



Hockey Canada NCCP Instructional Stream 

Developing Checking Skills - Level 1



Challenge – Learn - Improve **2020 - 21**

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How a player learns to enjoy the game is crucial.
If players have fun while developing the fundamental skills and building confidence in their ability to perform those fundamental skills in games, there is a strong probability that player will go on to enjoy hockey for many years.

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Hockey Canada's Mission Statement

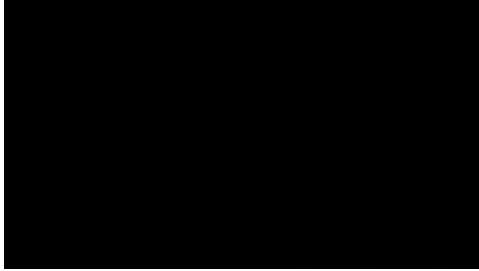
"To Lead, Develop, and Promote Positive Hockey Experiences."



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Hockey Canada's Mission Statement



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Hockey Canada's Instructional Stream

This new stream *trains* and *certifies*:

- It *trains* coaches who want to learn more about teaching skills
- It *certifies* people who want to teach specific hockey skills such as skating or defence to coaches and players



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What is the Purpose of this Clinic?

- In this clinic, you'll learn how to teach skills to players of all ages in a progressive manner
- This means you'll learn how to teach by building from skills to individual tactics




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What Accreditation Does this Clinic Give Me?



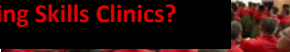
- By taking this clinic, you become *trained* as a Level 1 Instructor of **Checking Skills**
- For information on the full range of accreditation possibilities in the Instructional Stream, see Slide 10

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What If I Take More Checking Skills Clinics?




- If you take all three clinics for this skill and complete four other requirements, you become certified as an Instructor of **Checking Skills**
- This means you can instruct coaches or players and you are eligible to teach **Checking Skills** clinics in the Instructional Stream
- The four other requirements are:
 - Successful completion of the online evaluation for the Make Ethical Decisions (MED) module
 - Successful completion of the Learning Facilitator training given by the Coaching Association of Canada
 - Attendance of Hockey Canada's National Skills Seminar
 - A successful Written and Field evaluation
- For information on the full range of accreditation possibilities in the Instructional Stream, see Slide 10

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What Other Clinics Can I Take?

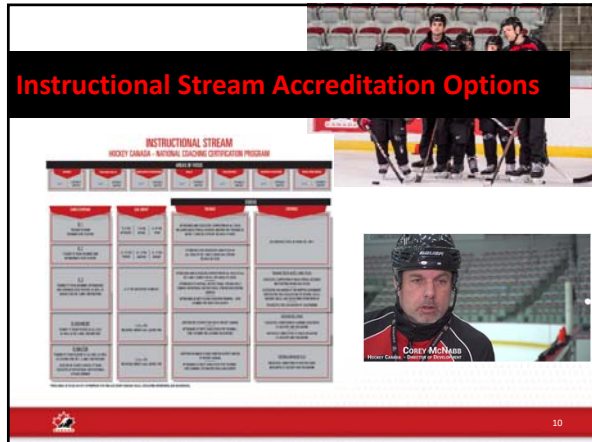
- Hockey Canada currently offers Instructional Stream clinics in these *areas of focus*:
 - Skating
 - Skills
 - Developing Defencemen
 - Checking Skills
 - Goaltending
 - Small Area Games
 - Shooting and Scoring
- Hockey Canada will add more areas of focus as the Instructional Stream develops



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Instructional Stream Accreditation Options



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Why Did Hockey Canada Develop the Instructional Stream?

- Because the drawbacks in our current development system have had serious negative consequences




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Why Did Hockey Canada Develop the Instructional Stream?

