

# CHECKING FOR ICE HOCKEY By Sean Skinner

[www.stickhandling.com](http://www.stickhandling.com) [www.powerskating2003.com](http://www.powerskating2003.com)

## ❖ INTRODUCTION

- **Highlight Video**
- **Checking Misconceptions**
  - Types of Checks
    - Positioning Checks – 1<sup>st</sup> line of defense
    - Skating Checks – 2<sup>nd</sup> line of defense
    - Stick Checks – 3<sup>rd</sup> line of defense
    - Body Blocks – 4<sup>th</sup> line of defense
    - Body Checks – 5<sup>th</sup> line of defense
- **Skating Required for Checking**
  - Lateral Movement (backwards)
  - Agility = To change directions quickly
- **Pyramid**
  - Checking occurs on Defense
  - Skills
  - Tactics – When a player uses their individual checking skills in reoccurring game situations
- **Purpose for Checking**
  - **Limit the Time & Space of the Puck Carrier**
  - **To gain puck possession by separating the puck carrier from the puck**
- **Checking Flow Chart**

## ❖ SKATING FOR CHECKING

- **Introduction**
- **Mirror Drills**
  - Tight Turns
    - Follow the Leader
  - Mirror Partner side to side
  - 4 Way Mirror Drill
    - Mirror the Coach 4 Way
    - 4 Way Dot Drill
- **Lateral Agility**
  - Crossover Slide Stop Forwards
  - Crossover Slide Stop Backwards
  - Mirror 1on1 with Stops
  - Mirror 1on1 with Skating
  - Protect the Dot Drill
  - Protect the Crease
  - 2on2 Tap
  - Blocking-out in-front of the Net
- **Gap Control**

- Forwards to Backwards Drills
  - Length of Ice Around Cones
  - Length of Ice Mirroring Partner
  - Fwds to Bkwds w/cones Shooting
- Mirror Partner Around a Circle
- Mirror Partner Around Two Circles
- **Steering & Angling**
  - C-Cuts w/Stick Positioning
- **Contain Skating**
  - One Foot Snow Plow
    - Spoke Drill
- **Pivoting Drills**
  - Open-out Drill
  - Swedish Skating Drills
    - Option 1
    - Option 2
  - Pivot Drill
  - Montreal Pivot Drill

## ❖ POSITIONING

- **Defensive (net or goal) Side Positioning**
- **Offensive (puck) Side Positioning**
- **Inside-out Positioning**
- **Taking Away Time and Space**
  - Gap Control
    - Tight & Loose Gaps
    - How to Close the Gap
      - ◆ Deflect
      - ◆ Steer
      - ◆ Angle
        - Critical Areas
- **Pressure vs. Contain**
  - Pressure
    - When
    - How
  - Contain
    - When
    - How
  - Risk Taking Decision Determined By
  - Terms
- **No Contact – Stick Contact – Body Contact**

## ❖ STICK CHECKS

- Lift Check
- Poke Check
- Press Check
- Pry Check
- Tap Check
- Hook Check
- Sweep Check
- Dive Check
- Stick Between the Legs
- Passing Lanes
- Press on Back of Skates
- Lift on Butt
- Press on Hips
- Feel Check
- Stick Extension
- Grey Area/Penalty
  - Push on Elbow
  - Tug on Arm/Glove

#### ❖ CONTACT CONFIDENCE

- Bumping Boards
- Bumping Partner
- Absorbing the Hit
- Gauntlet Drills

#### ❖ BODY CHECKS

- Body Blocks
  - Blocking Skating Lanes
    - While Skating Forwards
    - While Skating Backwards
  - Screens
  - Picks
  - Delays
- Roll Check
- Rub-out/Ride-off Check
- Pin Check
- Wrap Check
- Shoulder Check
- Hip Check

#### ❖ TAKING/RECEIVING

- How to Along Boards & Open-ice

- Strength & Technique
- Move Close to the Boards
- Cushion & Absorb Hit
- Use Outside of Arm Not Tip of Shoulder
- Head-up
- **When to**
  - Taking a Hit to Make a Pass
  - Taking a Hit to Keep Puck Possession
    - Protect the Puck
      - ◆ Body
      - ◆ Glove
      - ◆ Butt
    - Brace Against the Wall
  - Taking a Hit When Receiving a Pass
  - Taking a Hit When Shooting
  - Hit While Being Hit
- **Where to**
  - Along Boards
    - 3-5 Foot Danger Zone
  - Open-ice

#### ❖ AVOIDING CHECKS

- **Faking**
- **Moving Low**
- **Moving Ahead**
- **Stopping**
- **Rolling out of a check**

#### ❖ CHECKING PENALTIES

- **Checking from Behind**
  - Turn Sideways
  - Angle into Boards/Corner
  - S.T.O.P. (safety towards other players)– OMHA
  - Heads-up Don't Duck! – USA Hockey
  - Penalty Free Hockey – HDCO
  - Mouth Guards

#### ❖ CONCLUSION