

Backchecking



2000 Play Right
International Coaches' Conference
Vancouver, British Columbia
Delegate Drill Manual





2000 PLAY RIGHT
INTERNATIONAL COACHES' CONFERENCE
Vancouver, British Columbia



Coach: BRUNO BASEOTTO (ASSIST)
Team: SASKATOON BLADES
Country: CANADA
Drill Theme: BACKCHECKING

LEGEND	Coach	~	Puck Carrying
	Forwards	→	Shooting
	Defenders	→	Pass
	Goalie	→	Drop Pass
	Stop	→	Backward Skate
	Pylon		Lateral Movement
	Pucks	→	Defensive Pressure
<input type="radio"/> OFFENSIVE		<input type="radio"/> DEFENSIVE	

Drill Name:

Key Teaching Points:

- COMMUNICATION BETWEEN THE BACKCHECKER, DEFENSEMAN, & GOALTENDER.
- DEFENSEMAN - READING THE ATTACK. 2ON1 OR IS IT A 2ON2?
- 2 ATTACKING FORWARDS - SPEED IN THE NEUTRAL ZONE - PUT PRESSURE ON THE DEFENSEMAN AND THE GOALTENDER.

Drill Description:

ON THE WHISTLE X1 AND X2 ATTACK D1. FIRST MAN IN THE O LINE WILL BE. AFTER THE ORIGINAL PLAY (SHOT) THE BACKCHECKER CAN TURN TO EITHER LINE OF HIS CHOICE. WHEN THE (BC) TURNS TO A LINE, THE FIRST MAN IN THAT LINE WILL PASS A PUCK TO THE (BC) AND THEY WILL ATTACK. THE FIRST MAN IN THE OPPOSITE LINE WILL NOW BECOME THE BACKCHECKER.

Additional Teaching Points:

- FIRST MAN IN LINE MUST REACT INSTANTLY; DO I ATTACK OR DO I BACKCHECK?
- BACKCHECKER DOESN'T START BACKCHECKING UNTIL THE PASS HAS BEEN MADE.
- USE 3 DEFENSEMEN IN THE MIDDLE ONLY - AFTER 3 MINS, CHANGE THE D IN THE MIDDLE

Progression / Options:



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Coach: *Tim Reiter*

Team: *Burnaby AAA - North Vancouver*

Country: *CANADA*

DRILL THEME: **BACKCHECKING**

LEGEND			
○	Coach	→	Puck Carrying
●	Forwards	→	Shooting
△	Defenders	→	Pass
G	Goalie	→	Drop Pass
	Stop	→	Backward Skate
X	Pylon		Lateral Movement
●	Pucks	→	Defensive Pressure

☐ OFFENSIVE ☒ DEFENSIVE

DRILL NAME: *1 vs 1 w Backcheck*

KEY TEACHING POINTS:

- ① Offensive player must skate through centre circle
- ② ③ whistle controls drill
- ③ Drill is continuous

DRILL DESCRIPTION:

X₁ begins w puck - skates up boards & through the centre circle
X₂ mirrors & plays 1vs1
On ③ whistle X₂ leaves w puck & X₄ mirrors
X₂ goes length of the ice to support X₃
X₁ back checks X₂ down length of ice eliminating odd man attack

ADDITIONAL TEACHING POINTS:

Players must communicate that they are in support both on offense & defense

Head on a swivel - recognize options - read if support is available

PROGRESSION / OPTIONS:

ie 1vs1 2vs1 2vs2



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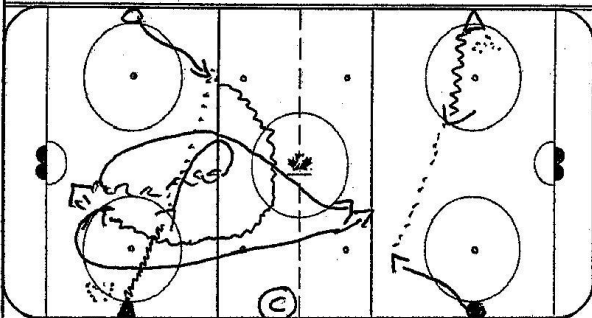
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Coach: David Millard
Team: Calgary Bantam AAA Canucks
Country: Canada
DRILL THEME: **BACKCHECKING**

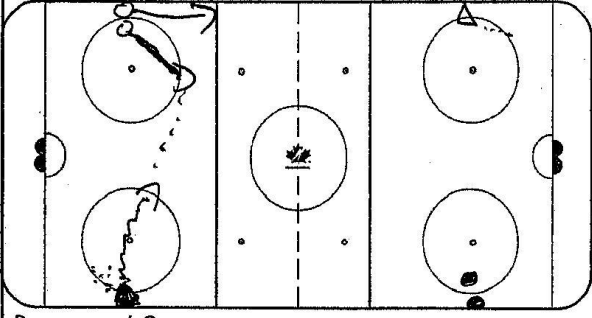
LEGEND	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	→→	Pass
	G	Goalie	→→→	Drop Pass
	—	Stop	↔	Backward Skate
	X	Pylon		Lateral Movement
	⊗	Pucks	—	Defensive Pressure
	○	OFFENSIVE	○	DEFENSIVE

DRILL NAME:



KEY TEACHING POINTS:
D-man plays one on one straight up. Back checker gains body position on d-man joining the rush and follow all the way to the net.

