

BODY CONTACT

OBJECTIVE OF BODY CONTACT

The primary objective of body contact is to create a physical separation between a player and the puck. In doing this, the player will hopefully give his team possession of the puck. Body checking is the last step in the progression of body contact skills.

3 LEVELS OF BODY CONTACT

1) Angling

Angling is a fundamental skill for any type of body contact. Players angle their opponents in order to force the opponent in a certain direction. Angling will prevent the opponent from getting to open ice and will contain them to the outside of the rink. Players must decrease the distance between themselves and their opponent before using a body contact skill.

When do players use angling?

Forechecking: When the puck-carrier comes from behind the net, be slightly behind your opponent in order to force them to the boards. Then, accelerate, and make body contact.

Backchecking: When skating alongside your opponent, be slightly in front of them.

Skating Backwards: Force the puck carrier to the outside by lining your outside shoulder up with your opponent's inside shoulder.

2) Stick Checks

Stick checks are used to put separation between the puck carrier and the puck. The goal is to gain possession of the puck.

Three Types of Stick Checks.

Poke Check: Players skating backwards and defending an opponent attempts to knock the puck off of their stick. Defensive players must close the gap, hold stick with palm down, make contact with the puck (don't lunge), and follow through with a body check.

Stick Press: Used to prevent a player from shooting or passing the puck by pressing your stick over the top of your opponents. Finish the press by moving your body into your opponents to separate them from the puck.

Stick Lift: Used to steal the puck from an opponent by lifting underneath their stick and taking the puck.

3) Body Contact/Confidence & Defensive Positioning

Body blocks: are used to impede the progress of the puck carrier in open ice situations where a body check would be too dangerous. Defending players use body blocks by slowing down their opponents and angling them to the boards. The defending player must focus on the opponent's body while tightening the gap. To finish the check the defending player allows the opponent to run into them.

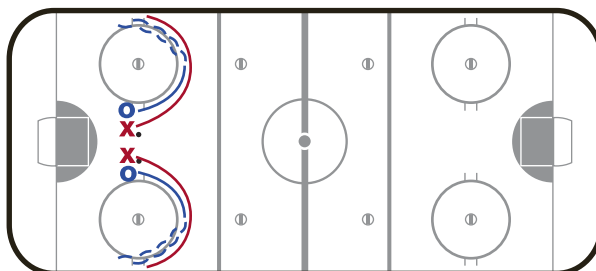
Body Checks: There are several types of body checks, however, we will focus on the rub out. This technique uses the boards to pinch players along them. Angling becomes very important when performing a rub out. Players must accelerate on an angle to end slightly in front of the puck carrier and pinch their opponent's hands and stick with their hips. This will create a separation between the puck carrier and the puck.



SKATING BACKWARDS & ANGLING

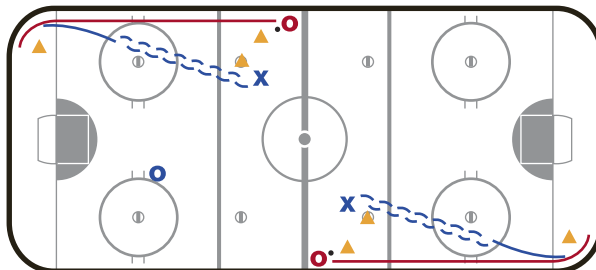
TOP OF CIRCLE ANGLING

X BEGINS BY SKATING AROUND THE TOP OF THE CIRCLE TOWARDS THE BOARDS. O ANGLES X TOWARDS THE BOARDS BY REMAINING SLIGHTLY BEHIND X. O TRANSITIONS TO BACKWARDS AND CONTINUES TO ANGLE X TO THE BOARDS AND BODY BLOCKS THEM AND TAKES OUT THE STICK.



1-ON-1 RACE TO CONE

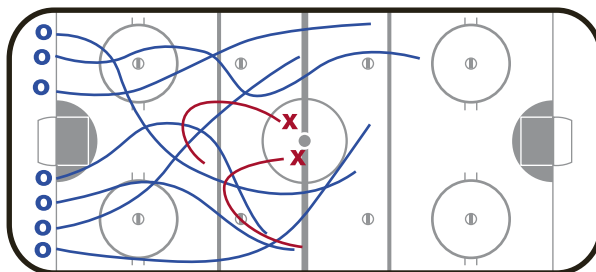
USE THREE CONES. PUT ONE CONE ON THE FACE-OFF DOT NEAR THE BLUE LINE, THE SECOND HALFWAY BETWEEN THE BLUE LINE & RED LINE AND THE THIRD BELOW THE GOAL LINE. X IS THE CHECKER AND STARTS OUT SKATING BACKWARD. O IS THE PUCK CARRIER AND SKATES FORWARD WITH THE PUCK. ON THE WHISTLE, X CONTAINS O TO THE OUTSIDE, PIVOTS FORWARD, ANGLES THE PUCK CARRIER TOWARD THE BOARDS AND DOES A STICK LIFT OR STICK HOOK CHECK. O IS TRYING TO GET TO THE CONE AT THE GOAL LINE WITH CONTROL OF THE PUCK.