Drawbacks

- Players overcompete and undertrain
- Adult programs are imposed on children
- Training programs for males are imposed on females
- Preparation is geared to short-term outcomes
- Knowledgeable coaches are concentrated at the elite levels
- The competition system interferes with athlete development
- Early specialization is demanded
- Fundamental movement skills and sport skills are not taught properly.
- Parents are not educated about long-term athlete development (LTAD)



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Why Did Hockey Canada Develop the Instructional Stream?

Consequences

- Players have poor movement abilities
- Players lack proper fitness and athleticism due to lack of multisport activity
- Skill development is poor
- Bad habits develop because of the overemphasis on winning
- Key skills are undeveloped and unrefined because of undertraining
- Female athletes don't reach their potential because their programs are inappropriate
- Kids don't have fun, because they're playing in adult-based programs
- There's no systematic development of the next generation of successful players



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How Will the Instructional Stream Make a Difference?

- By putting the player development process at the forefront and refusing to compromise about the importance of this process
- By implementing a standardized technical curriculum and methodology for instruction
- By building a foundation for players to enjoy hockey and reach their potential

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How Will the Instructional Stream Make this Happen?

- By identifying the skills needed for each area of focus
- By developing a 3-level age-appropriate program that reflects Hockey Canada's LTAD model
- By giving coaches and instructors practical resources to support them throughout the year
- By encouraging coaches to create a yearly plan to implement skills in practices
- By being practical, simple, easy to follow, and GOOD
- By giving coaches what they need in the format they want it in
- By promoting sharing – "The best coaches are the best thieves"

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How Will the Instructional Stream Make this Happen? (cont'd)

More specifically... we plan to do things differently in these key areas:

- Development plan
- Skill improvement
- Drills
- Observation
- Sequencing/Progressions
- Teaching progressions



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Development Plan



- Identify the specific skills needed to develop our players
- Decide how to best develop these skills in our players
- Implement specific skill development in our drill designs and practice plans
- Develop and make available resources that can help us achieve our goals
- Design a productive yearly development plan



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Skill Improvement




- To best develop the skills their players need, instructors need to know:
 - Where players are in their skill development
 - Where players need to get in their skill development
 - What skill development is required
 - What tactical development is required
 - How to teach/instruct the skills players need
 - What teaching process to use
 - What game/team play consists of
- Once an instructor knows the areas players need to work on, he or she needs to include efficient drills focused on repetition and specificity in all practices



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Drills

- Drills are effective only if executed properly
- Instructors need to execute the drill, observe players as they do the drill, and correct their technique
- Repetition is the key to improvement

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Observation

**DETECTION
CORRECTION
DEVELOPMENT**

“We are what we repeatedly do. Excellence, therefore, is not an act, but is a habit.”


- Aristotle

WOODEN'S EIGHT LAWS OF LEARNING

1. Explanation
2. Demonstration
3. Imitation
4. Repetition
5. Repetition
6. Repetition
7. Repetition
8. Repetition


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Sequencing/Progressions

- “You can’t play in the orchestra until you learn how to play the violin first”
- Master individual skills before trying to master tactics and systems: D-specific only **after** the fundamentals, for example
- There are many skills to teach and many minor hockey coaches have limited practice time: you have to be organized!



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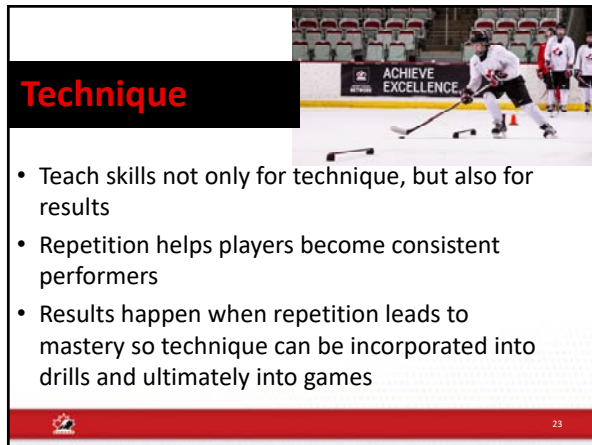
Teaching Progressions

5 key points to consider:

- 1) Technique
- 2) Practice
- 3) F.I.O. – Figure it Out
- 4) Practice with purpose and speed
- 5) Game application

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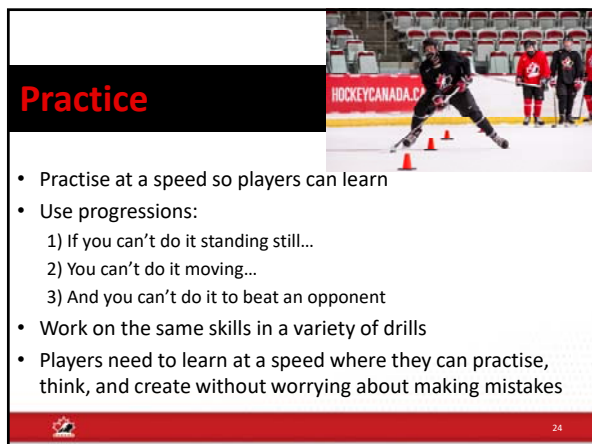


Technique

- Teach skills not only for technique, but also for results
- Repetition helps players become consistent performers
- Results happen when repetition leads to mastery so technique can be incorporated into drills and ultimately into games

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Practice

- Practise at a speed so players can learn
- Use progressions:
 - 1) If you can't do it standing still...
 - 2) You can't do it moving...
 - 3) And you can't do it to beat an opponent
- Work on the same skills in a variety of drills
- Players need to learn at a speed where they can practise, think, and create without worrying about making mistakes

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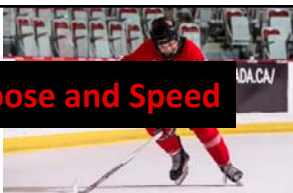


F.I.O. – Figure it Out

- *Figure It Out* is all about creativity and improvisation
- If players are attached to the outcome —if they're worried about making a mistake — they won't reach their creative potential — they need to let go!
- Create or set up the drill, and let players decide on the patterns

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Practise With Purpose and Speed

- Once players have practised a technique, they need to do it with purpose
- The next step is to practise with purpose AT GAME SPEED
- When players can skate with purpose and speed, they can do it without thinking; it then happens automatically, and deception and creativity can come into play

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Game Application

- Once players have mastered technique, once they've practised, once they've figured it out with purpose and speed — then comes the most important aspect of all!!!
- We all know great practice players, but the great ones can do it in a game!
- To get players to buy into this approach, you need to show them how it applies IN A GAME

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Skill Development

Skill Development doesn't have to be complicated. Keep it simple!




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Outcome: Teaching Checking Skills

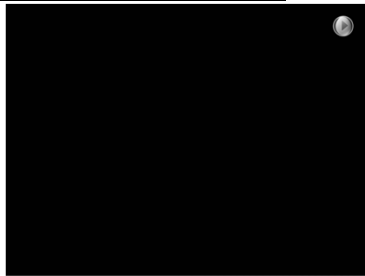
At the conclusion of this clinic you should be able to:

- ❖ Know the difference between **Body Contact** and **Body Checking**.
- ❖ Understand the **age appropriate skills** needed to develop better checking skills with your players.
- ❖ Identify the **inherit risks** associated with checking.
- ❖ Coach players and teach & develop their **safe checking skills**.
- ❖ Teach and design specific drills to develop **vision and awareness**.
- ❖ Understand and implement the **proper checking progression** needed for safe hockey.

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The Skills Of Checking



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Body Checking Rule

In divisions of Pee Wee and below and Female hockey, a Minor penalty or, at the discretion of the Referee, a Major Penalty and a Game Misconduct penalty shall be assessed any player who, in the opinion of the Referee, intentionally body checks, bumps, shoves or pushes any opposing player. If a player is injured, a Major penalty and a Game Misconduct penalty must be assessed.



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Recommended Definitions

Body Contact

Incidental contact of two opposing players in pursuit of the puck or position on the ice in the same direction. Body contact occurs as a result of movement by the offensive player.