DRILL DESCRIPTION:
Forwards and defencemen split evenly in each end. On the coaches whistle a d-man carries a puck and passes to a forward skating in one end of the rink. Forward carries puck through center ice and attacks d-man one on one. On coaches second whistle drill begins in the other end with the opposite d-man jumping into the play



ADDITIONAL TEACHING POINTS:
with the forward backchecking against him making it a two on two. Start drill at the other end when finished.

PROGRESSION / OPTIONS:
2 on 1 in one end making it a 3 on 3 at the other. Make sure players communicate as to which player they are picking up on the back check

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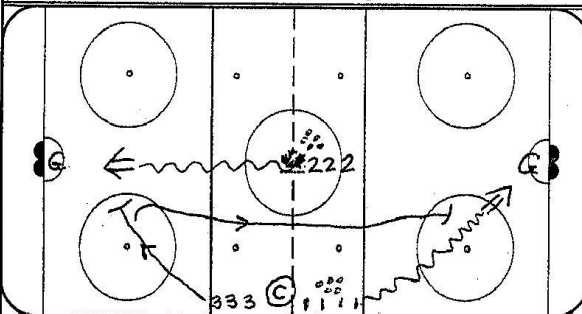
Coach: BRUCE TUCK
Team: Saanich Sr Female AA / U18 Team Pacific Female
Country: Canada
Drill Theme: BACKCHECKING

LEGEND	○	Coach	~	Puck Carrying
	○ ●	Forwards	→	Shooting
	△	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	→	Backward Skate
	X	Pylon		Lateral Movement
	●	Pucks	—	Defensive Pressure

OFFENSIVE

DEFENSIVE

Drill Name: 2nd Effort Backcheck

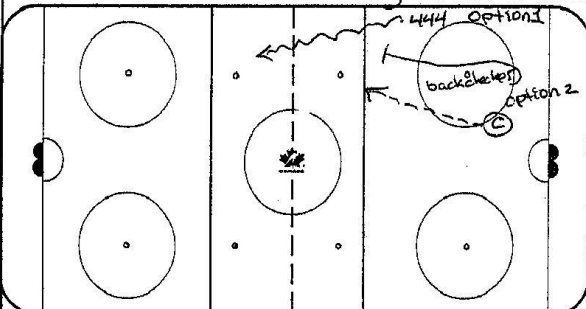


KEY TEACHING POINTS:

- back checker quickly reduces time & space for shooter by proper angling
- back checker does not give up until logical completion of play

Drill Description:

Players in 3 groups as shown. Drill is whistle or voice controlled. On signal player 2 attacks net with puck. Player 3 backchecks until play is complete then turns back up ice to backcheck player 1, who only leaves on signal from coach. Player rotation from 1 → 2 → 3 after every turn.



ADDITIONAL TEACHING POINTS:

- coach controls gap between back checker and shooter to vary pressure and angling required.
- coach controls proper work to rest ratio

PROGRESSION / OPTIONS:

① Add 4th group of players as shown for another backcheck

② This 4th group of players could break for pass from (C) & back checker would have to cover player without the puck then

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Coach: SCOTT OWENS

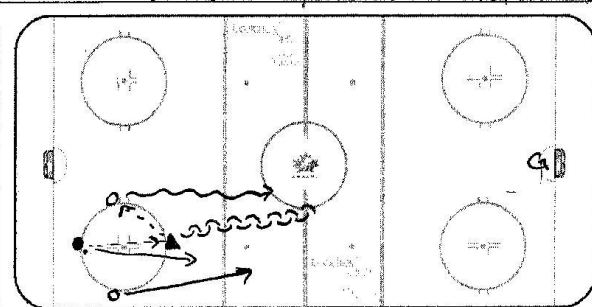
Team: NOTRE DAME HOUNDS

Country: CANADA

Drill Theme: **Back Checking**

LEGEND	○	Coach	→	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	⇄	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	~	Backward Skate
	X	Pylon		Lateral Movement
	⋈	Pucks	—	Defensive Pressure

Drill Name: 2 ON 1, 3 ON 2 WITH BACKCHECKER

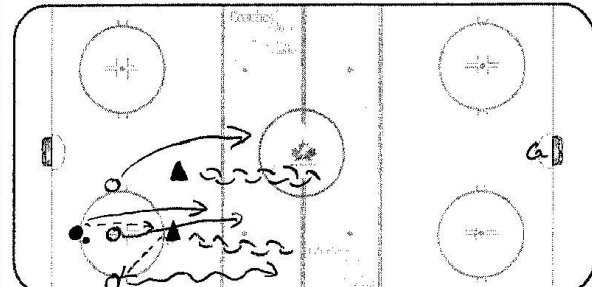


KEY TEACHING POINTS:

- * COMMUNICATION - DEFENSEMAN
MUST PLAY 2 ON 1 UNTIL THE BACKCHECKER HAS ONE ATTACKER UNDER CONTROL
- * BACKCHECK - KEEP THE ATTACKING FORWARD AWAY FROM THE MIDDLE
- * BACKCHECKER - ESTABLISH GOOD DEFENSIVE POSITION - CONTROL STICK

DRILL DESCRIPTION:

BACKCHECKER (●) BEGINS WITH PASS TO DEFENSEMAN. D MAN PASSES TO EITHER OF 2 ATTACKERS. AS SOON AS THE PUCK IS TOUCHED BY ATTACKER, ALL PLAYERS MAY MOVE. OFFENSIVE PLAYERS ATTACK 2 ON 1 WHILE BACKCHECKER SKATES & COMMUNICATES WITH D MAN WHO HE IS PICKING UP.



