

READ



POSITION



COACHING DEVELOPMENT COMMITTEE

SUBCOMMITTEE BODY CHECKING CLINIC

**BILL ANTLER N.O.H.A.
HERB EBISUZAKI G.T.H.L.
RICK SEGGIE O.M.H.A.
TOM SINCLAIR N.O.H.A.
BOB STEVENSON O.M.H.A.**



POSSESSION



CHECK

READ



Ontario Hockey Federation Body Checking Program Fact Sheet

POSITION



What is it? The OHF has received the permission of the CHA to conduct a pilot research project on the effects of body checking at younger age levels. Current CHA rules do not permit body checking in minor hockey until the peewee (12 years old) age divisions. Beginning September 1, 1998, Atom competitive (or Rep.) Teams will be permitted to body check, allowing the CHA to monitor whether changes to the current rules are required. It is expected at this time that the study will last a minimum of three (3) years in order that the information can be evaluated from the time that players are well into current body checking age divisions (peewee and bantam).

WHO is involved? The OHF envisions that the Body Checking Pilot Program will affect about 800 minor hockey teams in the OHF. Once all terms and conditions of the study have been completed with the CHA, the OHF will notify all associations as soon as possible. The Pilot will NOT affect any teams within the Ontario Women's Hockey Association and will not apply to any House league teams within the OHF.

The OHF member partners involved in this pilot are the O.M.H.A, the G.T.H.L., the N.O.H.A.,and the M.H.A.O.

This Pilot Program will not affect any other Branch in the CHA.

WHY are we doing this? To gather proper statistical data in order to make a proper determination as to whether there should be Body Checking at all levels of minor hockey in the Canadian Hockey Association and/or determine the age at which Body Checking should be introduced.

Safety and Risk Management: One of the primary reasons the OHF requested permission to conduct the Pilot Program on Body Checking was for the safety and well being of the players. Many believe that the introduction of Body Checking at the early stages of a player's experience will enhance the overall skill development of that player in the long run and improve the overall safety of the player throughout their hockey career. It is a documented fact that when Body Checking is introduced at the Peewee age group the injury rate rapidly increases. There are many factors to this increase rate, with the differing size and maturity level seen as primary reasons. The pilot program will measure these effects at the lower age groups of Atom to determine their impact as players enter traditional body checking age divisions.



POSSESSION



CHECK

READ



POSITION



Inter-branch Play: This pilot program will **NOT** be in effect for situations when OHF teams are playing other teams from outside of the OHF. The Pilot Program will only apply to OHF competition. For example, tournament play where teams from the United States or other CHA Branches (including all west of Deubreville, Kingston and east in Ontario) will **NOT** have body checking. Tournament organizers should be aware of this and advise all teams prior to the tournament whether body checking will or will not be allowed.

Spring Try-Outs: The OHF Body Checking Pilot will begin September 1, 1998. The OHF has deemed that the pilot program will **NOT** apply to Spring Try-Outs.

Support Mechanisms: Since obtaining the approval to conduct the Body Checking Pilot Program, the OHF Development Council has been actively developing support mechanisms for those involved in the Pilot Program. These are highlighted as follows:

Coaches:

The Coach Committee has developed a Body Checking Seminar that will be **mandatory** for all coaches involved in the Pilot program. This would help ensure that all coaches involved receive the latest information and instruction of the proper coaching techniques involving Body Checking.

The seminar will complete the 4-step progression of Checking which includes: position-angling, stick, body contact, and body checking. We anticipate that these seminars will commence in August. Further details will follow.

Trainers:

The OHF Trainers Committee will be reinforcing the concepts of safety and injury management that are currently taught in the HTCP to All Trainers. Special attention will be placed on the prevention of injuries in the Atom age categories.

Officials:

The OHF Officials Committee will also be emphasizing the rules and /or rule changes to those officials doing Atom games. The OHF will also be adopting a “Zero Tolerance” policy on rule infractions that officials will be enforcing next season.



