



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 #4

Checking Skills #4 – 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

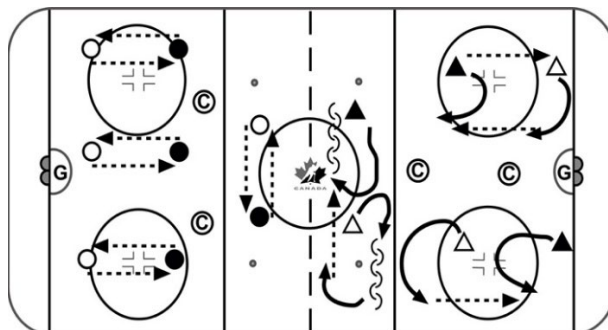
(Head up, Move Feet, Keep Puck Loaded)

- 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



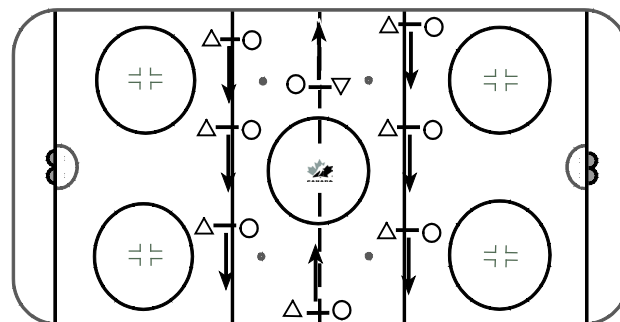
Drill Name & Description

5 mins - Contact Confidence – Partner Bump Open Ice

- Players line up side by side in pairs along blue line
- Pairs move across ice bumping each other with shoulders
- Take 3 strides each and bump
- Make sure to lead with shoulders and not the head

Key Teaching Points

- Low, wide, strong position
- Initiate the bump with drive from the legs



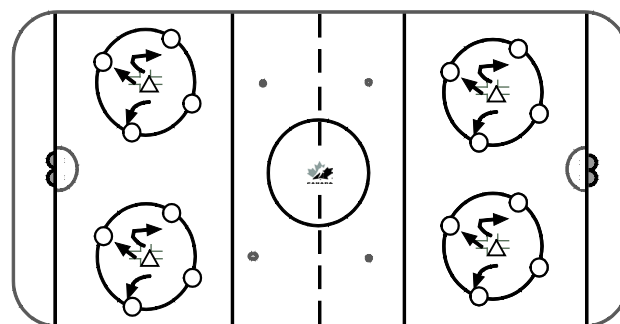
Drill Name & Description

5 mins - Contact Confidence – Circle Bump

- Place 4 - 5 players around the outside of the circle with inside foot on the circle and shoulder facing the centre dot
- One player on the dot in the middle of the circle
- On coaches signal, player in middle skates towards any of the players on the outside and tries to bump them off the circle using only the shoulder
- Both players must stay low and use shoulders to absorb hit.
- After player in middle hits each of the players on the outside, change players.

Key Teaching Points

- Low, wide, strong position
- Initiate the bump with drive from the legs





Canadian Player Pathways U13 Checking Skills #4

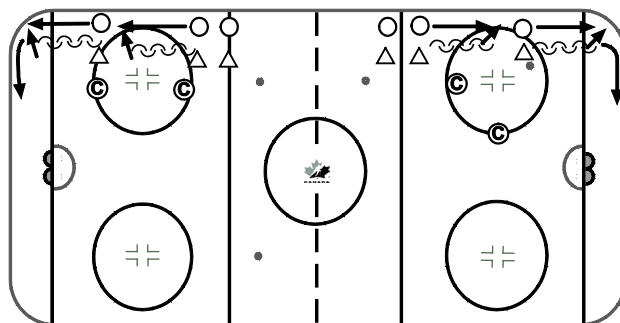
Drill Name & Description

5 mins - Contact Confidence – Partner Wall Bump – Reverse

- Players are lined up with a partner – one facing forward, the other facing backward. Outside shoulder of forward facing player should be in line with inside shoulder of backward facing player. Players each 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 practice both roles
- Forward facing player should be close to the boards to absorb the contact. Backward facing player will move up and in to put the shoulder into the chest of the oncoming player
- 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 be close to the boards to absorb the contact
- Knees stay bent, arms stay low, stick on ice as player makes contact
- 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



Drill Name & Description

5 mins - Contact Confidence – Stationary Bump

- Place 3 players in a circle all facing the same way and in their hockey stance
- Player in middle has to be ready to absorb the contact by staying in a balanced hockey stance and ready for the contact.
- Players on the outside alternate bumping the player in the middle
- Player in middle can initiate contact with players on the outside.
- 3 – 5 bumps from each player then change positions

Key Teaching Points

- Make sure players stay low, with elbow in, stick on ice and lead with shoulder not head
- Rotate players through all 3 positions

