

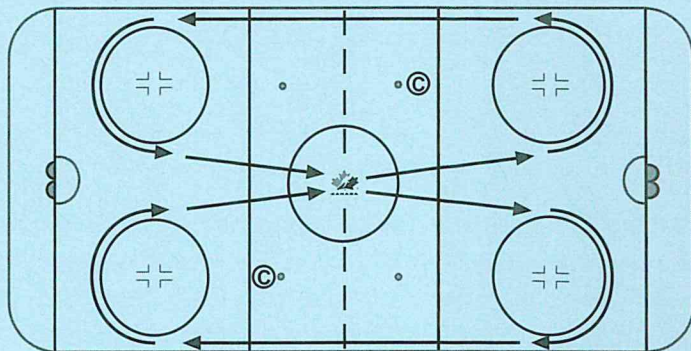
Session Objective(s) 1. Assess checking skills

- angling
- stick checks
- body contact

8 min

BUTTERFLY WARM-UP

- © demonstrates or calls out skating actions:
- 1 foot/ 2 foot/ squats.
- Left/ right/ both knee touches to ice.
- Mohawk turns/ 360's.
- Backwards.
- Sprints.
- Dive roll.
- 360 spin on knees.
- Progress to with pucks.



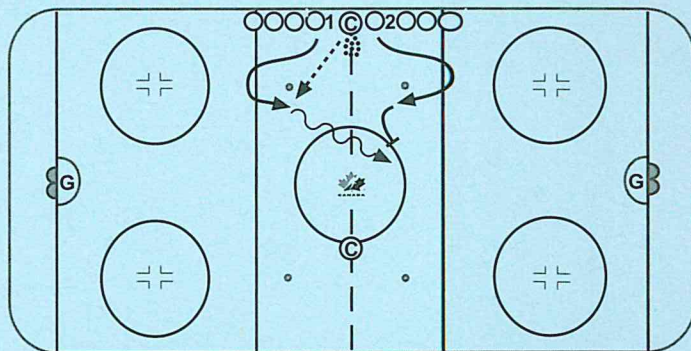
KEY EXECUTION POINTS

- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

8 min

ANGLING - OPEN ICE

- O1 and O2 leave from the red line on "go" from ©.
- Both players skate down the boards to the blue line and turn in.
- © passes to one player.
- Other player must angle the puck carrier to the middle, continues angle and pursuit across the neutral zone.



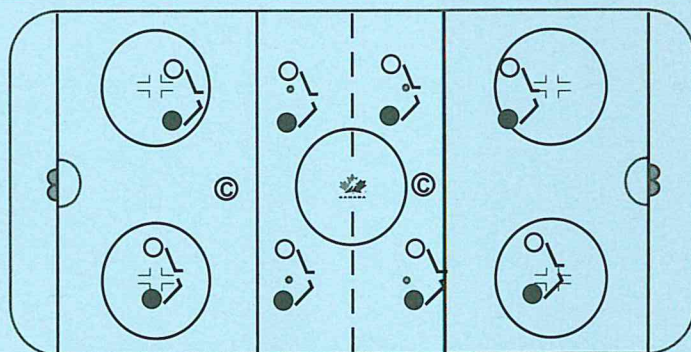
KEY EXECUTION POINTS

- Smart skating
- React quickly to receiving or not receiving the pass

5 min

STATIONARY STICK CHECKS

- Demonstrate for the players the press and the lift.
- Players pair up side by side.
- On whistle, Player 1 handles the puck stationary. Player 2 stands beside Player 1 and on the second whistle traps or lifts the stick.



KEY EXECUTION POINTS

- Demonstrate the skill
- Run at 50% so that players have success at implementing the proper technique

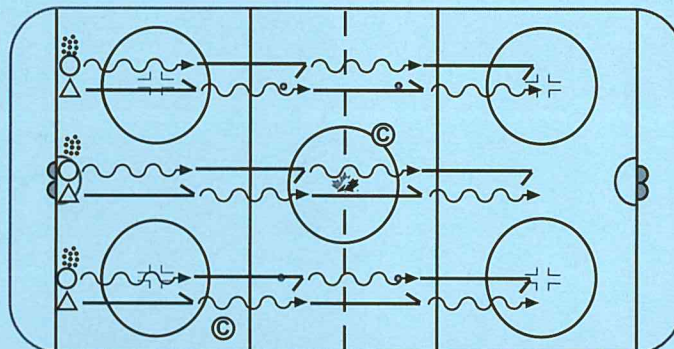
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PARTNER SWEEP HOOK

- O skates with the puck at Δ speed.
- Δ skates parallel or slightly behind to execute sweep or hook check.
- Attempt several repetitions going down the ice.
- Alternate once control is gained.



KEY EXECUTION POINTS

- Place shaft and blade flat
- Sweep in a circular motion
- Keep stick moving through the check

20 min

CHECKING STATIONS

1. Continuous Bumping

- O1 moves slowly along the boards while Δ1 angles, closes the gap and pins O1 against boards.
- The two players continue around boards to other side.
- Switch roles the other way.

- Switch roles on return across ice.

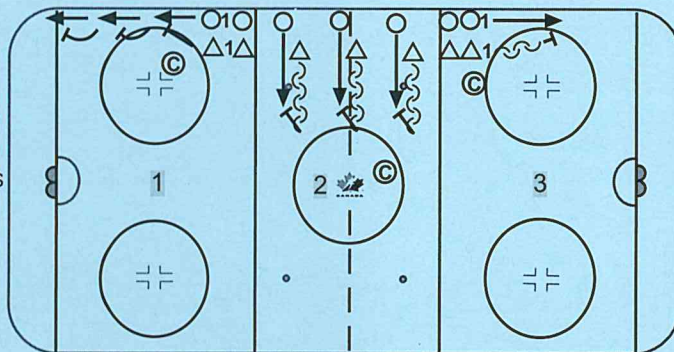
3. 1 on 1 Angling

- O1 moves slowly along the boards while Δ1 angles backwards, closes the gap and pins O1 against boards.
- The two players continue around the boards to other side.

- Switch roles the other way.

2. Open Ice Contact

- O skates forward as Δ skates backwards.
- Δ initiates shoulder to chest contact and then continues backwards repeating action across the ice.



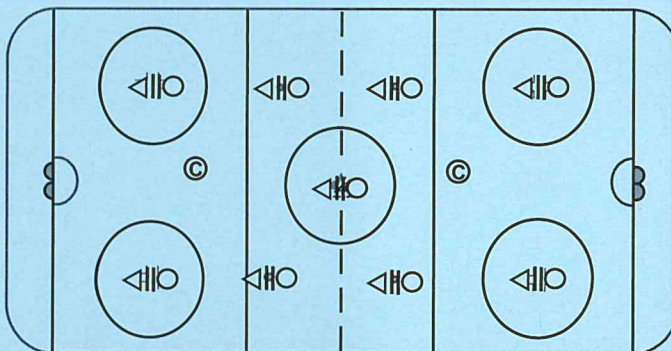
KEY EXECUTION POINTS

- Speed should be controlled ensuring proper technique
- Use the terms coil/ uncoil as motion description
- Add pucks and increase speed as players become more efficient

5 min

OWN THE DOT

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



KEY EXECUTION POINTS

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