KEY TEACHING POINTS:

SAME

DRILL DESCRIPTION:

PROGRESS TO 3 ON 2. SIMILAR TO DRILL ABOVE. 3 ON 2 MUST BE PLAYED BY D MAN WITH A BACKCHECKER COMING BACK TO CLEAR THE MIDDLE AND PICK UP THE EXTRA MAN AS COMMUNICATED WITH D MAN.



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Coach: SYLVAIN LEONE

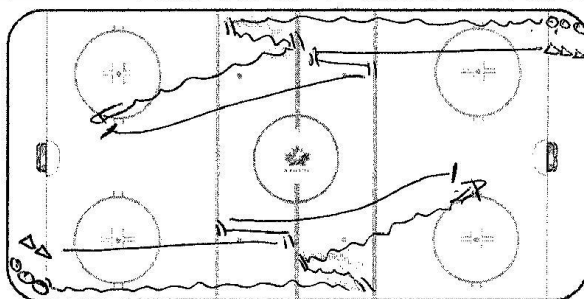
Team: VBC MEN'S - VANCOUVER

Country: BACK CHECKING SPRINTS

Drill Theme: **Back Checking**

LEGEND	○	Coach	→	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	→→→	Pass
	G	Goalie	→→→	Drop Pass
	—	Stop	→→→	Backward Skate
	X	Pylon		Lateral Movement
	●	Pucks	—	Defensive Pressure

Drill Name:

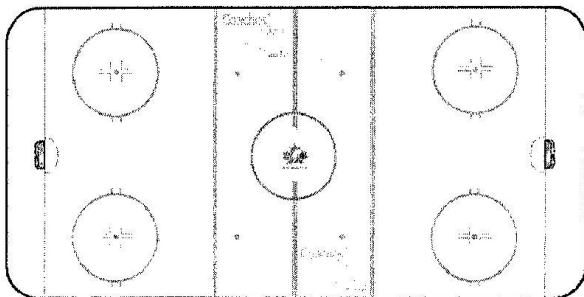


KEY TEACHING POINTS:

- GOOD ACCELERATION ON STARTS
- BODY POSITION + PUCK PROTECTION
- SHOOTING WHILE UNDER PRESSURE

DRILL DESCRIPTION:

○₁ AND △₁ LEAVE AT THE SAME TIME (ON THE WHISTLE). ○₁ CARRIES THE PUCK TO FAR BLUE LINE - STOPS - BACK TO CENTRE ICE - STOPS - THEN ON TO NET FOR SHOT. △₁ SKATES TO CENTRE - STOPS - BACK TO NEAR BLUE LINE - STOPS - THEN BACKCHECKS ○₁.



KEY TEACHING POINTS:

DRILL DESCRIPTION:



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Coach: Mike Sirant

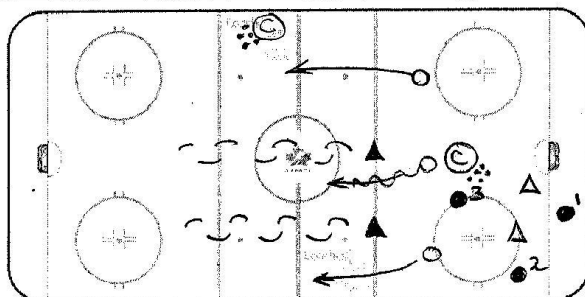
Team: U of Manitoba Bisons

Country: CANADA

Drill Theme: **Back Checking**

LEGEND	○	Coach	→	Puck Carrying
	●	Forwards	⇒	Shooting
	△	Defenders	→→→	Pass
	G	Goalie	→→→	Drop Pass
	—	Stop	→→→	Backward Skate
	X	Pylon		Lateral Movement
	●●●	Pucks	—	Defensive Pressure

Drill Name:

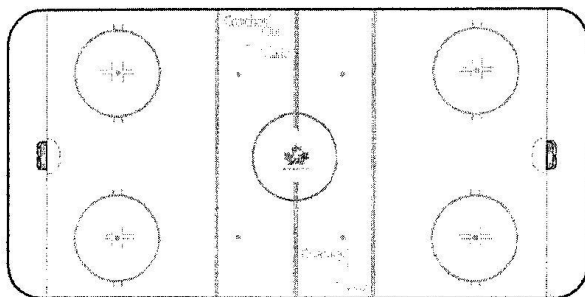


KEY TEACHING POINTS:

- On 3v2 low, keep one forward high in good defensive position
- 3 pressures puck from behind in NZ and responsible to retrieve puck on chips at blueline
- 1's establish good gap control and hold DZ blueline
- 2+1 track back through middle and assume DZ positions

DRILL DESCRIPTION:

Drill starts with 3v2 low cycle. Three forwards (○) are waiting w/ a puck at top of circles and on whistle attack 3v2 up ice. ●'s backcheck and 1's follow up play to create a 5v5 DZ situation at the opposite end. © adds new pucks if necessary to continue DZ play.