POSSESSION



CHECK

READ



POSITION



Research Group:

The OHF will **NOT** be conducting the research. The CHA will be contracting a researcher to gather the data and report the findings of the study. The OHF will be part of a steering committee to assist the researcher in their efforts. The OHF will also be responsible for any educational programs that will enhance the Pilot Program such as the Body Checking Seminar, Trainers and Officials programs. **Associations will also have some responsibility to provide data to the research group on an ongoing basis.**

Pilot Program Measurements:

The OHF Pilot Program will measure a variety of areas which will include: Injury Rates, Penalties, Attitudes/Opinions, and skill development. The parameters of the study are being finalized with the CHA Research Committee at this time.

For Further Details Contact:

Ontario Hockey Federation
1185 Eglinton Ave. East
North York, Ontario
M3C 3C6
PH 416-426-7249
1-888-809-9207
Fax 416-426-7347



POSSESSION



CHECK

READ →

POSITION ↓

REALIZATION

The mandate of the Coaching Development Committee is to design a clinic to help coaches prepare players for body contact in a safe, well-controlled manner and for the purpose for which the check was designed.

PHILOSOPHY of BODY CHECKING

“Remember-They are children!”

READ the play,
POSITION yourself properly,
use a body **CHECK** to separate the puck
from the carrier and
gain team **POSSESSION** of the puck.

Key words: **READ**
POSITION
CHECK
POSSESSION

↑
POSSESSION

←
CHECK

READ



POSITION



AWARENESS

Body checking is one of many skills necessary in the development of a complete hockey player. A complete player can skate, control the puck, and check.

RULES

Rules to be aware of when teaching body checking.

Rule 50-A minor or major penalty, at the discretion of the referee, based upon the degree of violence of the impact with the boards, shall be assessed any player who body checks, cross-checks, elbows, charges or trips an opponent in such a manner that causes the opponent to be thrown violently into the boards.

Rule 52-A minor penalty shall be assessed any player who runs or jumps into or charges an opponent. (More than two steps)

Rule 53-A penalty (minor or major plus game misconduct) shall be assessed any player who intentionally pushes, body checks, or hits an opponent from behind, anywhere on the ice.

Rule 54b-Any player who strikes an opponent above the normal height of his shoulders with a cross-check shall incur a major penalty and a game misconduct penalty, whether or not injury results.

Rule 56-A minor penalty shall be assessed any player who fouls an opponent in any manner with his elbow or knee.

If the proper technique for body checking is taught by the coach and applied by the player correctly, then these infractions may not occur during game play.



POSSESSION



CHECK

READ →

POSITION



SAFETY CONCERNS FOR BODY CHECKING

**BE SURE YOUR PLAYERS KNOW HOW TO
TAKE A CHECK BEFORE YOU INSTRUCT
THEM ON THE CORRECT WAY TO *GIVE* A
CHECK.**

OFF ICE PREPARATION

Respect yourself, your opponent and the game.

Protect yourself and others at all times.

Wear properly fitting equipment.

Be physically prepared and conditioned.

Know when why, and how to body check.

ON ICE CONCERNS

Do not body check from behind!

Know where everyone is.

Keep moving-skate through checks.

Approach boards on an angle.

Stay tight to boards when being hit.

Arms and stick up if body checked towards boards.

SAFETY FIRST!

“Remember -They are children!”



POSSESSION



CHECK

READ



POSITION



GENERAL PRINCIPLES OF TAKING A BODY CHECK

The COACH LEVEL MANUAL states the following;

“It is imperative that skating skills be taught as they are the base upon which checking skills are built. Elements of skating skills, speed, agility, balance and strength, are key skills required in the art of checking. The coach must recognize that before checking skills can be taught or developed, the player must be introduced to and have functionally mastered the basics of skating.”

PROTECTION WHEN BEING CHECKED

Keep head up and be aware of opponent’s positioning.

Continue movement-do not slow down or ease up.

Maintain a wide stance keeping the knees bent.

