

## T3-Body Contact Clinic - Edge Skills

*Jeff Hill teaches body checking principles.*

### 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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720174243862>

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<https://youtu.be/75e3KL47oXU>