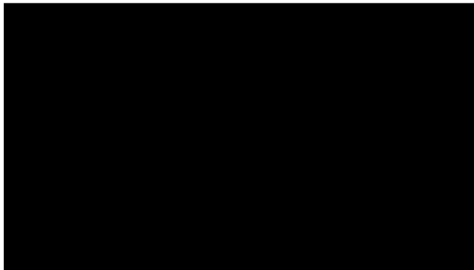
(Canadian Hockey Association, 2002)



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Body Contact



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Recommended Definitions

Body Checking

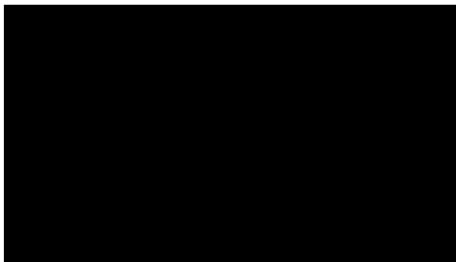
An attempt by a player to gain an advantage on the opponent with the use of the body. Body checking results when two opposing players collide while skating in opposite directions or when positioning and angling allow the checker to use the force of the body to gain the advantage. (Canadian Hockey Association, 2002)



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Body Checking



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PART 2

Developing a Skill Base:
Skill Acquisition in
Young Players



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Developing A Skill Base

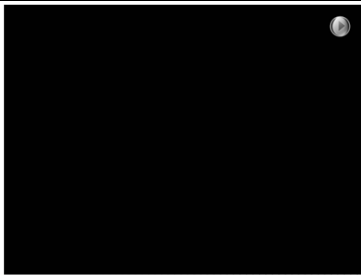
Rationale: The skill of checking is most easily taught and understood by following the National Coaching Certification Program (NCCP) 4 step progression model. The NCCP checking model is based on the principle that checking should be taught in four logical steps. Each step builds upon the previous step and brings the hockey player that much closer to being able to give and receive body checks competently and confidently.



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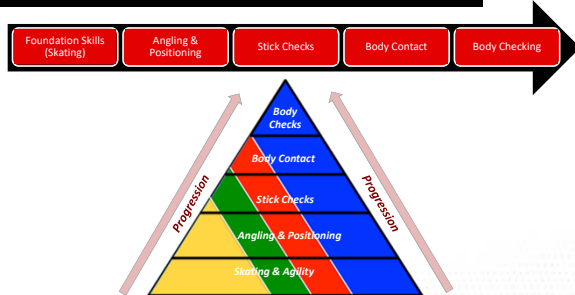
Skill Acquisition In Young Players



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NCCP Checking Skills Model



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Task 1: Group Dialogue



What is the **primary purpose** of checking?



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Task 1: Responses

What is the **primary purpose** of checking?

- ❖ To regain possession of the puck
- ❖ Separate the puck from the puck carrier in a legal and safe manner
- ❖ Delay or contain your opponent to enable your back checkers to assist
- ❖ The game has changed: puck first!



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Task 2: Group Dialogue

What are the **characteristics** of a good checker?



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Task 2: Responses

What are the characteristics of a good checker?

- ❖ *Skating Ability (speed, strength, balance and agility)*
- ❖ *Anticipation*
- ❖ *Positional ability*
- ❖ *Read and React Skills*
- ❖ *Tenacity*
- ❖ *Desire*

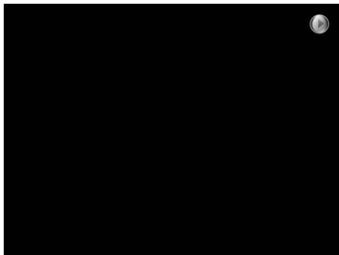
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Checking Safety



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Safe Checking



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Important Nevers

- ❖ Never cross check an opponent into the boards or anywhere on the ice
- ❖ Never push, shove, or trip an opponent into the boards
- ❖ Never use the but end of your stick to hold or hook an opponent
- ❖ Never check an opponent from behind or target a player's head



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Important Rules To Remember

- ❖ Always be aware of the "danger zone" along the boards.