If near the boards use your arms as shock absorbers.

Stay tight to the boards to help distribute impact.

Avoid hitting the boards with the point of shoulder (lift shoulder and use upper arm).

Use a change of pace to throw off checker’s timing.

Once a player’s comfort level with being checked is good, teach them how to maintain possession of the puck while being checked.



POSSESSION



CHECK

READ



POSITION



GENERAL PRINCIPLES OF GIVING A BODY CHECK

Safety must come first - never body check from behind.

Once you have committed yourself to deliver a safe body check, complete it. Do not change your decision part way through the check.

Never attempt a body check if you are off-balance.

Keep your primary focus on the opponent at all times.

For better balance, assume a wide stance, coiling the knees in order to ensure leg extension.

Attempt to place the opponent off-balance while maintaining your balance.

During the body check, be sure to momentarily control the opponent by completing your body check.

Along the boards, you must neutralize the hips, arms and stick of the opponent to avoid the possibility of a pass.

To avoid penalties and injuries always keep the blade of your stick on the ice.

Use only the force necessary to complete the check.

“Remember - They are children”



POSSESSION



CHECK

READ



POSITION



“BODY CHECKING” (CHA Video)

Time	Topic
0:00 - 1:00	Introduction
1:10	4 Step Progression
	I Position-angling, Stick, Body contact, Body check
	ii Body Contact
	iii Contact Confidence
	iv Body Checking
1:35	Body checking
	a Overview of checking
	b Advanced contact confidence drills
	c Body check in three zones
	d How to receive and void a check
1:45	a) Overview of checking (protect middle, limit space & time, prevent scoring, Red and react to puck control, position & support)
2:25	Skating, speed, balance, agility
2:45	Angling, control skating, eyes up, feet shoulder width, stick on ice
3:00	1 on 1 - Good puck control and support corner - angle away from mid ice
3:30	1 on 1 - Poor puck control and support - quick pressure
4:00	1 on 1 - Good puck control and support - stall and contain
4:45	b) Contact confidence drills - strength, balance, agility
5:35	Mirror drills, follow drills with stick, dot tag, dot football, get puck to pylon, “numbers for pressure” “Crest for contain”
7:30	2 on 2 drills, teamwork, to the net
8:10	c) Body check in 3 zones (Neutralize skating, reduce passing, limit play, Pin, Shoulder Check, Body Block)
9:00	1 on 1 Position Angling - gap control, defensive pressure
9:20	Positioning for body check (maintain skating stride, feet shoulder width, legs flexed, eyes focused on chest, stick steering, coiled power)
10:20	Most check t boards, open ice high risk
10:30	Progressions, half speed, 1 on 1 lock arm and knees drive through to pin
11:20	1 on 1 - behind net, - facing
12:15	1 on 2
13:20	Hit from behind
13:30	Neutral zone - body check when supported
	Drills, mark an opponent, 1 on 1, 1 on 2, gap control, boards
16:25	Defensive Zone, - angling at boards, corners, “Lasso”, 2 hand pin
18:00	Walkouts, - “toe caps square”
19:25	d) How To Receive and Avoid Body Check (skating, swivel head, evasive skating, roll from pressure, at boards, hit from behind)
21:00-23:00	Review and summary



POSSESSION



CHECK

READ →

POSITION
↓

“CHECKING” (Beginning Checking -CHA Video)

(Part of Coach Level Program)

Time Topic

- 00:00- 0:45 Introduction
- 0:45 - 1:50 4 Step Progression (Position-angling, Stick, Body contact, Body check)
- 1:50 - 2:30 Position-angling
 - 6:00 Stick checks (sweep, Hook, Press, Stick lift)
 - 7:30 Body contact (definition, examples)
 - 9:20 Lead up games (6) for introduction to body contact
 - Dot tag with puck
 - Dot tag without puck
 - Elbow lock and bump
 - Unlock and bump
 - Own the dot or pylon
- 10:50 Body checking how and positioning
- 12:00 Shoulder check - how to
- 13:40 Open ice, On boards, - how to
- 14:00 Defensive zone, Hip check
- 14:50 Roller check
- 15:00 Danger zone
- 15:30 Review - Degree of puck control and pressure
- 17:00 Integrity in delivery of body check
- 19:10 Summary

