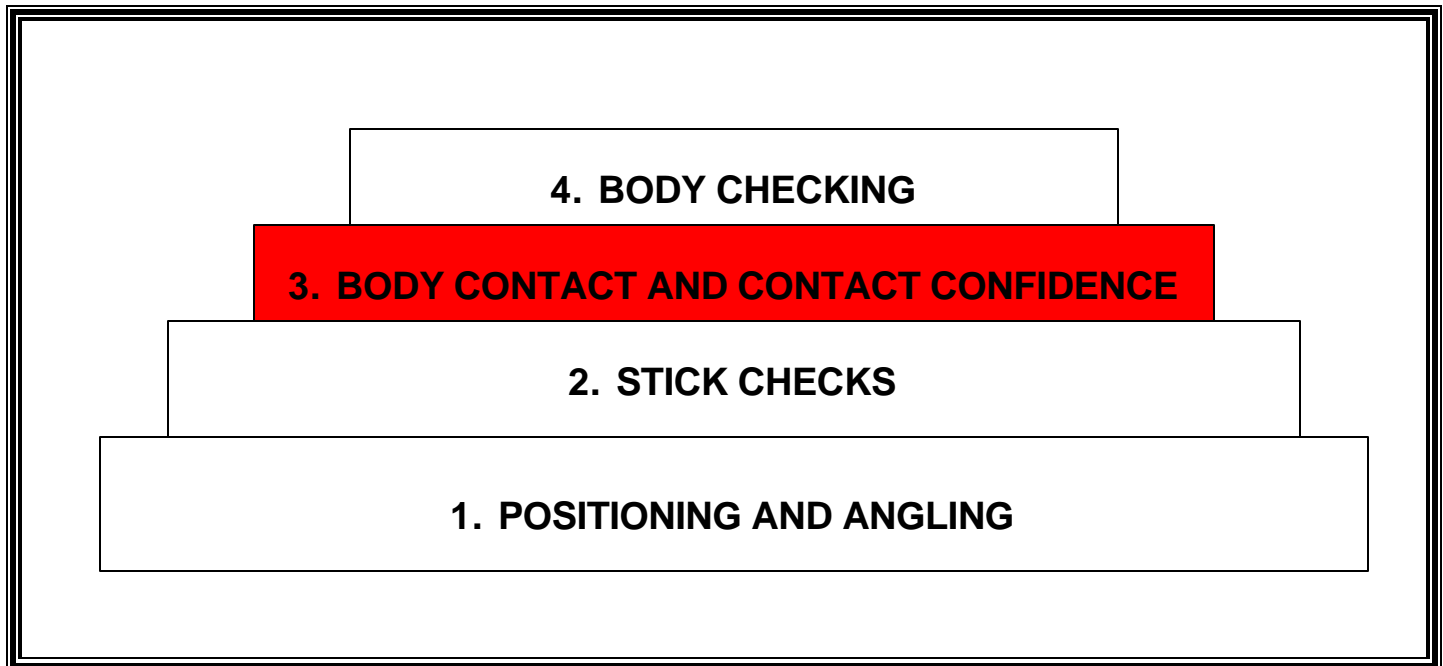


NCCP CHECKING PROGRESSION MODEL



STEP 3 - BODY CONTACT

Defensive play begins the instant the opposing team possession of the puck. Checking is used to regain possession of the puck. To review the steps in the progression – skating, positioning and angling are used to direct the puck carrier. This is accomplished by using the stick as an active line of defense in attempting to further control the opponent. Body contact is the third step in the progression and is used to gain separation, when a player positions his/her body between the puck and the puck carrier.

Body contact, by definition, must result only from the active movement of the puck carrier.