KEY TEACHING POINTS:

DRILL DESCRIPTION:



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Coach: RYAN FERSTER

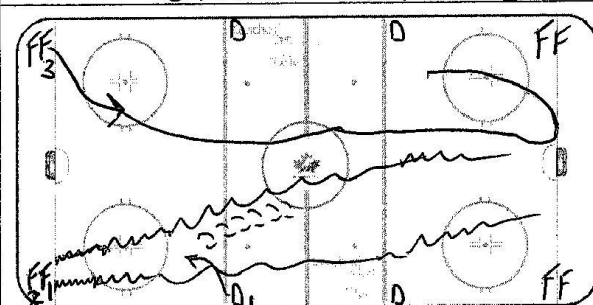
Team: SALMON ARM SILVERBACKS BCHL

Country: CANADA

Drill Theme: **Back Checking**

LEGEND	⊙	Coach	~~~~~	Puck Carrying
	○ ●	Forwards	==>	Shooting
	△ ▲	Defenders	- - ->	Pass
	G	Goalie	- · ->	Drop Pass
	—	Stop	~~~~~	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	—	Defensive Pressure

Drill Name: BLAKES 2 vs 1 + 1 BACKCHECK

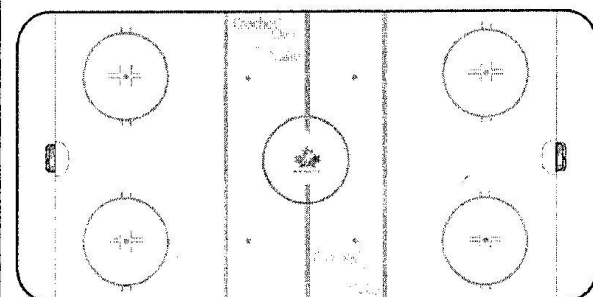


KEY TEACHING POINTS:

- * COMMUNICATION D AND BACKCHECKING FWD.
- * BACKCHECK ALL THE WAY TO POST
- * CLOSING GAP FROM BEHIND

DRILL DESCRIPTION:

F1 F2 BEGIN DRILL 2 vs 1 ON D1 WHEN THEY REACH TOP OF CIRCLE F3 LEAVES FROM OPPOSITE CORNER, PURSUES THRU MID ICE AFTER RUSH F3 MUST TOUCH POST AND SWING TO EITHER CORNER AND NOW GOES 2 vs 1 BACK WITH BACKCHECKER LEAVING FROM OPPOSITE CORNER
* CONTINUOUS DRILL *



KEY TEACHING POINTS:

DRILL DESCRIPTION:



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Coach: Jamie Leach

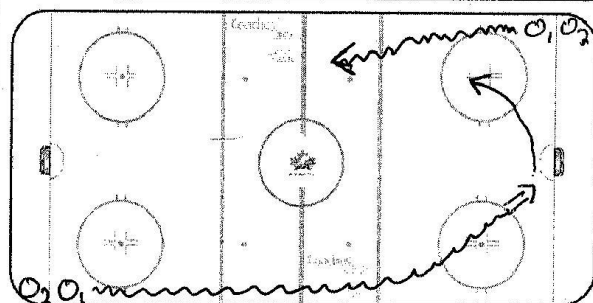
Team: Quebec Millionaires

Country: Canada

Drill Theme: **Back Checking**

LEGEND	●	Coach	→	Puck Carrying
	○	Forwards	→	Shooting
	△	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	→	Backward Skate
	X	Pylon	→	Lateral Movement
	•••	Pucks	→	Defensive Pressure

Drill Name: Shoot-n-Backcheck

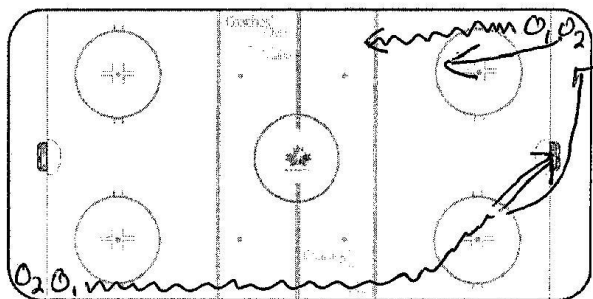


KEY TEACHING POINTS:

- Explosive start
- Quick feet

DRILL DESCRIPTION:

Drill is done from both ends at the same time. F1 drives down the boards with the puck attacking the opposite end. F1 shoots on net and backchecks F1 from the opposite line. F1 can't leave till the shot is taken. Drill is continuous. After backchecking player is done drill.



KEY TEACHING POINTS:

- Score goals
- Read & React

DRILL DESCRIPTION:

Progression: When a goal is scored F2 backchecks F1. If the attacking player doesn't score he must backcheck.



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Coach: RON CHATELAIN

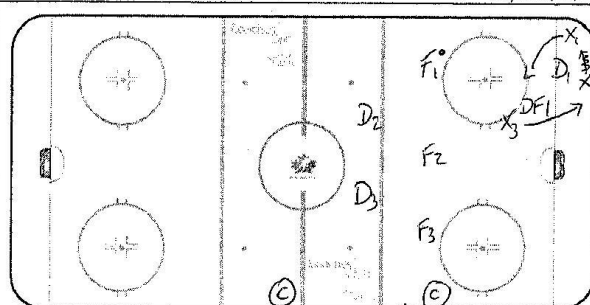
Team: _____

Country: CANADA

Drill Theme: **Back Checking**

LEGEND	⊙	Coach	~~~~~	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	~~~~~	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	—	Defensive Pressure

Drill Name: 3vs.2 CYCLE TO 3vs.3 BACKCHECK AND 2vs.2 SPOT PUCK (RIC MATTRESS)



