

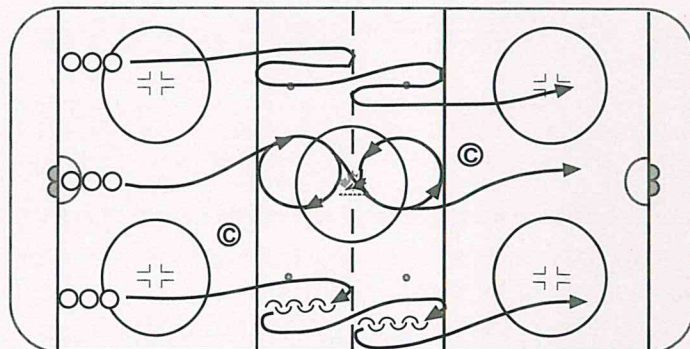
Session Objective(s) 1. Assess checking skills

- angling
- stick checks
- body contact

8 min

3 LINE WARM-UP

- Players line up in 3 groups to allow for 3 wide lanes.
- Players execute a series of skating skills without pucks and with pucks.
- Forwards and backwards.
- Striding and tight turns.
- Crossovers.
- Transition forward to backward to forwards.



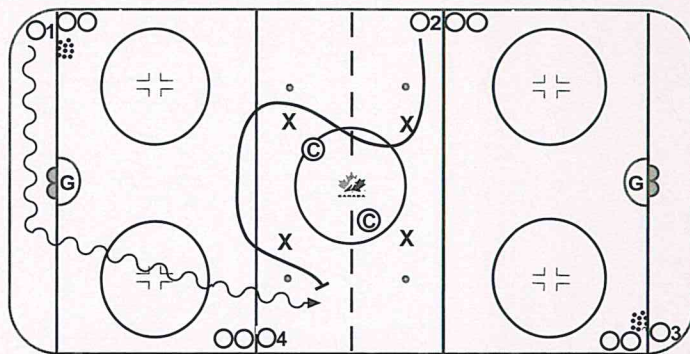
KEY EXECUTION POINTS

- Good knee bend
- Back straight and upright
- Head up, eyes forward

8 min

ANGLING GATE DRILL

- O1 and O2 begin on the whistle.
- O1 picks up loose puck and skates behind the net and must skate between the for a shot on goal.
- O2 closes the gap, sabling ice in hte neutral zone, before angling toward O1.
- O2 attempts to force O1 outside the pylons, not giving up the middle lane.



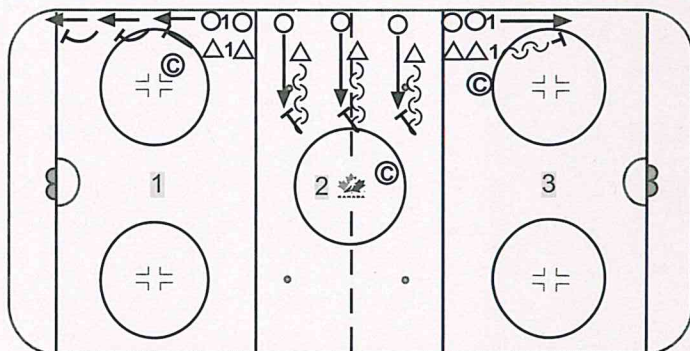
KEY EXECUTION POINTS

- Maintain middle lane
- Control skating

14 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.
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.
 - 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.



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

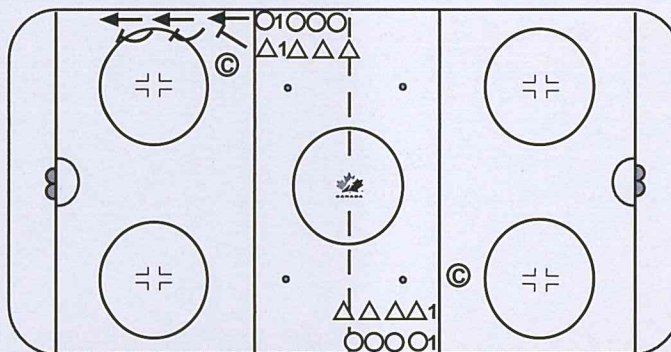
Session Objective(s) 1. Assess checking skills

- angling
- stick checks
- body contact

6 min

PARTNER BUMP AND ROLL

- 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.



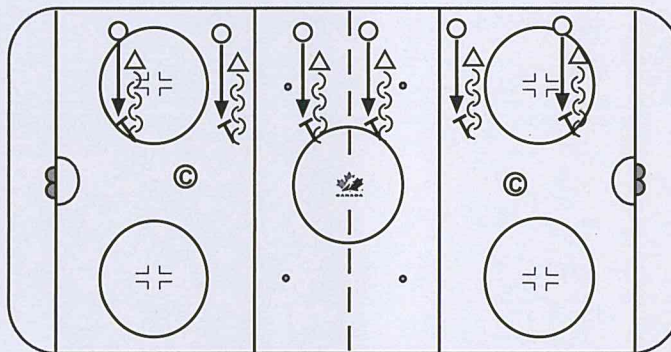
KEY EXECUTION POINTS

- Approach under control and at a good angle
- collapses shoulder/ body from check, rolls into wall
- Use the terms coil/ uncoil as a description of the motion

6 min

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.
- Switch roles on return across ice.



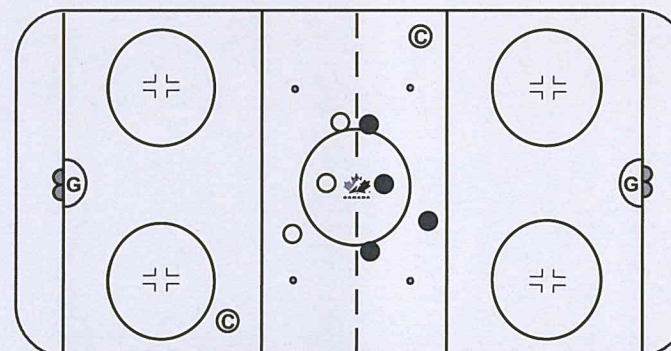
KEY EXECUTION POINTS

- Control skate
- Bend knees
- Use the terms coil/ uncoil
- Keep hands and elbows down

8 min

FRENCH SCRIMMAGE

- © determines how many players play per side by telling each bench or by how many whistles are blown.
- Each side can play with different number of players (short handed / powerplay).



KEY EXECUTION POINTS

- Game Skills
- Work hard
- Communicate
- Have fun