- ❖ Absorb impacts along the boards with their arms and body.
- ❖ Always maintain a strong balanced position when giving or receiving a check. For better balance, maintain a wide stance, bending at the knees for good leg extension.



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Important Rules To Remember

- ❖ Always keep sticks low and on the ice.
- ❖ When completing the check, insure the safety of the player being checked.
- ❖ Keep an eye on the opponent at all times.
- ❖ Never attempt to body check from an off balance position.
- ❖ Always show respect for the opponent.
- ❖ Always ensure that a full and proper warm-up is done prior to conducting contact and body checking drills.



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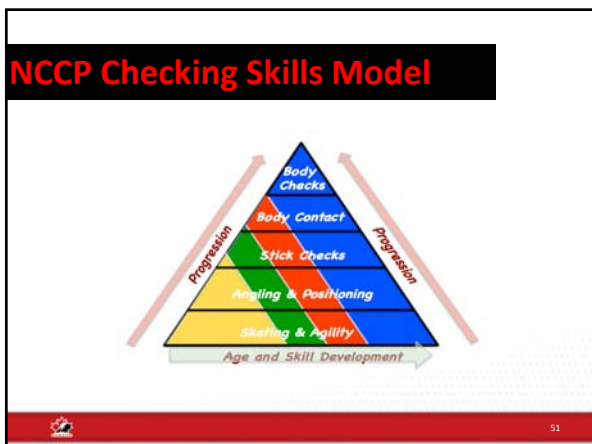
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Skating and Agility Skills



Initiation & Novice Atom Pee wee Bantam/Midget

- ❖ Forward and Backwards Striding
- ❖ Forward and Backward pivots
- ❖ Transition Skating
- ❖ Edge Control
- ❖ Agility, Balance and Coordination






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Skating Skills



Evasive Skating




Own the Dot





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Angling & Positioning




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Angling & Positioning



- ❖ Read and React / Stall and Contain
- ❖ Shoulder Alignment – Inside / Outside
- ❖ Protect the middle of the ice
- ❖ Timing, Location, Gap Control
- ❖ Stance, Posture, Balance & Agility
- ❖ Receiving a Check / Contact Confidence



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Angling & Positioning

- ❖ The first step to teach
- ❖ Learn control skating and establishing position to approach opponents
- ❖ They will react to what you do!!
- ❖ Steer them to “bad” ice
- ❖ “Mall walking”



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Angling Skills

1 v 1 Angling



Open Ice Angling




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Angling Skills


Corner Angling



Open Ice Contain






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Angle To The Puck

Safe Puck Retrievals








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Angling & Positioning

- ❖ Angling & positioning set the foundation for the next three phases of checking
- ❖ Angling & position may be effective without resulting in body contact




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Stick Checks

❖ Young players need opportunity to practice and perfect stick checking skills

❖ The progression for developing stick checking skills:

- Stationary practice
- With movement
- Small area
- Competitive games



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Stick Checks



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Stick Checks



- ❖ *Skating Skills, Posture & Balance*
- ❖ *Stick on the ice – stick on puck*
- ❖ *Poke Check*
- ❖ *Sweep Check*
- ❖ *Stick Lift*




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Stick Checks

Stationary Poke Check



Moving Poke Check



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Stick Checks

Stationary Stick Lift



Moving Stick Lift




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Stick Checks

Stationary Sweep Check



Moving Sweep Check



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Body Contact

An individual defensive tactic designed to legally block or impede the progress of an opposing player.