ANGLING GAMES

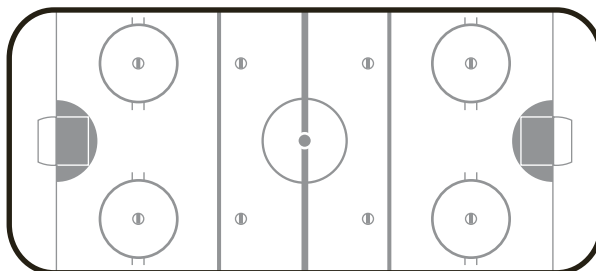
POM POM

2 PLAYERS BEGIN THE GAME AS TAGGERS. THEY MUST START INSIDE OF THE CENTER-ICE FACE-OFF CIRCLE WHILE THE REST OF THE PLAYERS LINE UP ON THE GOAL LINE. WHEN THE TAGGERS CALL OUT "POM POM", THE PLAYERS ATTEMPT TO SKATE TO THE OTHER GOAL LINE WITHOUT BEING TAGGED. IF THEY ARE TAGGED THEY BECOME A TAGGER. THE GAME CONTINUES UNTIL YOU HAVE 1 PLAYER REMAINING. TAGGERS MUST USE GOOD ANGLING SKILLS TO TRAP PLAYERS. EVERYONE GETS WORK ON SKATING AGILITY, MOVING TO OPEN ICE, ANGLING, AND ESCAPING!



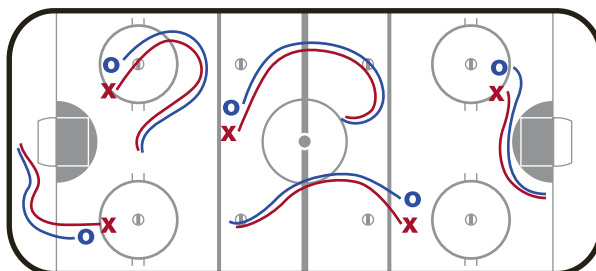
FREEZE TAG

NO STICKS NEEDED. 2-4 PLAYERS ARE CHOSEN AS TAGGERS. SIMILAR TO POM POM. IF A TAGGER IS ABLE TO TOUCH ANOTHER PLAYER ON THE SHOULDERS OR BACK THEY BECOME FROZEN. FROZEN PLAYERS PUT HANDS UP IN THE AIR SO OTHERS RECOGNIZE THEY ARE FROZEN. TO UNFREEZE PLAYERS A SKATER MUST COMPLETE A FULL CIRCLE AROUND A FROZEN PLAYERS.



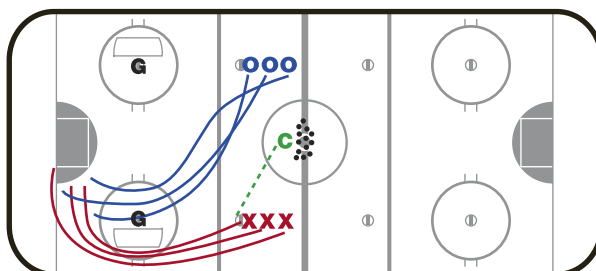
PARTNER TAG

PLAYERS PARTNER UP AND ON THE WHISTLE, X'S CHASE O'S. EVERY TIME THE WHISTLE BLOWS, THE CHASER CHANGES, OR WHEN X TAGS O, THE CHASER CHANGES. PLAYERS SHOULD SKATE HARD TO STAY CLOSE TO THEIR PARTNER.



3-ON-3 BEHIND NET

A COACH BEGINS THE GAME BY PASSING TO EITHER TEAM. ALL 3 PLAYERS MUST GO AROUND THEIR DEFENSIVE NET WHILE CARRYING THE PUCK. THE DEFENSIVE TEAM PRESSURES THE PUCK AS THE OFFENSIVE TEAM COMES AROUND THE NET. ONCE THE OFFENSIVE TEAM GOES BEHIND THE NET PLAYERS PLAY 3-3. WHEN A TEAM SCORES OR THE PUCK GOES OUT OF PLAY, THE COACH CAN PASS A PUCK OUT TO EITHER TEAM AND REQUIRE THEM TO SKATE AROUND THEIR DEFENSIVE NET.



BODY CONTACT/CONFIDENCE



PARTNER BUMPS

PARTNERS OF EQUAL SIZE AND ABILITY WORK ON A STRONG STANCE AND TAKING PHYSICAL CONTACT BY BUMPING SHOULDERS IN THE FOLLOWING SEQUENCE.

