Season 2011-2012



# **BODY CONTACT**

# **O**BJECTIVE OF **B**ODY **C**ONTACT

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 tin 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.

# ANGLING



#### FORECHECK

#### SIDE BOARDS PARTNER ANGLING

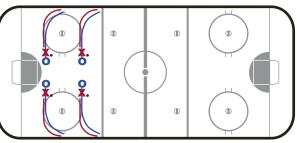
PARTNERS BEGIN IN THE MIDDLE OF THE RINK WITH ONE PLAYER DESIGNATED AS THE PUCK CARRIER AND ONE AS THE CHECKER. THE PUCK CARRIER SKATES TOWARDS THE BOARDS AND TURNS UP ICE STAYING CLOSE TO THE BOARDS. THE CHECKER FOLLOWS THEIR PARTNER, TURNS UP THE BOARDS WITH THEM, ACCELERATES AND BODY BLOCKS THEM BY TAKING OUT THE STICK

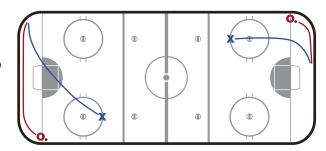
#### BEHIND NET / OUT OF CORNER

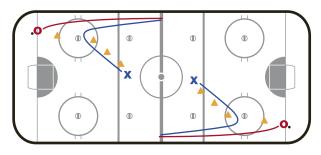
O'S START IN THE CORNER WITH PUCKS, X'S START NEAR THE TOP OF THE CIRCLE ON THE SAME SIDE OF THE ICE. ON THE WHISTLE, BOTH PLAYERS GO. O'S CARRY THE PUCK BEHIND THE NET. X'S FORCE O'S BEHIND THE NET AND SKATE IN FRONT OF THE NET. ANGLE THE PUCK CARRIER INTO THE CORNER. X'S CAN DO A STICK LIFT, STICK PRESS OR TAKE-OUT CHECK OPTION: ALLOW X'S TO EITHER CONFRONT THE PUCK CARRIER BEFORE OR AFTER GOING BEHIND THE NET.

#### **OPEN** ICE

PUT A CONE AT THE BOTTOM OF THE CIRCLE WITH PUCKS. PUT THREE CONES IN AN ARC TO TEACH OPEN ICE ANGLING. O'S START WITH THE PUCK AND TRY TO BEAT THE CHECKER TO THE RED LINE. X'S START IN THE NEUTRAL ZONE BEHIND THE LAST CONE. ON THE WHISTLE, THE RACE IS ON TO SEE IF X CAN OPEN ICE ANGLE AND EXECUTE A STICK LIFT. O ACCELERATES QUICKLY AND TRIES TO BEAT X WITH SPEED OR BREAK TO OPEN ICE.







## BACKCHECK

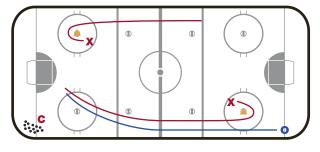
#### "J" CROSS-OVER START TO SPRINT

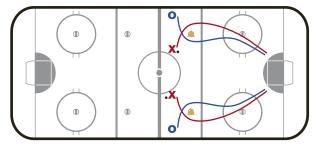
PUT A CONE ON THE FACE-OFF DOT IN ONE END OF THE RINK. PLAYER X STARTS ONE STICK LENGTH BEHIND THE CONE. ON THE WHISTLE, X DOES THREE QUICK FORWARD CROSS-OVERS AROUND THE CONE AND SPRINTS UP THE ICE TO AT LEAST THE FAR BLUE LINE.

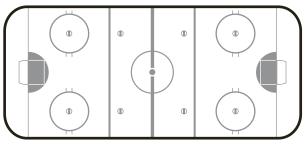
COMPETITIVE OPTION: ADD A SECOND PLAYER O AT THE BOTTOM OF THE CIRCLE, AND HAVE A COACH WITH PUCKS AT THE FAR FACE-OFF DOT. PLACE THE PUCK ON THE DOT, PLAYERS X AND O RACE FOR THE PUCK TO GET A SHOT ON GOAL.

#### NET DRIVE WITH BACK PRESSURE

X crosses in front of the cone while carrying the puck. O crosses behind X towards the middle of the ice and pressures the puck and denys X the middle of the ice.