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Body Contact / Contact Confidence



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Body Contact / Contact Confidence

- ❖ Receiving a Check
- ❖ Know the "Danger Zone"
- ❖ Body Position
- ❖ Stick on Stick/ Shoulder to Shoulder
- ❖ Pinning
- ❖ Shoulder alignment (inside to outside)
- ❖ Do not push, shove, or change direction into the opposition



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Body Contact / Contact Confidence

Stationary Wall Bump



Moving Wall Bump



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Contact Confidence

Stationary Partner
Wall Bump



Moving Partner
Wall Bump



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Contact Confidence

Partner Wall Bump Reverse




Circle Bump



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Body Checking



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Body Checking



Effective body checking is built upon the first three phases of the checking progression:


- ❖ Strong, controlled and balanced skating
- ❖ Good stick position
- ❖ Good angling approach

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Body Checking

PROGRESSION



SKILLS


- ❖ Respecting the opponent
- ❖ Giving a Body Check
- ❖ Receiving a Body Check

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Body Checking Skills


- ❖ *Shoulder Check*
- ❖ *Hip Check*
- ❖ *Receiving a Body Check*
- ❖ *Respect the opposition*



Body Checks
Bantam/Midget











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Body Checking Skills

Giving and Receiving a Body Check







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Body Checking & Respect




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Respect Opponents



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Body Checking & Respect




Describe the role of the coach in teaching respect.

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Individual Checking Skills

- ❖ Defensive positioning
- ❖ Stick on puck/ body on body
- ❖ Stick in lanes
- ❖ Communicate
- ❖ Head on swivel
- ❖ Straight line skating
- ❖ Angle and steer
- ❖ On ice awareness



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1 On 1 Situations

- ❖ “Play the man”, not the puck
- ❖ Head up, eyes on eyes or chest
- ❖ Stick out front for pressure, bent elbow
“stick on puck” and “body on body”
- ❖ Good balance, don’t lean or lunge
- ❖ Outside shoulder to inside shoulder
- ❖ Keep the play wide until help arrives



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Use of Small Area Games

- ❖ Competitive situations where you can teach all the checking skills
- ❖ Controlled situations where you can teach progressions



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Checking Tactics

- | | |
|-------------------------------|-----------------------------|
| ❖ Skating | ❖ Gap control |
| ❖ Timing | ❖ Protect middle of the ice |
| ❖ Contain or pressure | ❖ Balance |
| ❖ Defensive side coverage | ❖ Stick Checks |
| ❖ Angle and steer | ❖ Body contact |
| ❖ Taking hits | ❖ Awareness on the ice |
| ❖ Stay square to the opponent | ❖ Talk and communicate |
| ❖ Respect opponents | ❖ Inside out fore-check |
| | ❖ Back Pressure |



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Conclusion

Players deserve a safe and enjoyable experience that includes:

- ❖ Respect
- ❖ Sportsmanship
- ❖ Safety within the game



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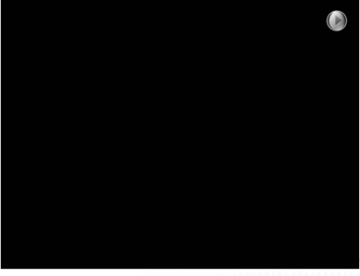
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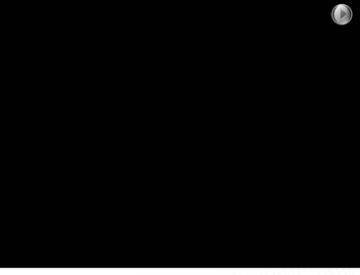
Role of The Official



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Role of The MHA



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Role of The Parent



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Yearly Plan



- ❖ We encourage coaches to set priorities for your Forwards and Defense and establish a teaching sequence
- ❖ Design warm ups, team drills and splits (Forward and Defense specific)
- ❖ Teach, practice, give feedback and repeat
- ❖ Be cognisant of what you need to teach and how much practice time you have
- ❖ Record what you do (save your practice plans)

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Make It Fun!




- ❖ Teach skills and tactics but remember it is a game that teaches so much more....
- ❖ Make it a good place for kids to be

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Complacency Isn't an Option




- ❖ There is no standing still....you either get better or you are left behind
- ❖ This is true for coaches and players

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