↑
POSSESSION

←
CHECK

READ



FOR THE COACH

POSITION



1. All coaches should include some introductory drills for pre-body checking activities before starting the drill progression for teaching body checking. These introductory drills can be found on the video, “Checking”.
2. It is our recommendation that the drill progression presented here for body checking be used with a small group of players at one time and other groups be rotated through this station. The body checking station should be used as one station while other stations are being used for the remaining players to work on developing other skill aspects of the game. This will require sound management of ice time and use of assistant coaches.
3. The drills should be taught in the order given and should be repeated often until your players demonstrate understanding and competence in body checking. At that point you may wish to use only the “chase” drills or drills of your own design or choice.

ORDER 1) Introduction to Body Contact

2) Step and Roll or Block Drills

3) Go and Roll or Block Drills

4) Chase and roll or Block Drills

4. Always emphasize the “READ”, “POSITION”, “CHECK” and “POSSESSION” sequence of what the player is trying to accomplish.
5. As the understanding of body checking for your players improves, you may wish to set up your drills in specific areas of the ice to emphasize a particular body check for a particular situation or for a particular position.



POSSESSION



CHECK

READ →

POSITION
↓

There are many ways to describe and name techniques for checking. The expressions used in this manual are child friendly and were selected to help players understand the principles of body checking.

PRE BODY CHECKING ACTIVITIES

The following activities are shown on the video accompanying this manual and are recommended to assist with the introduction of body checking for young players;

DOT TAG

ELBOW LOCK AND BUMP

MIRROR DRILLS

OWN THE PYLON

DOT FOOTBALL

MIRROR DRILLS

Using the space below detail two fun activities you will use to help introduce body checking to your team. (Be sure to name the activities)

THE DEVELOPMENT OF GOOD CHECKING SKILLS ARE THE SAME AS SKATING SKILLS. START WITH GOOD BASICS AND BUILD THE TECHNIQUE.

Remember - They are children.

↑
POSSESSION

←
CHECK

READ



POSITION



TEACHING POINTS

READ: A) Which player has puck possession.
B) Where are they located on the ice.

POSITION: Pressure the puck carrier.
Force the player to the outside.
Close the gap.
Implement check-Block-usually face to face>stop puck carrier
Roller-usually same direction>change direction of carrier
Run -release player and retrieve puck
Lock -pin player

CHECK:

1. Roller check with run (Roll & Run)
2. Roller check with pin (Roll & Lock)
3. Shoulder check with run (Block & Run)
4. Shoulder check with pin (Block & Lock)
5. Hip Check

Techniques common to all checks:

Controlled skating
Head up
Feet shoulder width apart
Legs coiled
Arms and stick down.

Possession Outcome of every check is to gain team puck possession.



POSSESSION



CHECK

READ →

POSITION ↓

DRILL PROGRESSIONS

1 STEP DRILLS (no movement of puck carrier, checker one step away)

This is the introductory level drill. The puck carrier must be stationary and the checker within a step. The checker should move into the correct position and then attempt to execute the check with minimal force against token resistance of the puck carrier. The coach should emphasize the correct technique for the check and have the checker either ‘lock’ or have the checking player ‘check’ and get the puck. After the ‘lock’ have the checking player release to the offensive or defensive side of the puck, whichever is appropriate. Organize the drill with appropriate players.

2 GO DRILLS (puck carrier and checker are both moving at a slow speed)

This is the intermediate level drill. Both the puck carrier and the checker must be moving slowly. The checker must be moving in the direction appropriate for the type of check being used. Both players start further apart so that getting into the correct position by the checker is emphasized. The checker should move into the correct position and then attempt to execute the check with half force against half resistance of the puck carrier. The coach should emphasize the correct technique for the check and have the player release the check in the appropriate direction.

