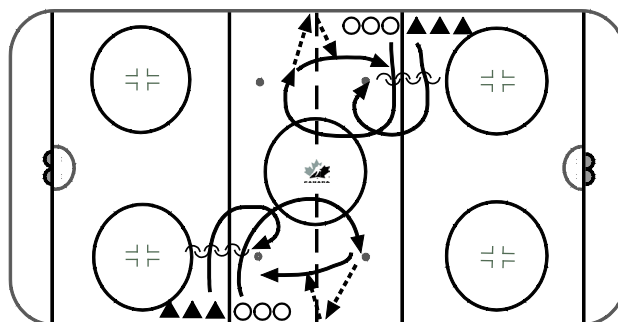
Drill Name & Description

5 mins - Stick Checks – Moving Poke Check

- Players start on boards in neutral zone
- Offensive player skates into middle of ice, turns and bounces puck off boards and then picks it up to attack Defender 1 on 1.
- Defender mirrors offensive players' path and transitions to play 1 on 1
- When offensive player gets puck into range, defender extends stick and poke checks the puck off the stick.

Key Teaching Points

- Mirror offensive player, stay square
- Keep a tight gap
- Stay on balls of feet, don't lunge





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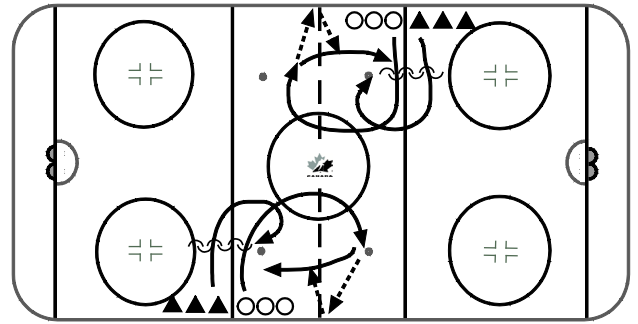
Drill Name & Description

5 mins - Stick Checks – Moving Sweep Check

- Players start on boards in neutral zone
- Offensive player skates into middle of ice, turns and bounces puck off boards and then picks it up to attack Defender 1 on 1.
- Defender mirrors offensive players' path and transitions to play 1 on 1
- When offensive player gets puck into range, defender sweeps stick to the side to knock the puck off the stick.

Key Teaching Points

- Mirror offensive player, stay square
- Keep a tight gap
- Sweep stick to side to knock puck off stick



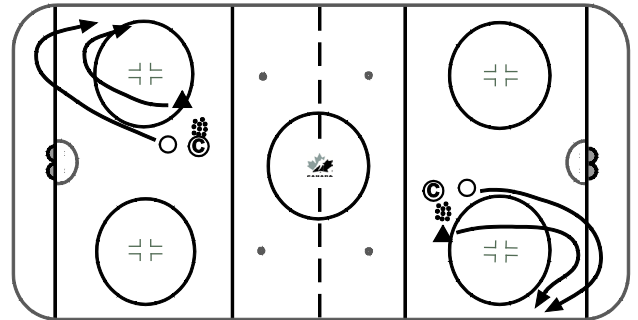
Drill Name & Description

5 mins - Stick Checks – Moving Stick Lift

- 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
- Must match speed of offensive player, perform stick lift to take puck away

Key Teaching Points

- Control Skate, take proper pathway
- Stick on Puck, force puck carrier into poor position so a stick lift can be done





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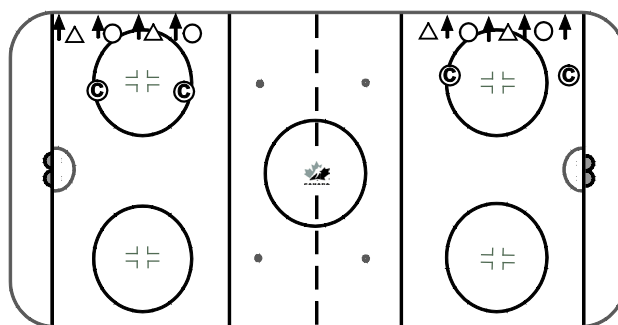
Drill Name & Description

5 mins - Contact Confidence – Wall Bump – Stationary

- Players are stationary standing parallel to the boards
- Players should be close to the boards so that the skate nearest the boards is almost touching the boards.
- Players should be in proper hockey stance, knees bent, shoulders over knees over toes with feet slightly wider than shoulder width apart
- On coaches signal players should make contact with the boards – knee / hip / shoulder all make contact at the same time
- Knees stay bent; arms stay low, stick on ice as player makes contact with the boards.
- Repeat several times and perform on both sides