KEY TEACHING POINTS:

ON CYCLE : DEFENSIVELY, D1 IN CONTACT AREA, DF1 IN SUPPORT AREA - DEFENSIVE SIDE POSITIONING, CONTAIN

BACKCHECKER : GET BACK INTO MIDDLE OF ICE AS QUICKLY AS POSSIBLE, BECOME DOWN LOW FORWARD DEFENSIVELY

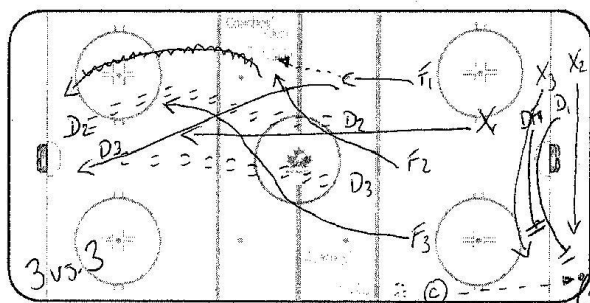
DRILL DESCRIPTION:

PRESET FORWARD LINE (F1F2F3) WITH PUCK UP NEAR B-LINE - D2 D3 ON B-LINE

PRESET FORWARD LINE (X1X2X3) WITH PUCK IN CORNER @ D1 AND DF1

ON WHISTLE: X1X2X3 CYCLE/SUPPORT AND PLAY 3vs.2 IN CORNER @ D1 AND DF1 FOR 10-15 SECONDS

ON NEXT WHISTLE: F1F2F3 START 3 vs. 2 @ D2 D3 SKATING DOWN TO FAR GOAL



KEY TEACHING POINTS:

3vs.3 - CONTACT, SUPPORT, AND NET ZONES. PLAY MAN, DEFENSIVE SIDE POSITIONING, PLAY FOR THE PIN

2vs.2 - DF1, DON'T LEAVE SUPPORT AREA UNLESS YOU ARE SURE YOU CAN RETRIEVE A LOOSE PUCK IN THE CORNER

*DF1 SHOULD BE THE 4th MAN IN CORNER

DRILL DESCRIPTION:

⊙ SPOTS A PUCK IN OPPOSITE CORNER FOR 2vs.2 * HIGH MAN IN CYCLE

BACKCHECKS TO FAR END HELPING D2 & D3, MAKING RUSH 3vs.3 @ F1F2F3

⊙ IN EACH END DICTATE THE LENGTH OF PLAY

* IN THE CYCLE AND THE 2vs.2, USE 1 D-MAN AND 1 DOWN LOW FORWARD (DF1)



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Coach: RYAN HUSKA

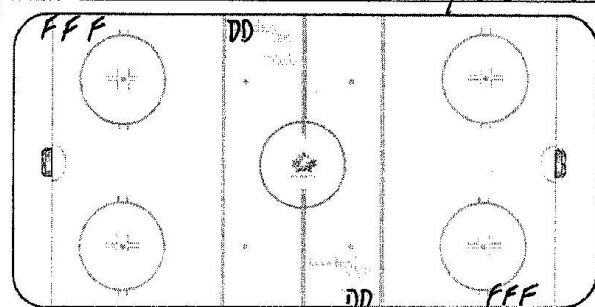
Team: KELOWNA ROCKETS

Country: CANADA

Drill Theme: **Back Checking**

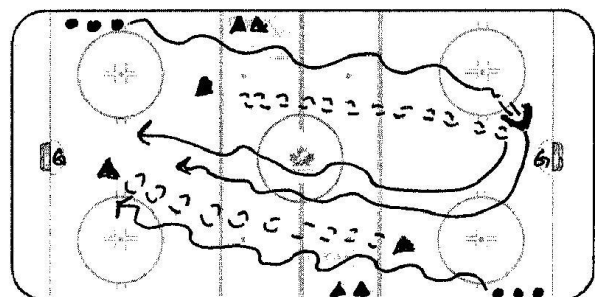
LEGEND	●	Coach	~~~~~	Puck Carrying
	○ ●	Forwards	==>	Shooting
	△ ▲	Defenders	- - ->	Pass
	G	Goalie	- + ->	Drop Pass
	—	Stop	~~~~~	Backward Skate
	X	Pylon		Lateral Movement
	● ● ● ● ●	Pucks	—	Defensive Pressure

Drill Name: Canuck 2 on 1 / 2 on 2



KEY TEACHING POINTS:

DRILL DESCRIPTION:



KEY TEACHING POINTS:

- Fwd and D must communicate as to who has which man on the backcheck.
- Offensive Fwd and D must get shot on goal.

DRILL DESCRIPTION:

- Drill begins out of one end as a 1 on 1
- After shot or on whistle, opposite end starts 1 on 1
- Original ▲ jumps up to make 2 on 1. Original ● acts as a backchecker
- Drill is continuous. Original ▲ and ● drop out and new ▲ and ● begin.