3 CHASE DRILLS (puck carrier and checker are both moving at game speed)

This is the game speed drill. The drill can start with the puck carrier having to retrieve the puck in the corner or along the boards. Allow the puck carrier to gain puck possession before the checker makes contact. The checker must position themselves in the appropriate location to correctly deliver the desired check. Reading and positioning are to be emphasized by the coach along with using the correct technique.

A sample of the drill progressions are illustrated on the following page. ‘Roll and Run’.

↑
POSSESSION

←
CHECK

READ



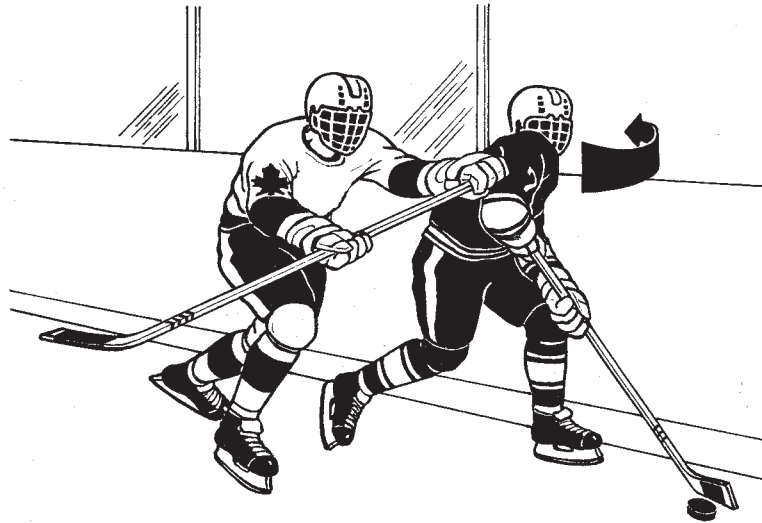
POSITION



ROLL AND RUN

1. Roller check with run

Roll the opponent with forearm or shoulder to provoke contact of the hip and shoulders with the boards. This will cause pivoting or rolling around the point of impact forcing the opponent's chest to the boards.



Possession

Player making the check continues skating and takes possession of the loose puck.



POSSESSION



CHECK

READ



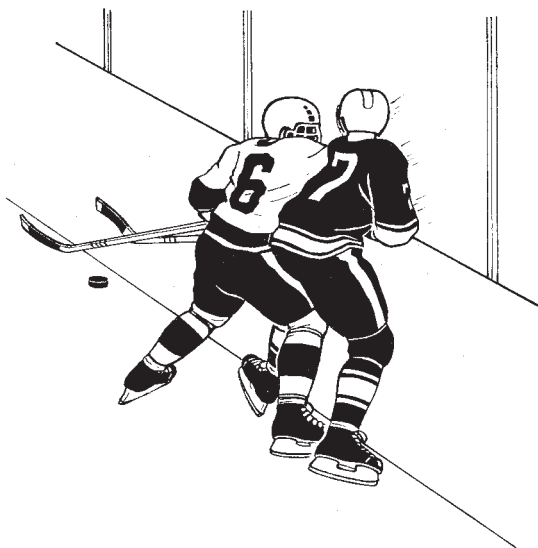
POSITION



ROLL AND LOCK

2. Roller check with pin

Roll the opponent with forearm or shoulder to provoke contact of the hip and shoulders with the boards. Place the inside leg between the opponent's legs. Press in and up to lift the opponents skate blades slightly off the ice.



Possession

Defensive player in support position skates in to pick up loose puck.

REMINDER

Encourage your players to 'release to the net' after a pin. You should always be closer to your net than the player just pinned.



POSSESSION



CHECK

READ



POSITION



BLOCK AND RUN

3. Shoulder check with run

Once player has been angled toward the boards widen the grip on the stick. Bend the inside knee and place it in front of the attacker to slow progress. Make contact with the shoulder by placing it in the opponent's chest and extending outside leg. Move inside hand toward boards and step in front of opponent.



