

- Session Objective(s)**
1. Checking skills
 2. Stick checks
 3. Body Positioning for checking
 4. Contact Confidence

10 min

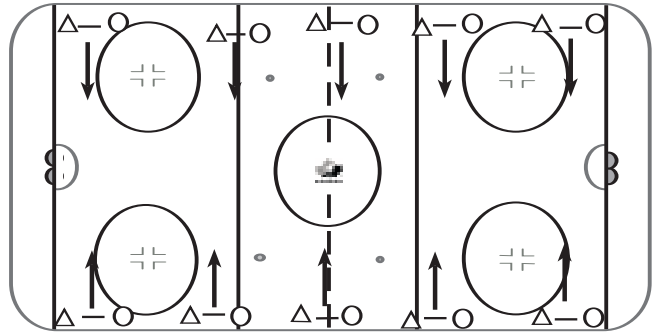
PARTNER BUMPING

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 EXECUTION POINTS

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

10 min

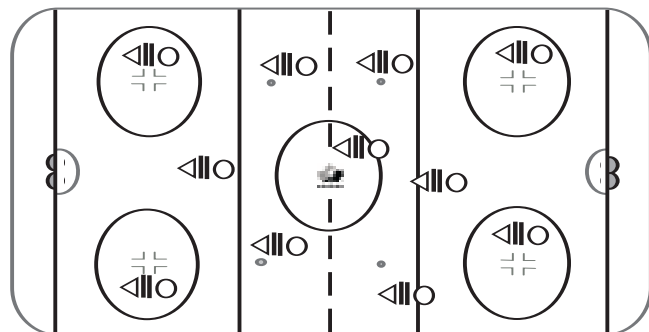
OWN THE DOT

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 EXECUTION POINTS

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

10 min

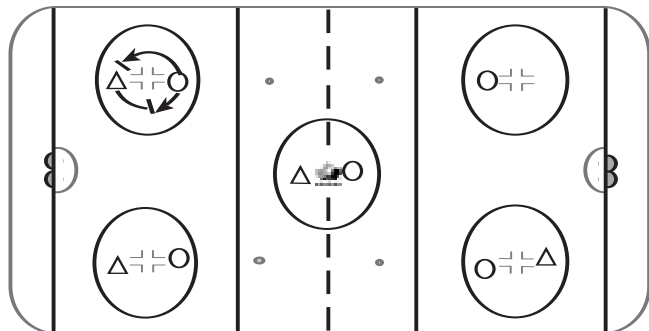
BULL IN THE RING (MOVING CONTACT)

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 EXECUTION POINTS

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