Key Teaching Points

- Keep knees bent, push up and in towards the boards to make contact
- Keep elbow down and close to side when contacting the boards so the shoulder is the main point of contact



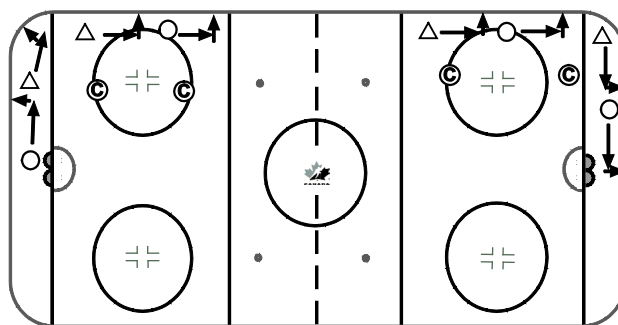
Drill Name & Description

5 mins - Contact Confidence – Wall Bump – Moving

- Players start stationary near the boards, on coach's signal; players skate 3 strides then bump the boards, take 3 more strides and do it again. Can be done anywhere around the rink, make sure to go both ways so players get a chance to bump the boards using both shoulders
- Players should be close to the boards so that the skate nearest the boards is almost touching the boards.
- Players should be in proper hockey stance, knees bent, shoulders over knees over toes with feet slightly wider than shoulder width apart
- After 3 strides have been made players should make contact with the boards – knee / hip / shoulder all make contact at the same time
- Knees stay bent; arms stay low, stick on ice as player makes contact with the boards.
- Perform on both sides

Key Teaching Points

- Keep knees bent, push up and in towards the boards to make contact
- Keep elbow down and close to side when contacting the boards so the shoulder is the main point of contact



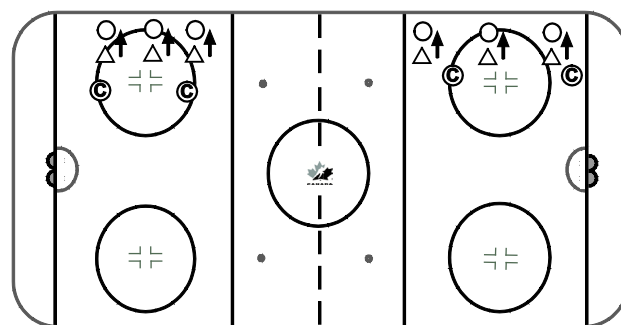
Drill Name & Description

5 mins - Contact Confidence – Partner Wall Bump – Stationary

- Players are lined up with a partner standing side by side and parallel to the boards
- Inside player should be close to the boards so that the skate nearest the boards is almost touching the boards. Outside player should be close enough so that the skates are almost touching
- Players should be in proper hockey stance, knees bent, shoulders over knees over toes with feet slightly wider than shoulder width apart
- On coaches signal, outside player should initiate contact with the inside player – with the shoulder being the principle point of contact. Player on inside should also push “up and out” to meet the contact.
- Knees stay bent, arms stay low, stick on ice as player makes contact with partner
- Repeat several times and perform on both sides

Key Teaching Points

- Keep knees bent, outside player pushes up and in towards the player on the inside to make contact
- Keep elbows down and close to the side when contact is made so the shoulder is the main point of contact



Drill Name & Description

5 mins - Contact Confidence – Partner Wall Bump – Moving

- Players are lined up with a partner standing side by side and parallel to the boards. Players skate 3 strides then bump take 3 more strides and do it again. Can be done anywhere around the rink, make sure to go both ways so players get a chance to bump using both shoulders
- Inside player should be close to the boards so that the skate nearest the boards is almost touching the boards. Outside player should be close enough so that the skates are almost touching
- Players should be in proper hockey stance, knees bent, shoulders over knees over toes with feet slightly wider than shoulder width apart
- On coaches signal, outside player should initiate contact with the inside player – with the shoulder being the principle point of contact. Player on inside should also push “up and out” to meet the contact.
- Knees stay bent, arms stay low, stick on ice as player makes contact with partner
- Perform going in both directions and have players change positions to practice both roles from both sides

Key Teaching Points

- Keep knees bent, outside player pushes up and in towards the player on the inside to make contact
- Keep elbows down and close to the side when contact is made so the shoulder is the main point of contact