LEFT AND RIGHT SHOULDER BUMPS: STANDING IN A STRONG STANCE, PLAYERS FACE EACH OTHER LINING UP THEIR LEFT OR RIGHT SHOULDERS AND PRACTICE BUMPING INTO EACH OTHER.

SIDE BY SIDE BUMPS:

PLAYERS STAND SIDE BY SIDE AND BUMP THEIR LEFT/RIGHT SHOULDERS.

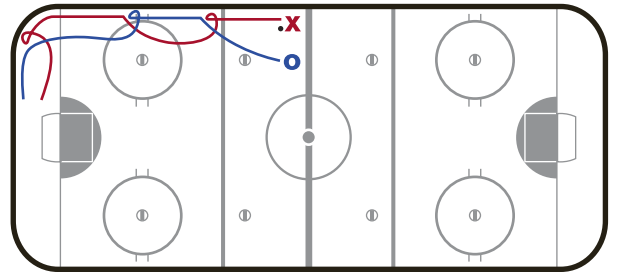
PLAYERS SKATE SIDE BY SIDE, LOCKING ARMS WHILE BUMPING SHOULDERS.

PLAYERS SKATE SIDE BY SIDE WITH STICKS ON THE ICE WHILE BUMPING SHOULDERS.



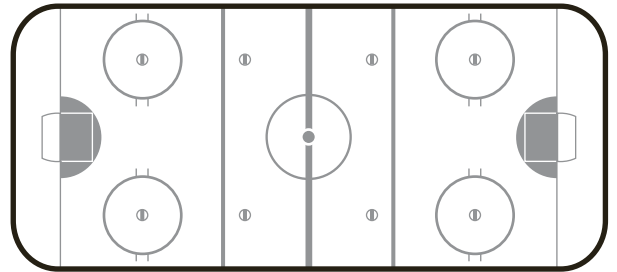
CHECK — ROLLOUT — SWITCH

PARTNERS OF EQUAL SIZE AND ABILITY PRACTICE VARIOUS TYPES OF CHECKS ALONG THE BOARDS WHILE MOVING. THE TWO PLAYERS SKATE NEXT TO EACH OTHER WITH THE PLAYER CLOSEST TO THE BOARDS HANDLING A PUCK. THE PLAYER ON THE INSIDE OF THE RINK PERFORMS A CHECK ON THEIR PARTNER. THE OUTSIDE PLAYER ROLLS OUT OF THE CHECK AND BECOMES THE INSIDE CHECKER.



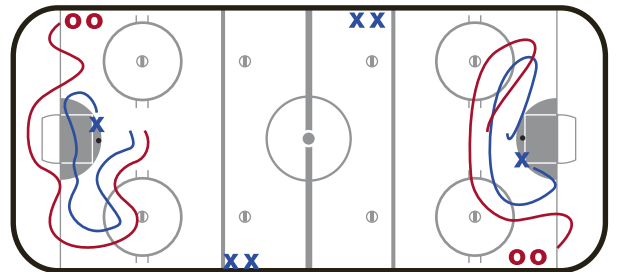
PROTECT THE TIRE

PARTNERS OF EQUAL SIZE AND ABILITY PLAY 1-1 USING A RINGETTE. THE OFFENSIVE PLAYER IS ATTEMPTING TO TOUCH THE RINGETTE TO THE TIRE TO SCORE. THE DEFENSIVE PLAYER IS MAINTAINING A GOOD DEFENSIVE POSITION (STAYING BETWEEN THE OFFENSIVE PLAYER AND THE TIRE), USING BODY BLOCKS (CONTROLLING THE OFFENSIVE PLAYERS CENTER OF GRAVITY BY WORKING ON THE HIPS), AND ATTEMPTS TO STEAL THE RINGETTE USING A STICK LIFT.



SHADOW CREASE COMPETITION

PUT A PUCK IN THE GOAL CREASE, START O (OFFENSIVE PLAYER) IN THE CORNER AND X IN FRONT OF THE NET OFF THE STRONGSIDE POST. ON THE WHISTLE, O TRIES TO GET THE PUCK AND SCORE. X MUST MANEUVER O AWAY FROM THE PUCK BY ANGLING, MOVING LATERALLY AND USING BODY BLOCK TECHNIQUES. LET THE DRILL RUN ABOUT 15-20 SECONDS.



CREASE TAG

THE OFFENSIVE PLAYER (O) AND DEFENSIVE PLAYER (X) LINE UP BY THE PYLONS AS SHOWN. O'S OBJECTIVE IS TO SKATE THE PUCK THROUGH THE CREASE WHILE MAINTAINING CONTROL. THE DEFENDER (X) TRIES TO USE BODY BLOCKING AND CHECKING TECHNIQUES (12-AND-UNDER AND ABOVE) TO KEEP O OUT OF THE CREASE.