Key Teaching Points for Body Contact

- Reinforce angling/positioning skills as well as further enhancing the required skating skills
- Emphasize and further enhance the concept of controlling and the containing of your opponent
- Give contact confidence
- Inversely enhance the offensive players puck handling and puck protection skills
- Allow for teaching, stressing and reinforcing puck carrier/opponent safety tactics and the mature attitudes of respect
- Provide fun and enjoyment while learning in a competitive but safe environment

How to use body contact

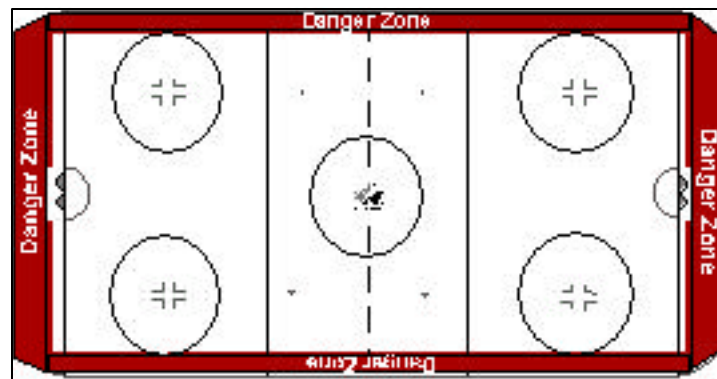
There are two main categories of drill progression for body contact;

1. Contact Confidence
 - Falling activities
 - Combative activities
 - Bumping drills
2. Angling and Positioning with Checking

THE DO'S AND DON'TS OF BEING CHECKED

1. Don't get caught in the danger zone – Do stay close to the boards

A player standing still 2 to 4 feet from the boards is extremely vulnerable. If checked, from either the side or behind, the player could go head first into the boards. There would be no time to recover from the check before hitting the boards. If the player is moving, he/she will be better able to react to a check than if standing still. Encourage players to stay in tight to the boards for better support. A player can use the long bones of the body - legs, arms, hips, and shoulders - to absorb the impact of the body check.



2. Know where opponents are

Skating into the corner to retrieve a loose puck, the player should use a quick shoulder check to see where the other players are. "Head on a swivel" is often used to describe the player's action. Knowing where the pressure is coming from helps to prepare for a potential body check. This quick check will also help sort out where teammates are, making it easier to make a quick outlet pass.

3. Use hands and arms as a cushion

When a player is checked, raised arms and hands so can help cushion the collision with the boards. It can also assist in protecting the head and allow the player to push off the boards after the check, springing out and back into action.

4. Keep the head up

This rule applies throughout the game, but especially when being checked. Going into the boards with the head down, will increase the odds of a serious neck injury. Players should be instructed not to duck, scrunch their head down into your shoulders, or stick out your chin before impact. These are dangerous positions. KEEP THE HEAD UP!!

5. Turn the body so the shoulders hit first

Players should be instructed that if they are hurtling head first into the boards, their first move should be to get their arms up, and try to turn their body so that the shoulders will hit the boards instead of your head.

BODY CONTACT

STEP 3

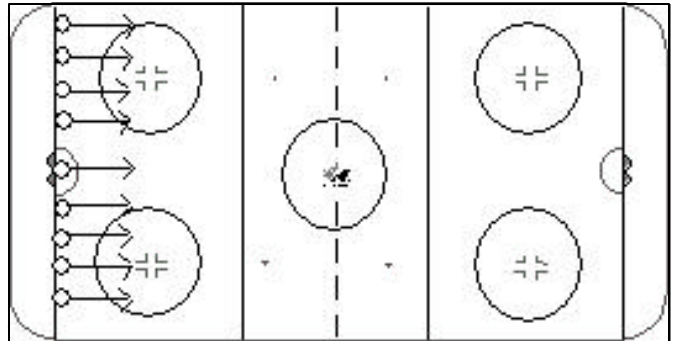
Diving and Sliding with Recovery

Drill Objective

To give the players the opportunity to be comfortable with falling and to learn to recover quickly to the skating position.