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Coach: DALE GRAYSTON

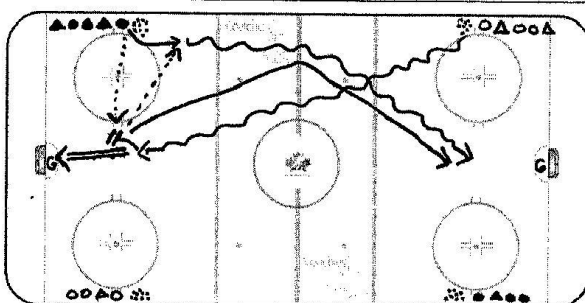
Team: BEARBY'S MIDGET AAA BLACKHAWKS

Country: CANADA

Drill Theme: **Back Checking**

LEGEND	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	→→→	Pass
	G	Goalie	→→→	Drop Pass
	—	Stop	→→→	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	—	Defensive Pressure

Drill Name: HOUND DOG



KEY TEACHING POINTS:

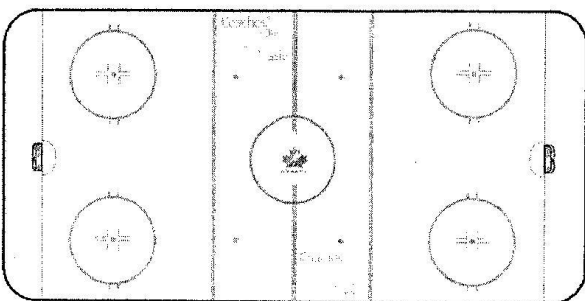
"BUMP THEM EARLY"

"CLOSER YOU GET TO THE NET,
CONTROL STICK"

"SHOULDER CHECK"

DRILL DESCRIPTION:

- BEGINS DRILL BY CARRYING PUCK DOWN ICE + THEN SHOOTING IN STRIDE APPROXIMATELY TOP OF CIRCLES TO HASH MARKS.
- THEN COMES TO A COMPLETE STOP AT HASH MARKS, TURNS + RECEIVES PASS FROM ●.
- QUICKLY RETURNS PASS TO ● WHERE ● RECEIVES PASS + SKATES QUICKLY UP ICE TO SHOOT ON NET.
- ATTEMPS TO BUMP ● EARLY ON THE BACKCHECK, THINKING THE CLOSER HE GETS TO THE NET THE CONTROL OF ●'S STICK IS IMPORTANT.
- IF ○ CANNOT CATCH ● (PUCK CARRIER) BY THE RED LINE, HE OR SHE WILL GO TO MIDDLE OF ICE ON WAY TO SHOT, SHOULD CHECKING FOR AN IMAGINARY HIGH GUY.



KEY TEACHING POINTS:

- * THE SHOOTER ALWAYS BECOMES THE BACKCHECKER.
- * ONCE A PLAYER HAS BACKCHECKED, HE HAS COMPLETED HIS PART IN THE DRILL.
- * ALWAYS WORK ONE SIDE OF ICE.
- * CONDITIONING IS A BIG PART OF THIS DRILL.
- * PASSING + RECEIVING WHILE UNDER STRESS.

DRILL DESCRIPTION:



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Coach: **WCIANO BASILE**

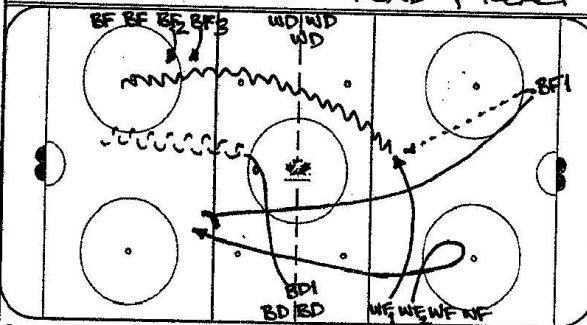
Team: **FASSA HOCKEY**

Country: **ITALY**

DRILL THEME: **BACKCHECKING**

LEGEND	● Coach	→ Puck Carrying
	○ Forwards	→ Shooting
△ Defenders	→ Pass	→ Drop Pass
	G Goalie	→ Backward Skate
Stop	→ Lateral Movement	→ Defensive Pressure
	X Pylon	
* Pucks		
	○ OFFENSIVE	○ DEFENSIVE

DRILL NAME: **BACKCHECK READ & REACT CONTINUOUS**

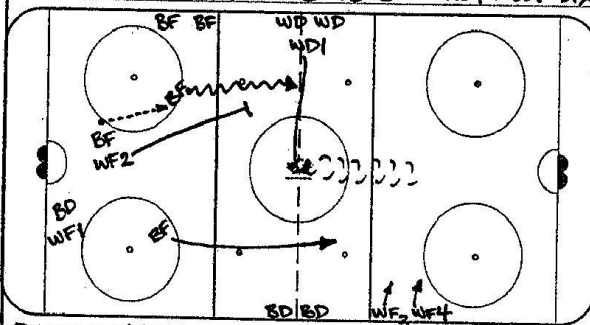


KEY TEACHING POINTS:

- D MUST READ SITUATION (2X1 OR 2X2) AND COMMUNICATE WITH BACKCHECK FOR.
- BACKCHECK F, IF GIVEN CHOICE, MUST PICK UP MAN WITHOUT PUCK EARLY
- ATTACKING F'S MUST BE CONSPICUOUS, EVEN WHEN THEY ARE IN OFFENSIVE PHASE, WHO IS THE "HIGH MAN" SO THAT THE TRANSITION FROM OFF TO DEF CAN BE MADE QUICKLY
- GREAT CONDITIONING DRILL ALSO.

