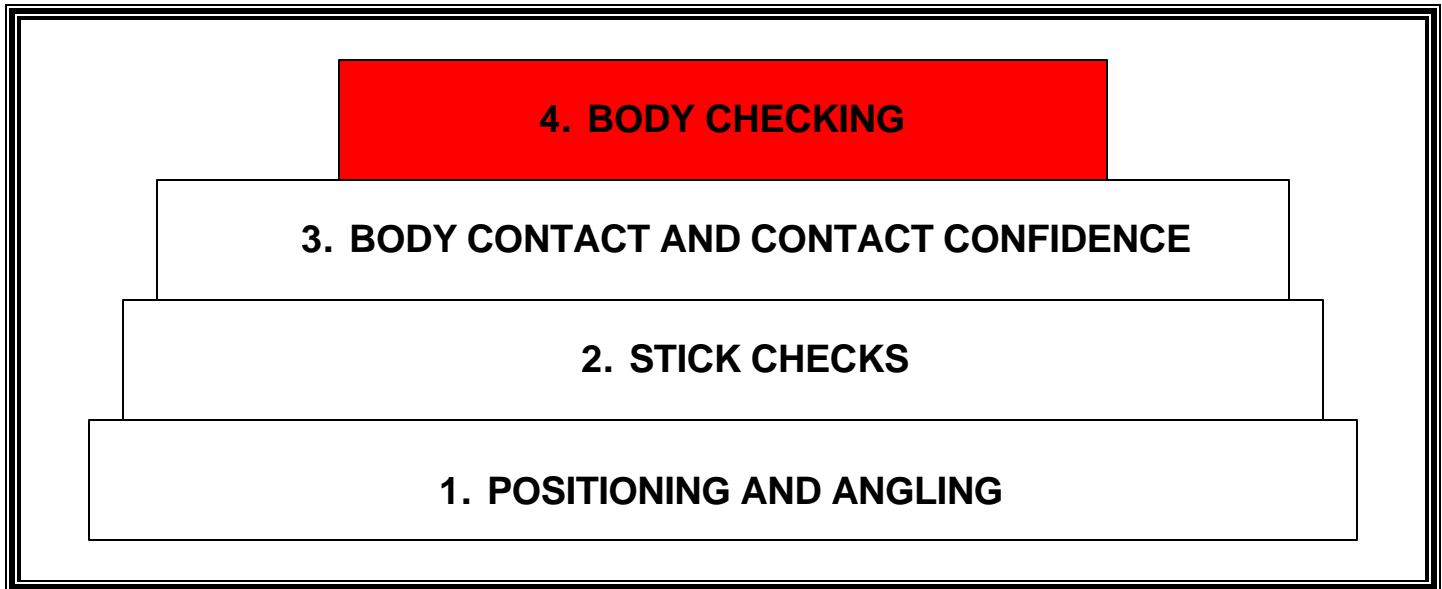


NCCP CHECKING PROGRESSION MODEL



STEP 4 - BODY CHECKING

Body checking is the final step in the 4 step checking progression. A body check can be defined as body contact primarily caused by the movement of the checker. That movement can be and often is, in a direction different than that of the puck carrier. The checker uses their body for the purpose of stopping the attacking progress of the puck carrier and/or to separate the carrier from the puck.

The skills needed for body checking are the effective mastery of the first three steps in the checking progression. First of all the checker must be a strong skater with particularly good balance on their skates.

In summary the fundamental skills of checking are:

- **SKATING**
 - Forward
 - Backward
 - Lateral
 - Pivots
 - Cross overs and t-push
- **POSITIONING AND ANGLING**
 - Body positioning
 - Reading and reacting
 - Inside-out position
 - Tracking
- **STICK CHECKS**
 - Lift
 - Press
 - Poke
 - Sweep
 - Tap
- **CONTACT CONFIDENCE**
- **BODY CONTACT**
- **BODY CHECKING**

BODY CHECKING

STEP 4

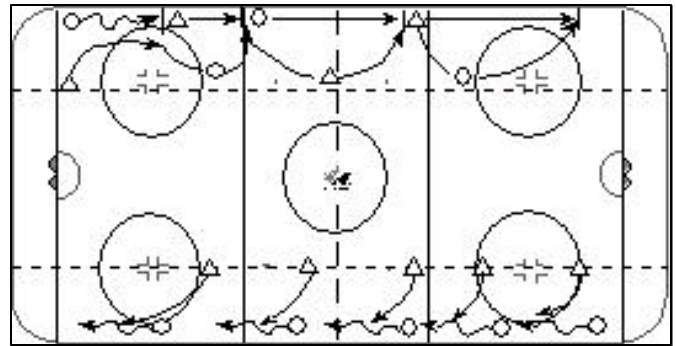
Partner Bump and Roll Flow - No sticks

Drill Objective

To develop angling and positioning and to practice the execution of the shoulder or block check

Drill Explanation

- Players divided into pairs and placed spaciouly around the ice without sticks
- O against the boards, ? by the faceoff dots
- O moves slowly along the boards while ? angles and closes the gap
- ? makes chosen body check then moves slowly along the boards. O rolls to the boards, rotates out and becomes the checker



Key Teaching Points

- Approach under control and at a good angle
- O collapses shoulder/body from check, rolls into wall
- Use the terms coil/uncoil as a description of the motion
- Add sticks and pucks, increase speed, add a pin as players become more proficient