Drill Explanation

- On whistle the first line moves slowly forward and falls forward on 2nd whistle.
- On the 3^d whistle the 2^d line proceeds to do the same, sliding on every whistle
- Add falling on side, falling and rolling and controlled summersaults



Key Teaching Points

- Cushion fall
- Spread contact over as much body surface as possible
- Bring knees back up under chest to recover as quickly as possible

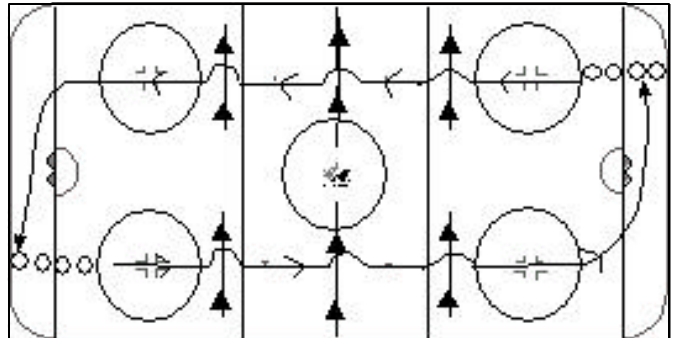
Jumping Sticks

Drill Objective

To improve balance while becoming comfortable with falling and contacting the ice

Drill Explanation

- Players proceed through the jumps one at a time.
- Next player proceeds after first player has jumped last stick
- Add 2 foot jumps, 1 foot jumps, increased speed, increased height of jump, low squat jumps etc.



Key Teaching Points

- Jump preparation with feet shoulder width apart and knees bent
- Quick recovery if player falls
- Low centre of gravity

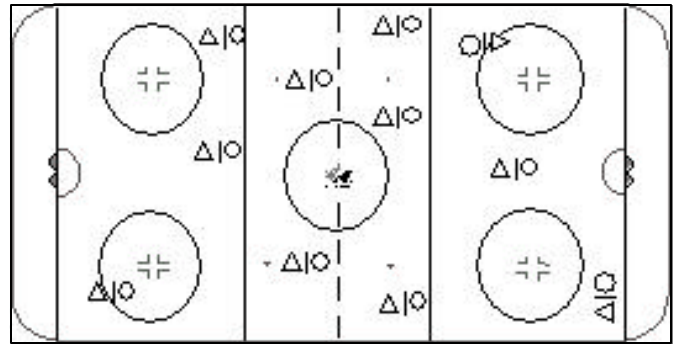
Stick Wrestling

Drill Objective

Gives the player a feel for good, strong, effective body position and to develop balance and agility

Drill Explanation

- Use one stick between each pair of players.
- On the whistle players wrestle to throw their opponent off balance
- A player is considered off balance when a body part other than the skates touch the ice
- Other variations can include no stick, 2 sticks or start on the knees



Key Teaching Points

- Solid and strong - wide stance
- Get low
- Use strong legs as the base

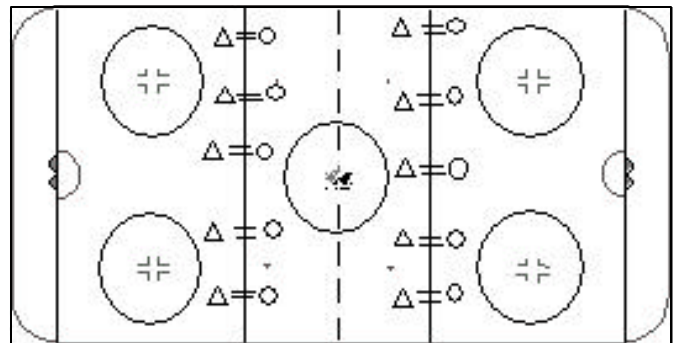
Tug of War

Drill Objective

To emphasize the ready position and the use of the body and legs for strength.

Drill Explanation

- On the whistle each player tries to pull their opponent over the blueline
- Use one stick or two sticks



Key Teaching Points

- Wide and low
- Drive with legs
- Short power strides

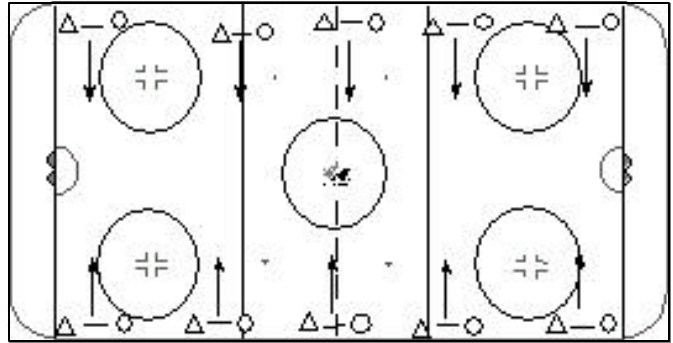
Partner Bumping

Drill Objective

To develop a solid base, to develop contact confidence and to develop the use of leg power