DRILL DESCRIPTION:

- TEAM IS DIVIDED IN TWO COLORS (FOR PURPOSE OF THIS DRILL I HAVE CHOSEN WHITE (W) & BLACK (B)
- BF1 STARTS DRILL WITH PASS TO WF1 OR WF2 WHO ATTACK BD1 2X1
- BF1 BACKCHECKS AND CREATES 2X2 SITUATION
- AS ALL FOUR PLAYERS CROSS FAR-BLUE LINE BF2 AND BF3 ALSO ENTER ZONE BUT PLAY ONLY A PASSIVE ROLE - THEY MUST STAY ABOVE "HASH-MARKS" AND AWAIT PASS



- BF1 AND BD1 DEFEND AGAINST WF1 AND WF2 AND MUST RECOVERATE PUCK AND FORWARD IT TO BF2 AND BF3 WHO IMMEDIATELY ATTACK WD1 OTHER WAY
- THE OFFENSIVE "HIGH-MAN" (IN THIS PARTIC. CASE WF2) MUST READ SITUATION AND BACKCHECK TO CREATE 2X2 SITUATION.
- AS THESE FOUR PLAYERS ENTER OTHER END WF3 AND WF4 BECOME "PASSIVE" FORWARD AND DRILL CONTINUES BACK AND FORTH
- IF GOAL IS SCORED GOALTENDER STARTS PLAY OTHER WAY



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Coach: JOEL CORMIER

Team: POWELL RIVER KINGS

Country: CANADA

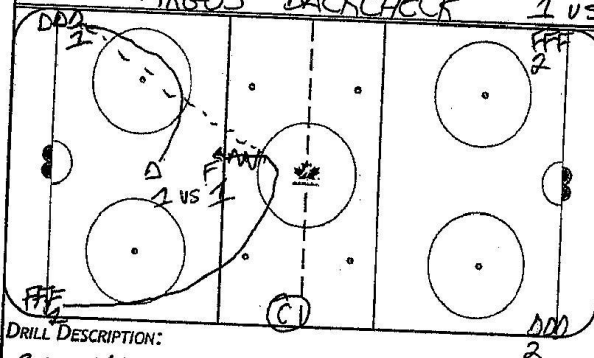
DRILL THEME: BACKCHECKING

LEGEND	Coach	Puck Carrying
○ ●	Forwards	Shooting
△ ▲	Defenders	Pass
G	Goalie	Drop Pass
—	Stop	Backward Skate
X	Pylon	Lateral Movement
⊕	Pucks	Defensive Pressure

✓ OFFENSIVE

✓ DEFENSIVE

DRILL NAME: ARGOS BACKCHECK 2 VS 1 TO 2 VS 2

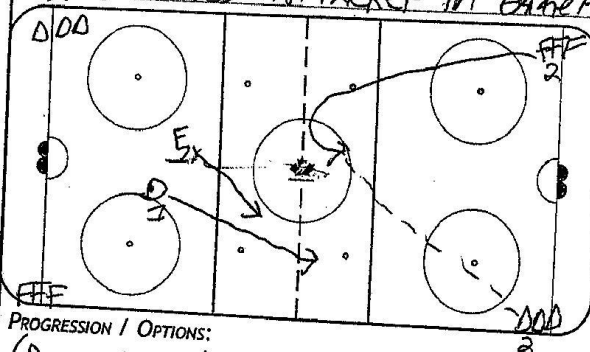


KEY TEACHING POINTS:

- F1 calls for PASS AND MUST TOUCH THE CENTRE CIRCLE
- D CLOSERS GAP AFTER PASS
- BACKCHECK: HUSTLE HARD
- D MUST COMMUNICATE WITH ATTACKING F
- 2 VS 2 - D2 MUST REACT ON WHETHER IT IS A 1 VS 1 OR A 2 VS 2

DRILL DESCRIPTION:

ON WHISTLE, D1 PASSES TO F1 WHO AFTER RECEIVING PASS COMES BACK AND PLAYS 1 VS 1 AGAINST D1. ON WHISTLE D2 PASSES TO F2 IN OTHER END AND THEY DO THE SAME AS F1 AND D1. F2 THEN BECOMES BACKCHECKER AND D2 BECOMES ATTACKER IN OTHER END. CONTINUOUS



ADDITIONAL TEACHING POINTS:

- MUST BE WATCHING AT ALL TIMES TO KNOW WHO WILL BE BACKCHECKING PARTNER AFTER WHISTLE
- BACKCHECKER HEAD ON SAVER! DRIVE TO NET HARD WITH STICK ON ICE TO MAKE BACKCHECKER WORK HARDER

PROGRESSION / OPTIONS:

(Diag.: 2ND WHISTLE)

PROGRESSION - THROW IN EXTRA BACKCHECKER FROM THE SIDE

- 2 VS 2 TO 4 VS 4



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2000 PLAY RIGHT
INTERNATIONAL COACHES' CONFERENCE
Vancouver, British Columbia



Coach: JOEL CORMIER

Team: POWELL RIVER KINGS

Country: CANADA

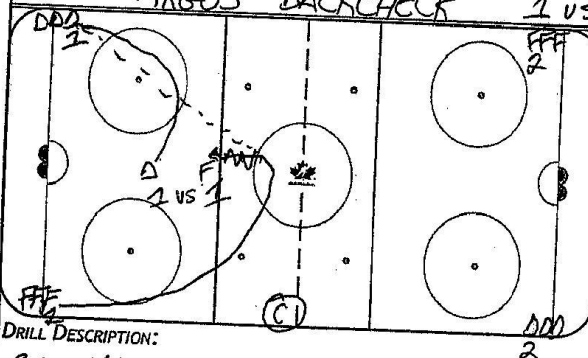
DRILL THEME: BACKCHECKING

LEGEND	Coach	Puck Carrying
○ ●	Forwards	Shooting
△ ▲	Defenders	Pass
G	Goalie	Drop Pass
—	Stop	Backward Skate
X	Pylon	Lateral Movement
⊕	Pucks	Defensive Pressure

