

## B300 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 bodys 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.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140417204036621>

<https://youtu.be/5a0oHpMr9dc>