Drill Explanation

- Players interlock elbows
- Pairs move across ice bumping each other with shoulders
- Also implement bumping hips, bumping hips and shoulders and elbows not locked



Key Teaching Points

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

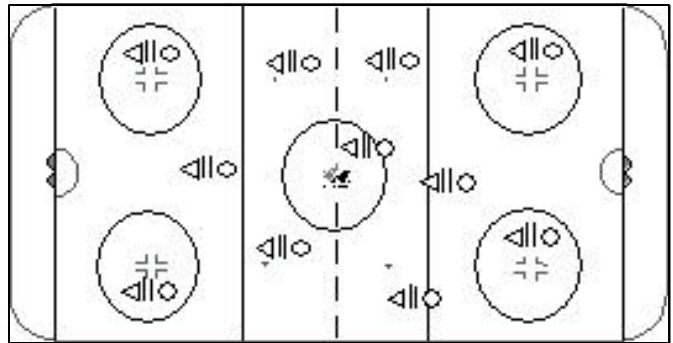
Own the Dot

Drill Objective

To develop balance, stability and strength. Focus on use of leg power and developing contact confidence

Drill Explanation

- Players position themselves at the dots
- On whistle players bump each other trying to drive the other off of the dot
- Other options include side by side, protect the puck on the dot, face to face and back to face



Key Teaching Points

- Elbows down and arms crossed
- Good low stable body position
- Drive with the legs

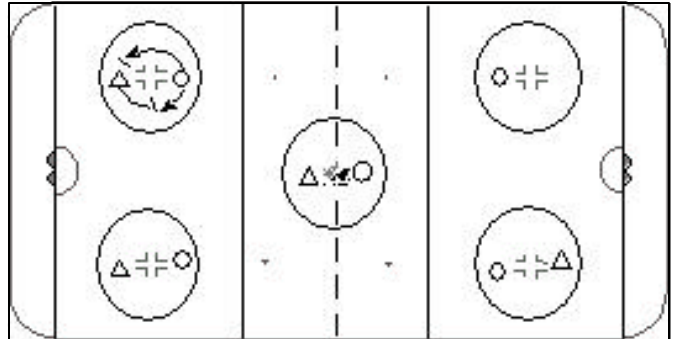
Bull in the Ring (moving contact)

Drill Objective

To introduce movement with contact, develop proper positioning and to reinforce driving through

Drill Explanation

- No sticks
- On whistle O tries to drive though ? to get to edge of circle
- ? protects the path and attempts to drive O back
- Switch roles



Key Teaching Points

- Play chest when facing, hips when seeing back
- Leg drive and defensive side positioning

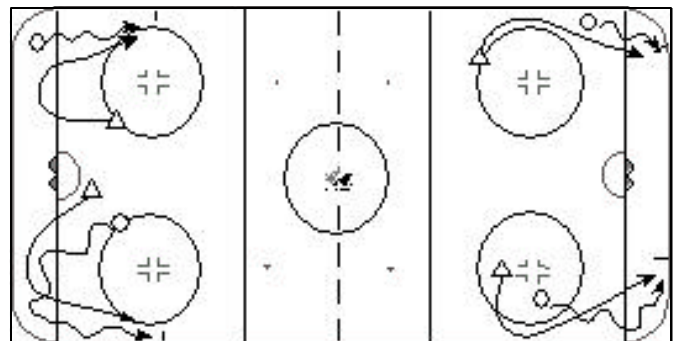
Angle Up, Angle Down with Puck Separation

Drill Objective

To work on angling skills and work on positioning to separate puck carrier from the puck

Drill Explanation

- ? positions with various gaps from O who has the puck
- On whistle, ? j-skates quickly and controlled and steers O in desired direction
- ? drives body between O and puck - aim for the stick shaft
- Separate O from the puck



Key Teaching Points

- Inside shoulder just ahead of puck carrier's inside shoulder
- Drive body in front of the puck carrier