

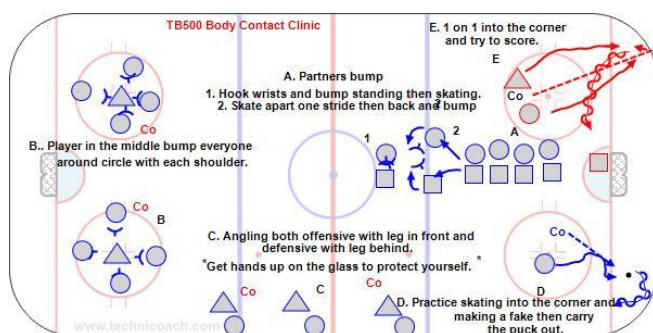
The ABC's of Body Checking and Angling

Compiled by Tom Molloy

Body Checking and Angling

Before a player can body check they must		
have the angling skill skating and angling skills to		
get into position to make make the check.		

T3-B500 Body Contact Clinic



Key Points:

Start with a good athletic position of knee bent, back straight, seat low with the head on top of the shoulders and not hanging over the ice. Follow this instruction with 1 on 1 drills and transition games.

The practice was run by Jeff Hill with a group of 12-13 year olds.

Description:

A. Partners bump

1. Hook wrists and bump standing then skating. Come back using other shoulder.
2. Skate apart one stride then back and bump

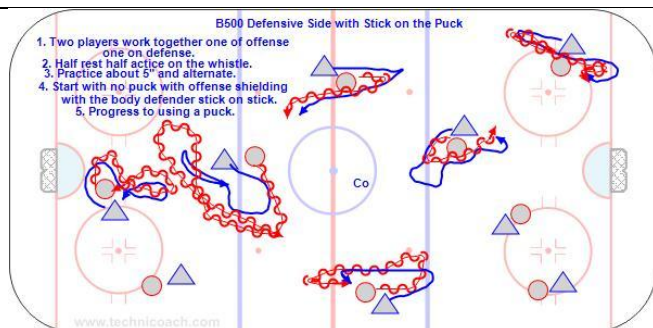
B. Player in the middle bump everyone around circle with each shoulder.

C. Angling both offensive with leg in front and defensive with leg behind. Get hands up on the glass to protect yourself.

D. Practice skating into the corner and making a fake then carry the puck out.

E. 1 on 1 into the corner and try to score.

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B500 Defensive Side with Stick on the Puck - Pro

Key Points:

Player checks from the defensive side with the stick always on the attackers stick. Keep the stick on the ice when going side to side.

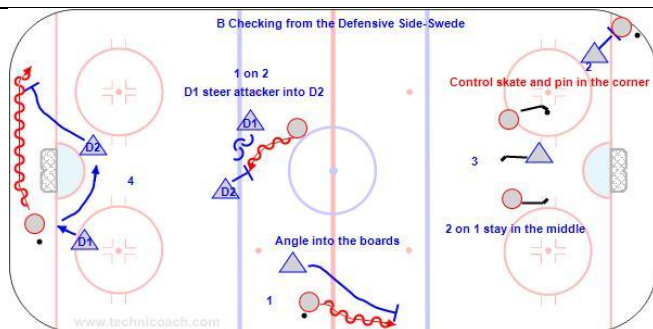
Description:

1. Two players work together one of offense one on defense.
2. Half rest half active on the whistle.
3. Practice about 5' and alternate.
4. Start with no puck with offense shielding with the body defender stick on stick.
5. Progress to using a puck.

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B500 Defensive Drill to Keep the Stick on the Puck - Pro

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B Checking from the Defensive Side - Sw

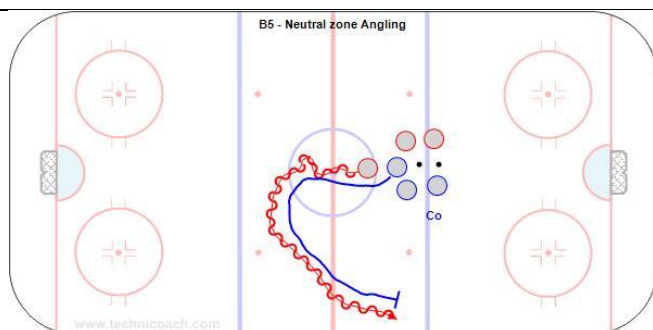
Key Points:

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.