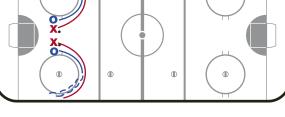




## **SKATING BACKWARDS & ANGLING**

#### TOP OF CIRCLE ANGLING

 $\frac{X \text{ begins by skating around the top of the circle towards the boards.}}{O \text{ angles } X \text{ towards the boards by remaining slightly behind } X.}$  $\frac{O \text{ transitions to backwards and continues to angle } X \text{ to the boards}}{O \text{ show body blocks them and takes out the stick.}}$ 



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#### 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

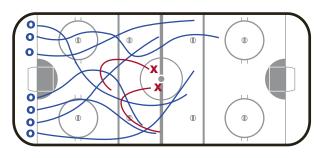
#### Ром Ром

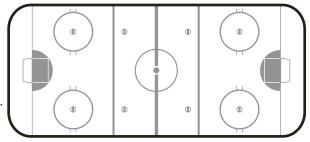
2 PLAYERS BEGIN THE GAME AS TAGGERS. THEY MUST START INSIDE OF THE CENTER-ICE FACE-OFF CIRCLE WHILE THE REST OF THE PLAYERS LINE UP ON THE GOAL LINE. WHEN THE TAGGERS CALL OUT "POM POM", THE PLAYERS ATTEMPT TO SKATE TO THE OTHER GOAL LINE WITHOUT BEING TAGGED. IF THEY ARE TAGGED THEY BECOME A TAGGER. 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 choosen 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.





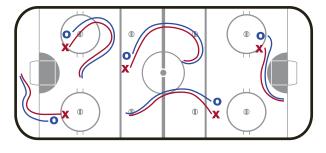


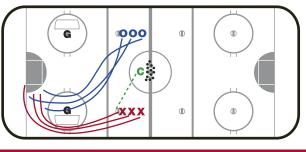
#### PARTNER TAG

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.





# STICK CHECKS



#### PARTNER STICK CHECKS

PLAYERS PICK PARTNERS OF EQUAL STRENGTH AND SIZE. THEY STAND SIDE BY SIDE WITH ONE PARTNER HANDLING A PUCK. THE PLAYER WITHOUT A PUCK ALLOWS HIS PARTNER TO HANDLE THE PUCK FOR A FEW SECONDS AND THEN STEALS THE PUCK BY PERFORMING A STICK CHECK. THERE ARE 2 TYPES OF STICK CHECKS A PLAYER CAN USE.

STICK LIFT: LIFTING THE PUCK-CARRIER'S STICK FROM UNDERNEATH AND STEALING THE PUCK

 STICK PRESS:
 PRESSING DOWN OVER THE TOP OF THE STICK FIRMLY

 AND SWEEPING THE PUCK AWAY.

ONCE THEY HAVE MASTERED THE TECHNIQUE, HAVE PLAYERS STEP IN FRONT OF THE PUCK-CARRIER WHEN PERFORMING THE CHECK TO CREATE SEPARATION BETWEEN THE OPPONENT AND THE PUCK.



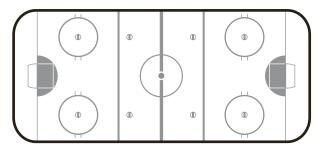
STICK LIFT

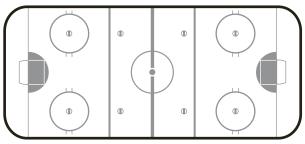
#### PARTNER STICK ON PUCK PROGRESSION

PLAYERS CHOOSE A PARTNER OF EQUAL STRENGTH AND SIZE. ONE SKATER STANDS WITH THEIR BACK AGAINST THE SIDE BOARDS AND POSSESSES A PUCK. THE OTHER SKATER STANDS FACING THEIR PARTNER WITH APPROXIMATELY A STICK LENGTH BETWEEN THEM. STICK ON PUCK: THE PUCK-CARRIER WILL SLOWLY HANDLE THE PUCK SIDE TO SIDE PAUSING ON EACH SIDE. THEIR PARTNER WILL PERFORM A STICK CHECK BY PLACING THE BLADE OF THEIR STICK ON THE PUCK ("STICK ON PUCK"). THE DEFENDER BACKS THEIR STICK OUT AND THE PUCK-CARRIER SWITCHES SIDES WHERE ANOTHER STICK ON PUCK CHECK IS PERFORMED. THE DEFENDER'S EYES ARE FOCUSED ON THE CHEST. THEY SEE THE PUCK USING THEIR PERIPHERAL VISION. STICK ON PUCK—HANDS ON HANDS: THE PUCK-CARRIER HANDLES THE PUCK TO ONE SIDE AND THEN TURNS THEIR BODY AS IF THEY WERE ABOUT TO SKATE DOWN THE BOARDS. THE DEFENDER MOVES IN AND PERFORMS A STICK ON PUCK CHECK AND A HANDS ON HANDS CHECK. THEY COME BACK TO THE STARTING POSITION AND REPEAT ON THE OPPOSITE SIDE. STICK ON PUCK—HANDS ON HANDS—BODY BLOCK: THE PUCK-CARRIER HANDLES THEIR PUCK TO THE SIDE AND TAKES 2 STRIDES DOWN THE BOARDS. THE DEFENDER ACCELERATES, PERFORMS A STICK ON PUCK—HANDS ON HANDS CHECK, AND PERFORMS A BODY BLOCK BY SLIDING IN FRONT OF THE PUCK-CARRIER.