✓ OFFENSIVE

✓ DEFENSIVE

DRILL NAME: ARGOS BACKCHECK 2 VS 1 TO 2 VS 2

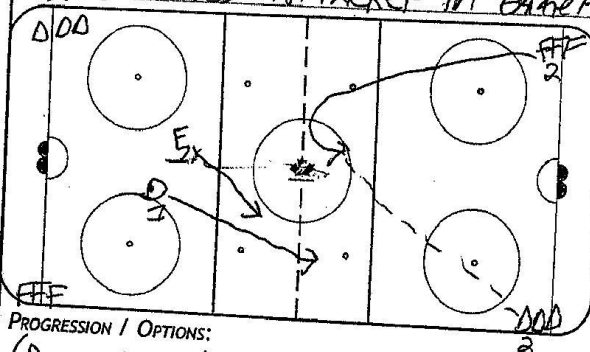


KEY TEACHING POINTS:

- F1 calls for PASS AND MUST TOUCH THE CENTRE CIRCLE
- D CLOSERS GAP AFTER PASS
- BACKCHECK: HUSTLE HARD
- D MUST COMMUNICATE WITH ATTACKING F
- 2 VS 2 - D2 MUST REACT ON WHETHER IT IS A 1 VS 1 OR A 2 VS 2

DRILL DESCRIPTION:

ON WHISTLE, D₂ PASSES TO F₂ WHO AFTER RECEIVING PASS COMES BACK AND PLAYS 1 VS 1 AGAINST D₁. ON WHISTLE D₂ PASSES TO F₂ IN OTHER END AND THEY DO THE SAME AS F₂ AND D₁. F₂ THEN BECOMES BACKCHECKER AND D₂ BECOMES ATTACKER IN OTHER END. CONTINUOUS



ADDITIONAL TEACHING POINTS:

- MUST BE WATCHING AT ALL TIMES TO KNOW WHO WILL BE BACKCHECKING PARTNER AFTER WHISTLE
- BACKCHECKER HEAD ON SAVER! DRIVE TO NET HARD WITH STICK ON ICE TO MAKE BACKCHECKER WORK HARDER

PROGRESSION / OPTIONS:

(Diag.: 2ND WHISTLE)

PROGRESSION - THROW IN EXTRA BACKCHECKER FROM THE SIDE

- 2 VS 2 TO 4 VS 4



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2000 PLAY RIGHT
INTERNATIONAL COACHES' CONFERENCE
Vancouver, British Columbia



Coach: Dave Griffith

Team: Wawa Travellers Jr. B

Country: Canada

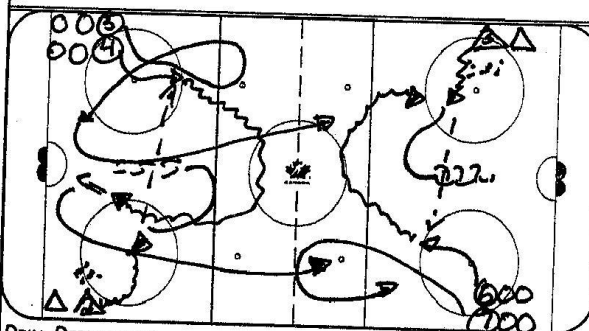
DRILL THEME: BACKCHECKING

LEGEND	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	→→→	Pass
	G	Goalie	↔↔↔	Drop Pass
	—	Stop	↔↔↔	Backward Skate
	X	Pylon		Lateral Movement
	⬮	Pucks	—	Defensive Pressure

☐ OFFENSIVE

☐ DEFENSIVE

DRILL NAME:



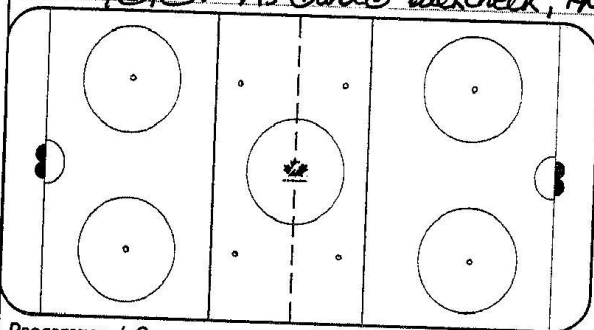
KEY TEACHING POINTS:

- Teach the backcheckers to recognize who to pick up while back checking
- Teach the backcheckers to communicate with the Dmen to confirm which offensive players are covered

DRILL DESCRIPTION:

② passes to ④, ④ and ⑤ skate over blueline then turn back and attack 2-1 against ③. After a shot on net or play has been stopped blow whistle then ③, ⑥, ⑦ start drill at other end. ③ quickly goes up ice to join ⑥, ⑦ in the attack, trying to make the attack 3-1. ④ and ⑤ must back check on ③, ⑥, ⑦. As ④ and ⑤ backcheck, they must communicate with ③ to confirm which offensive players are covered

ADDITIONAL TEACHING POINTS:



PROGRESSION / OPTIONS:



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