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C1 - Neutral zone Angling - Pro

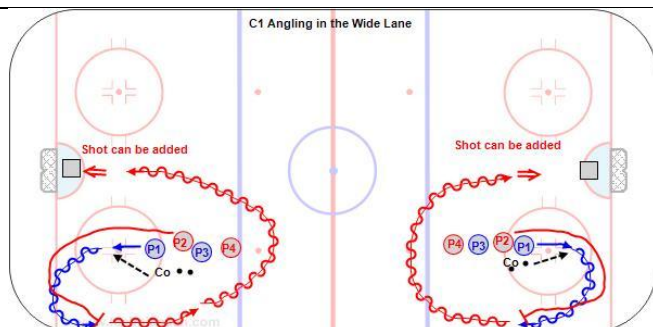
Key Points:

Mirror the attacker from behind. Keep the attacker on the outside, approach toward the inside shoulder with the stick on the puck, shoulder in front and body on body.

Description:

1. Line up in the neutral zone with a defender following an offensive player with the puck.
2. Offensive player make moves and dekes and then turn either way to attack.
3. Defender mirror the offensive player and turn staying on the inside.
4. Defender close the gap by approaching from about a half stick behind at the inside shoulder.
5. Defender keep the stick on the puck and body on body to angle the attacker and take the puck.

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C1 Angling in the Wide Lane - Pro

Key Points:

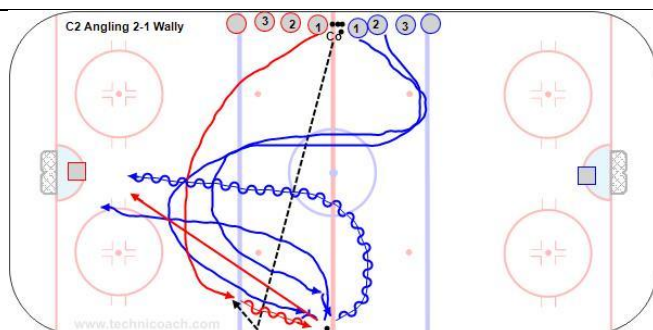
Force the puck carrier up the boards by denying a pass back with the stick and approaching from behind toward the back shoulder.

Description:

1. Players start in a wide lane.
2. Coach pass the puck ahead and P1 skate for the puck while P2 tracks from behind.
3. P2 keeps steer P1 with his stick denying a pass back and approaches from slightly behind.
4. P2 angles P1 toward the boards and approaches at the back shoulder.
5. P2 rubs P1 out with the 'stick on the puck and body on body' skating through the arms with his inside leg in front.
6. P2 takes possession of the loose puck.

** Option is for P2 to take a shot or progress to a battle drill where either P1 or P2 shoots.*

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C2 Angling 2-1 Wally - Pro W

Key Points:

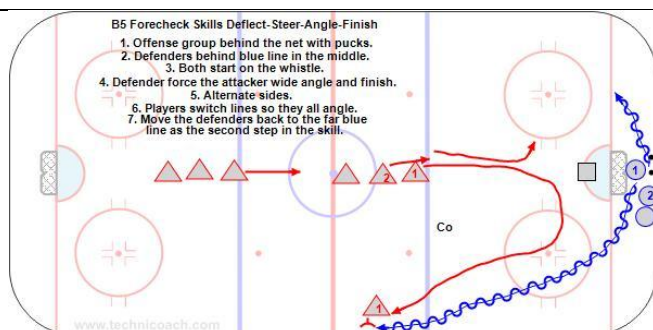
Defender create an angle from inside to cut the ice in half, deflect the play wide, angle at the back of the inside shoulder with the stick on the puck and finish. Second checker mirror from a little behind.

Description:

1. Coach shoot the puck across the ice on the attacking teams half or dump it softly.
2. Red 1 race for the puck and attack the Blue net.
3. Blue 1 and 2 tag up at the blue line then arc slightly behind the puck carrier to cut the ice in half.
4. Blue 1 close the gap approaching toward the back shoulder with body on body and stick on the puck.
5. Blue 1 rub out Red 1 and Blue 2 pick up the puck.
6. Blue 1 and 2 attack the other way while Red 1 back checks.
7. Repeat with Blue 3 on offense vs. Red 1-2.

** This can also be done as a 1-1 drill to teach the concepts of angling - deflect-steer-angle-finish with body on body and stick on the puck.*

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B5 Forecheck Skills Deflect-Steer-Angle-Finish - Pro

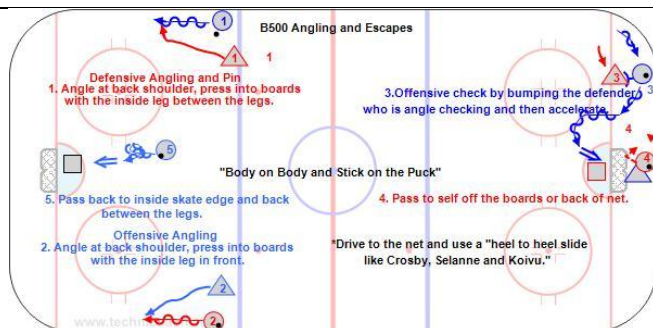
Key Points:

Gene Reilly shows the approach. Cut the ice in half with the stick in the passing lane and steer the player outside the dots. Angle toward the back of the inside shoulder so they can't turn back, then finish shoulder to shoulder and stick on the puck.