Possession

Player continues skating through the check and recovers loose puck with stick or skate.



POSSESSION



CHECK

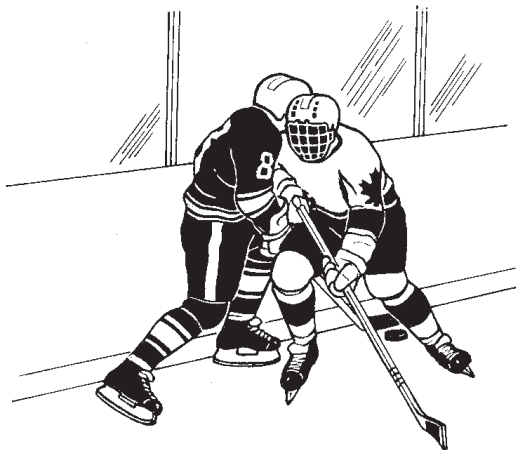
READ →

POSITION ↓

BLOCK AND LOCK

4. Shoulder check with pin

Keep your eyes focussed on your opponent's chest. The attempt is to hit the opponent's chest with your shoulder. (Lead by placing the hands toward the lower chest to guard against a stick raise) Assume a solid base of support and extend the legs when finishing a check. Place the inside leg between the opponent's leg and lock to boards.



Shoulder Check at boards.



Shoulder Check in open ice.

Possession

Player in defensive support position skates in to pick up loose puck.

Reminder

Encourage your players to 'release to the net' after a pin.

↑
POSSESSION

←
CHECK

READ



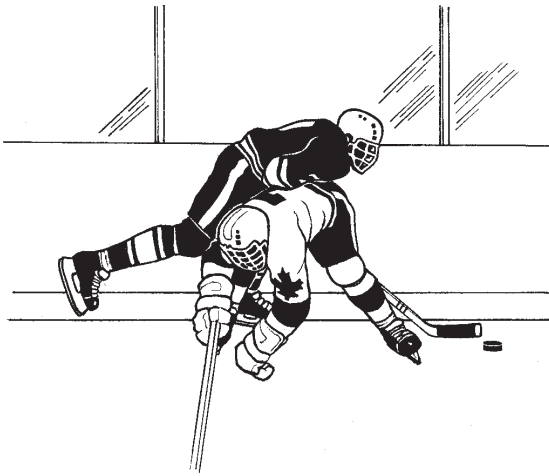
POSITION



HIP CHECK

5. Hip Check - The most difficult to perfect.

The player must be close to the opponent and time the action well. The trunk is bent parallel to the ice and knees bent. Contact is made with the hip at the opponent's hip and thighs. Once contact is made the checker extends outside leg applying force to the contact.



Hip Check at the boards.



Hip Check in open ice.

Possession

Defensive player in support position skates in to pick up loose puck.



POSSESSION



CHECK

READ →

POSITION ↓

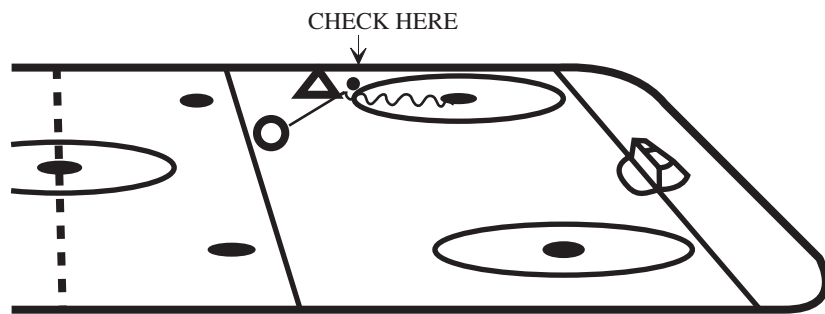
Drills for Teaching Body Checking

Drills progress from 'step' to 'go' to 'chase'

Drill # 1 Step Roll and Run

Player **▲** stands close to the boards with the puck.