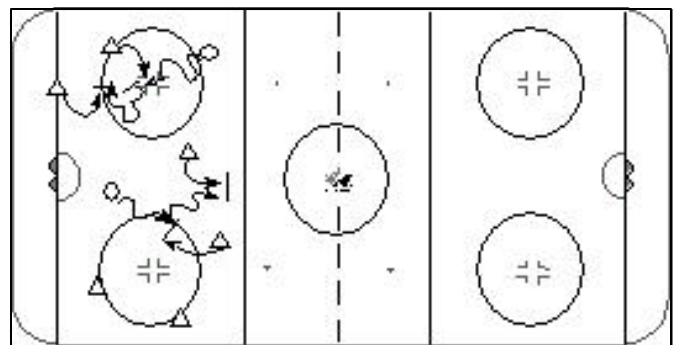
Open Ice Body Check - No sticks

Drill Objective

To work on angling and positioning skills and to teach checking from a balanced position

Drill Explanation

- At each end divide players into 4 groups - 1 group with pucks. Other groups have no sticks
- Group with the pucks cycles around inside the blueline while checkers attempt to bump carriers - if carrier gets bumped off puck they regain the puck and continue
- Keep score to see which group gets bumped off the puck the least



Key Teaching Points

- Approach under control - eyes on contact area
- Arms crossed at chest
- Use leg drive

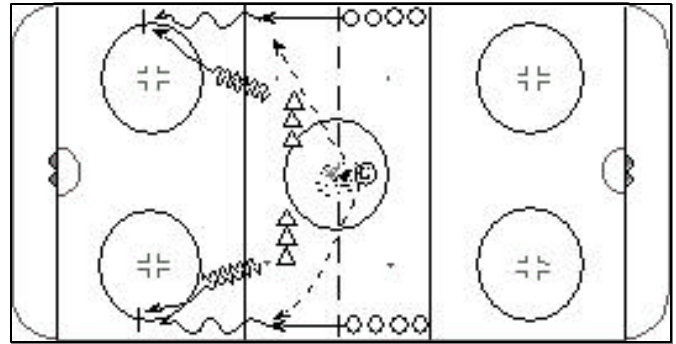
1 on 1 Body Checking

Drill Objective

To develop angling skills while working on lateral motion with a turn and go. To practice executing body checks

Drill Explanation

- O starts from behind the redline
- Coach passes puck and at the same time ? starts backward from face off dot outside the blueline.
- O must stay along the boards, ? angles and makes body check
- Both players go back to respective lines on opposite side of ice from original starting point



Key Teaching Points

- Angle, use a controlled approach
- Hard but controlled, timing is key

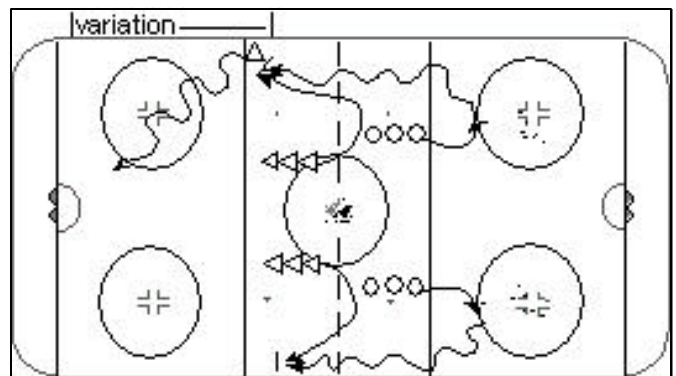
Neutral Zone Forecheck

Drill Objective

To work on angling, steering, positioning and body checks.

Drill Explanation

- On the whistle the O's start and swing to get the puck
- As O picks up the puck ? starts.
- ? steers/angles O outside to the boards and makes the check.
- Rotate players through all four positions
- Use variations such as ? with no stick, O can regroup or ? regains puck and goes for shot



Key Teaching Points

- Angle defensive side
- Close gap under control

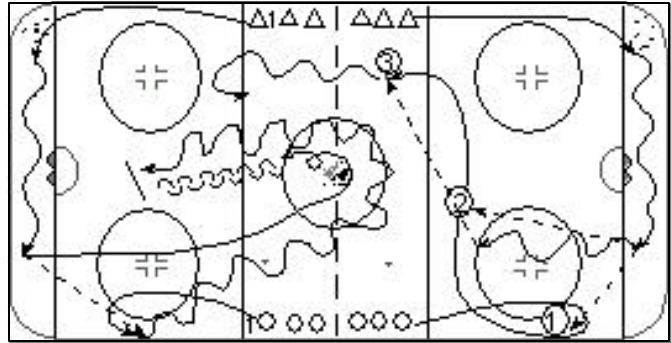
One on One

Drill Objective

To develop angling/steering/positioning and gap control in the neutral zone. To work on body checking along the boards and in open ice.

Drill Explanation

- O starts with a puck, takes a shot low from the outside and button hooks to the corner
- ? starts when forward starts and goes to the corner for a puck
- ? carries around the net and passes to O: O breaks for far blue line with ? pursuing and maintaining a tight gap.
- O horseshoes and comes back 1 on 1, ? angles and attempts to make body check at blueline



Key Teaching Points

- Angle - make the decision for the puck carrier
- Control check with follow through