Description:

1. Offense group behind the net with pucks.
2. Defenders behind blue line in the middle.
3. Both start on the whistle.
4. Defender force the attacker wide angle and finish.
5. Alternate sides.
6. Players switch lines so they all angle.
7. Move the defenders back to the far blue line as the second step in the skill.

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B500 Angling and Escapes – Finland

Key Points:

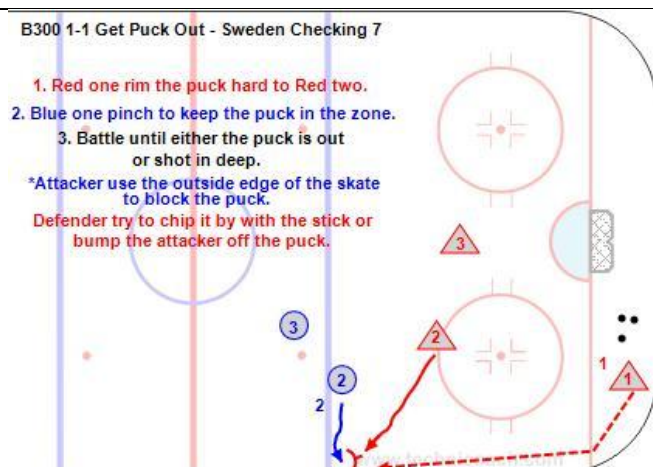
Angle approaching at the back shoulder with "Body on Body and Stick on the Puck". Defensive angling pin and teammate pick up the puck, and on offensive angling seal the player off and take the puck.

Learn to approach at the back shoulder-not the puck. On offense cut back when the player angles at the puck.

Description:

1. Angle at back shoulder, press into boards with the inside leg between the legs.
 2. Angle at back shoulder, press into boards with the inside leg in front.
 3. Offensive check by bumping the defender who is angle checking and then accelerate
 4. Pass to self off the boards or back of net.
 5. Pass back to inside skate edge and back between the legs.
- *Drive to the net and use a "heel to heel slide like Crosby.

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C6 1-1 Checking and Get Puck Out - Sw

Key Points:

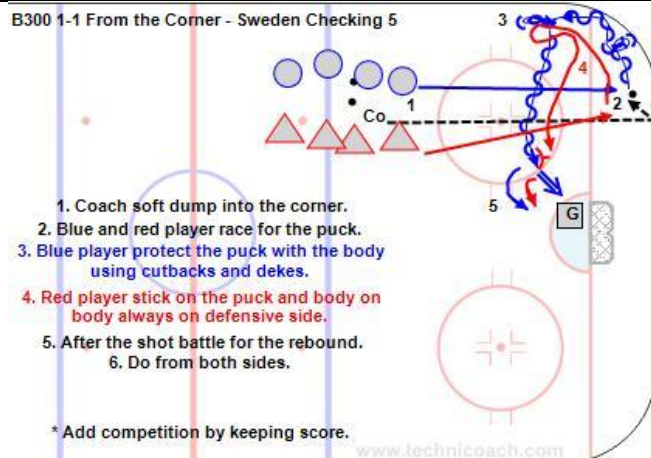
The defender battles to get the puck out of the zone from the defensive side. Offensive player battles to hold the puck in by using his skate and stick.

Description:

1. Red one rim the puck hard to Red two.
 2. Blue one pinch to keep the puck in the zone.
 3. Battle until either the puck is out or shot in deep.
- *Attacker use the outside edge of the skate to block the puck.
Defender try to chip it by with the stick or bump the attacker off the puck.

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B300 1-1 From the Corner - Sweden Checking 5



1. Coach soft dump into the corner.
2. Blue and red player race for the puck.
3. Blue player protect the puck with the body using cutbacks and dekes.
4. Red player stick on the puck and body on body always on defensive side.
5. After the shot battle for the rebound.
6. Do from both sides.

* Add competition by keeping score.

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C6 1-1 Checking From the Corner- Sw

Key Points:

Skate to the corner under control. Get good body position before you get to the puck. Defender stay on the net side blocking the attack and stick on the puck.

Description:

1. Coach soft dump into the corner.
2. Blue and red player race for the puck.
3. Blue player protect the puck with the body using cutbacks and dekes.
4. Red player stick on the puck and body on body always on defensive side.
5. After the shot battle for the rebound.
6. Do from both sides.

* Add competition by keeping score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417203022411>



1. One offensive player with a puck.
2. One defensive player who maintains defensive side.
3. Offensive player protect the puck with the body while skating along the boards.
4. Defensive player body on body and stick on the puck.
5. Defensive player can push on the hips to unweight the attacker.
6. NHL lasso's attacker with the stick around the body and on the puck and free hand on the back. Jam puck loose.