Player **○** rolls opponent to the boards, picks up the puck and skates away.



Drill # 2 Go Roll and Run

Player **▲** skates slowly along the boards with the puck.

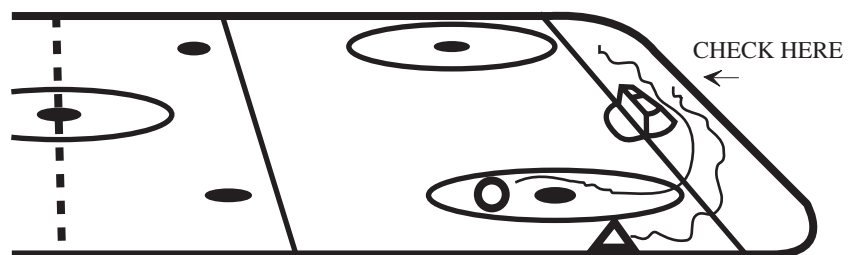
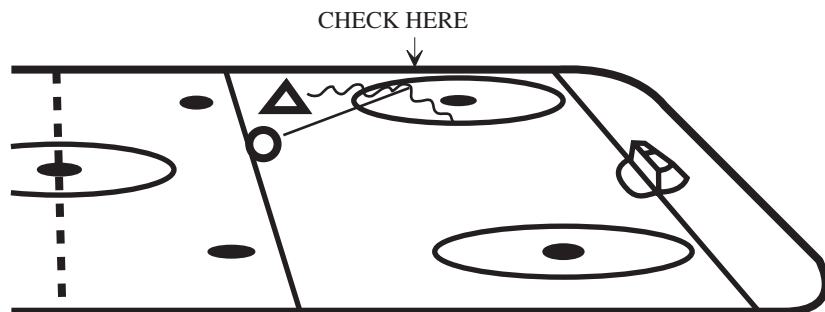
Player **○** skates to opponent rolls him towards the boards, picks up the puck, and skates away.

Drill # 3

Chase Roll and Run

Player **▲** skates into the corner with the puck and proceeds behind the net.

Player **○** uses angling skills and makes contact along the end boards, opponent is rolled into boards and puck is picked up while skating away.



↑ **POSSESSION**

← **CHECK**

READ



POSITION



Completion of this clinic is mandatory for all Coaches of teams whose players are being introduced to Body Checking. There are two possible ways to complete this program.

CLINIC FORMATS

1 If you are taking this in a clinic format then participation in all activities are necessary as directed by the Instructor. The page titled COACH'S PHILOSOPHY is to be submitted to your Association before you are entitled to coach for the upcoming season. It is recommended that you keep a copy for your own records.

2 The Self Directed Format requires that you complete and submit the following;

*The Coach's Philosophy page.

*The Video Worksheet with answers to each of the three questions.

*From the 'Situations That May Arise' choose *two* and respond to them.

*Write a paragraph distinguishing between a Block and Lock check and a Roll and Run check. Include where on the ice are they most likely to occur.

It is recommended that you keep a copy of the work submitted for your own records



POSSESSION



CHECK

READ



POSITION



Situations That May Arise - What would you do?

Situation 1

In your preseason try-out you are having a difficult time deciding which player to choose as your final selection. Player A is considerably bigger but not as skilled as Player B. Neither player is particularly aggressive. Both players play centre. What factors would form the basis of your final decision?

Situation 2

Player C has been out of your line-up for 6 weeks with a separated shoulder and is now ready to return to action. The parent of the player expresses to you the child's concern of being hit and injured again. What can you do to alleviate this player's fear?

Situation 3

Player D is a very skilled player on your team who demonstrates a noticeable tendency to avoid all contact. What should you do about this player?

Situation 4

Player E is taking a lot of unnecessary penalties in an effort to hit his opponents. You can often hear the parent yell "hit 'em" loudly from the stands. You also notice that the player is often looking to the stands for approval as he comes to the bench. You feel that this is hurting your team and also affecting the development of the player. What should you do?

