

B Checking from the Defensive Side-Sweden

Key Points:

In game playing roles 3 and 4 the player checking the puck carrier and players covering away from the puck always stays between the player and the net. Body on body and stick on the puck is the key concept.

Description:

1. When angling approach at the inside back shoulder then make contact.
2. In the corner approach under control to contain and then make contact.
3. Defend a 2 on 1 from the middle with the stick in the passing lane, Give the goalie the shooter if he is at a bad angle and deny cross pass.
4. Switch if a player goes behind the net with good puck control and no pressure.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720161047124>