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C300 1-1 Checking Along the Boards - Sw

Key Points:

Attacker protect the puck with the body and skates using dekes and cut backs. Defender stay on the d-side with stick on the puck. NHL now lasso's around with free hand on the back and stick on the puck.

Description:

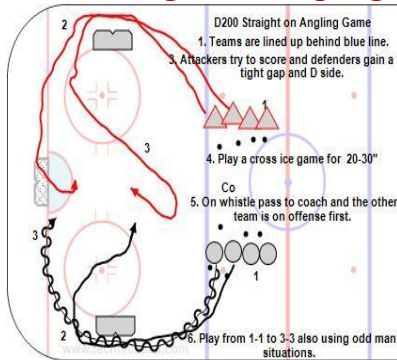
1. One offensive player with a puck.
2. One defensive player who maintains defensive side.
3. Offensive player protect the puck with the body while skating along the boards.
4. Defensive player body on body and stick on the puck.
5. Defensive player can push on the hips to unweight the attacker.
6. NHL lasso's attacker with the stick around the body and on the puck and free hand on the back. Jam puck loose.

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T3 - B6 - Hip to hip Angling x 4 - Pro

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D200 Straight on Angling Game 1-1 to 3-3



D200 Straight on Angling Game 1-1 to 3-3

Key Points:

Both teams go behind their net on the whistle.

Defenders close the gap and maintain the defensive side.

Description:

1. Teams are lined up behind blue line.
2. On the whistle each team skates behind their net.
3. Attackers try to score and defenders gain a tight gap and D side.
4. Play a cross ice game for 20-30"
5. On whistle pass to coach and the other team is on offense first.
6. Play from 1-1 to 3-3 also using odd man situations.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20140607111112834>

D200 Angling Game 1-1 to 3-3

Key Points:

Checkers create an angle on puck carrier and take away their time and space with body on body and stick on the puck.

Description:

1. D200 lineup outside blue line.
2. On whistle carry the puck behind the net and checkers leave and create good angles.
3. Play 20-30 seconds.
4. Puck carrier can try to come out short side.
5. Keep score. Play to a certain score and losing team do something like push ups. Play a short series.

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D200 Small Area Battling Game 1-1 to 3-3

Key Points:

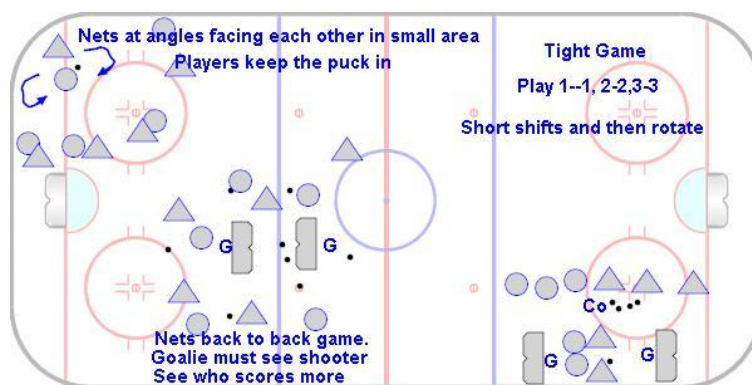
Transition between the four game playing roles. 1-player with the puck, 2-player supporting on offense, 3-player checking the puck carrier, 4-player covering other offensive players. They are also transitioning between the three game situations 0-loose puck, 1-offense, 2-defense.

Players always have a role to play in the transition between game situations and must think quickly and use good technique.

Description:

1. Put the nets facing each other about 10 metres apart. Play from 1-1 to 3-3 including odd man situations. Extra players wait at one side.
2. Coach pass a puck in and the players battle and try to score.
3. Take 20 second shifts,
4. Keep score.
5. Coach shoot in a new puck on a goal or if the puck is shot out of the zone.
6. Focus on the players battling with good habits and quick decisions.
7. Race out when the time is up and leave the puck in play (option is to pass to a teammate who is first in line.)
8. Nets can be close to the boards or in open ice.

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DT400 Half-ice Transition Game of 1 on 1 - Yursinov/Wahlsten IIHF Symposium

Key Points:

Defender must maintain a tight gap and stay on the defensive side. Attacker uses moves to beat the defender, fight for rebounds and loose pucks. On the dump ins the defender must read where the checker is coming from and the attacker create good checking angles.

Description:

1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.
2. F1 attack vs. D1 after skating through the middle circle.
3. Fight for rebounds and loose pucks.
4. On transition pass to F2 at the top of the circle.
5. F2 skate through the middle circle and attack vs. D2.
6. Add a regroup with the forward circling back.

7. Add a neutral zone dump-in and the D and F fight for the loose puck.

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