Situation 5

Two young officials are refereeing your game and are very inconsistent in their calls regarding several body checks. The parents are yelling at the officials from the stands and your players are starting to complain to you about the "lousy refs". They are looking for you to do something. What would you do?

Situation 6

In a playoff game, the other team is going out of their way to run at your players all over the ice "T benches are close together and you can hear the other coaches encouraging their players to "smoke 'em". Your team's play has been affected. What do you do?



POSSESSION



CHECK

READ



WORKSHEET

**TO BE COMPLETED AND SUBMITTED BY THOSE COACHES DOING
THE SELF -DIRECTED FORMAT.**

Responses to the Situations 'That May Arise' page. Respond to TWO of the examples.
First Example:

POSITION



Second Example:

Write a paragraph distinguishing between a Block and Lock check and a Roll and Run check.
Include where on the ice they are most likely to occur.



POSSESSION



CHECK

READ



POSITION



Coaches Philosophy

It is important that every coach understands the pros and cons to body checking. In the space below write what you believe to be the role of checking as it applies to players who are being introduced to Body Checking.

In signing this page I agree with the Coaching Principles as outlined in this Body Checking manual and will do my best to include these in my upcoming hockey season.

Signature: _____

Name:(Print) _____

Address: _____

Team 00/01 _____



POSSESSION



CHECK

READ →

POSITION
↓

↑
POSSESSION

←
CHECK

READ



POSITION



HOCKEY ORGANIZATIONS

Canadian Hockey Association-<http://www.canadianhockey.ca/>
Hockey Development Centre for Ontario-<http://www.hdco.on.ca/>
Ontario Hockey Federation-<http://www.ohf.on.ca>
Ottawa District Hockey Association-<http://www.odha.com/>
Greater Toronto Hockey League (GTHL)-<http://www.mthl.on.ca/>
Ontario Minor Hockey Association (OMHA)-<http://www.omhahockey.com/>
Minor Hockey Alliance of Ontario (MHAO)- <http://www.ohf.on.ca/alliance/>
British Columbia Amateur Hockey Association-<http://www.bcaha.org/>
Hockey Alberta - <http://www.hockey-alberta.ca/>
Hockey Manitoba - <http://hockeymanitoba.mb.ca/>

Note: Most of the above sites contain tournament information for their respective organization.

HOCKEY RESOURCES

This site has every section imaginable! -<http://www.icepower.com/>
Another good site of everything - <http://www.hockeyguide.com/>

DRILLS

USA Today's Coach's Clinics-<http://www.usatoday.com/sports/hockey/shc/shost04.htm>
Drill Database-<http://advicom.net/~paries/dwc/dwc.html>
Drill of the week Club-<http://www.geocities.com/Colosseum/1571/drill1.htm>

COACHING LINKS

Dan Otten's Coach's Corner - <http://www.geocities.com/Colosseum/1571/>
Coaching Association of Canada - <http://www.coach.ca/>
3M Coaching - <http://www.mmm.com/canada/coach.html>
Potentium Coaching Network - <http://www.hyperinfo.ca/~Potentium.CA/>
USA Hockey Coaches - <http://www.inovatec.com/usahock/coaches.htm>
Mind Tools and Motivation - <http://www.psych-web.com/mtsite/index.html>
Mental Equipment Articles - <http://www.tennisserver.com/mental-equipment>
Amateur Hockey Information - <http://www.amateurhockey.com/>
Planet Hockey Articles - http://www.planethockey.com/coach_c.html

PUBLICATIONS

Hockey player Magazine Online - <http://www.hockeyplayer.com/>
From the Crease (Goalie Instruction) - <http://www.fromthecrease.com/>
Online Book Store for Coaching Materials - <http://www.coachpak.com/>

INJURY PREVENTION

Doctor Hockey - <http://library.advanced.org/10187/frames.htm>



POSSESSION



CHECK