#### PUCK PIRATES

The entire team handles a puck within a restricted area (BLUE LINE IN, NEUTRAL ZONE, ECT.) FOR 30-45 SECONDS AT A TIME. 4-5 PLAYERS DO NOT HAVE PUCKS AND ARE ATTEMPTING TO STEAL A PUCK USING ANGLING AND BODY CONTACT. YOU CAN MAKE RULES AS TO WHICH TYPE OF CHECK THEY MUST USE SUCH AS; LIFT, PRESS, POKE, SWEEP, OR BODY CHECK. AN EMPHASIS SHOULD BE PLACED ON ANGLING PUCK-CARRIERS TOWARD THE BOARDS TO MAKE YOUR CHECKS. PLAYERS WITH PUCKS SHOULD BE ENCOURAGED TO WORK ON PUCKHANDLING MOVES AND PUCK PROTECTION. OPTION: USE RINGETTES INSTEAD OF PUCKS WHEN WORKING ON STICK LIFTS. RINGETTES FORCE PLAYERS TO USE STRONG STICKS.





# **BODY CONTACT/CONFIDENCE**



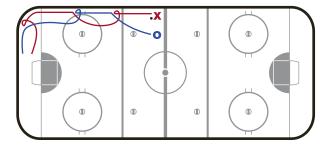
#### PARTNER BUMPS

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 SHOU



#### 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.

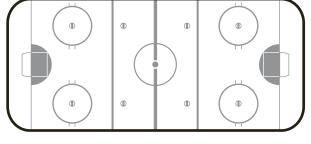


#### PROTECT THE TIRE

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

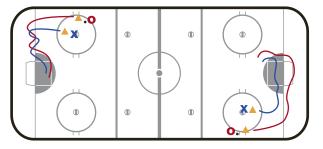
Put a puck in the goal crease, start O (offensive player) in the corner and X in front of the net off the strongside post. On the whistle, O tries to get the puck and score. X must maneuver O away from the puck by angling, moving laterally and using body block techniques. Let the drill run about 15-20 seconds.





#### CREASE TAG

The offensive player (O) and defensive player (X) line up by the <u>pylons as shown. O's objective is to skate the puck through the</u> <u>crease while maintaining control. The defender (X) tries to use body</u> <u>blocking and checking techniques (12-and-Under and above) to</u> <u>keep O out of the crease</u>.



# SMALL AREA GAMES



#### 1-ON1 CORNER GAME

SET A NET UP IN BOTH CORNERS. SEALING OFF THE CORNER, THE NET IS PLACED FACING THE GLASS. TWO TEAMS ARE SELECTED AND THEY PLAY A 1-ON-1 OR 2-ON-2 IN THE CORNER. THE OTHER PLAYERS WHO ARE NOT IN THE DRILL SURROUND THE AREA AND CONTINUE TO THROW THE PUCK BACK IN THE CONFINED AREA.

CHANGE PLAYERS AFTER 30-45 SECONDS.

DEVELOPS PUCK PROTECTION AND PUCK SKILLS IN A CONFINED AREA.

#### 2-ON-2 OR 3-ON-3 CORNER GAME

PLACE THE NETS IN THE CORNER FACE-OFF AREA. PLAYERS PLAY 2-ON-2 AND/OR 3-ON-3. PLAYERS NOT ACTIVELY IN THE GAME SURROUND THE NETS AND KEEP THE PUCK IN PLAY. KEEP THE SHIFTS 30-40 SECONDS JUST LIKE IN A REAL GAME. AFTER A WHILE CHANGE THE RULES AND ALLOW BOTH TEAMS TO SCORE ON EITHER NET. CREATES QUICK THINKING AND QUICK PLAYS.

#### 2-ON-2 IN THE BOX

NETS ARE PLACED ON THE FACE-OFF DOTS. CONES ARE PLACED ALONG THE IMAGINARY GOAL LINES AND THE PUCK CANNOT GO PAST GOAL LINES. COACH SHOOTS PUCK INTO ZONE AND TWO PLAYERS FROM EACH TEAM ENTER THE PLAY. IF THE PUCK IS SHOT OR SKATED PAST THE "GOAL LINES", THE COACH CALLS "NEW PUCK" AND SHOOTS A PUCK INTO PLAY. PLAYERS CONTROLLING THE PUCK MUST CONSTANTLY MOVE, USING CROSSOVERS AND LATERAL MOVEMENT, TO FIND OPEN ICE AND CREATE SHOTS. PLAYERS MUST SUPPORT THE PUCK CARRIER AND POSITION THEMSELVES TO RECEIVE THE PUCK. UPON RECOVERING

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AND CALLS FOR NEW PUCKS AS WELL AS MANY QUALITY SCORING OPPORTUNITIES.

