



Practice Plan

Team: Checking Plan

Practice No.: _____

Date : _____

Time: _____

Duration: 1 hour

Version No.: _____

Prepared by: Craig Sherbaty

Objectives / Main tasks :

Teach how to give and receive checks safely and properly.
 Provide repetition drills
 Provide proper feedback and correction
 Instill contact confidence

Drill no. : _____ Duration : _____ Minutes From : 0 To : 10

Categories

checking

Drill Title : angling

angling

Components : _____

Content elements : _____

Description

explain angling how to properly give a check. (10 and 2 angle) stick low, two hands, feet wide, skates on proper edges.

have them skate down the ice angling and checking the wall. Must stop in good balance. Head up!

both ways.

Craig Sherbaty All Rights Reserved 2012

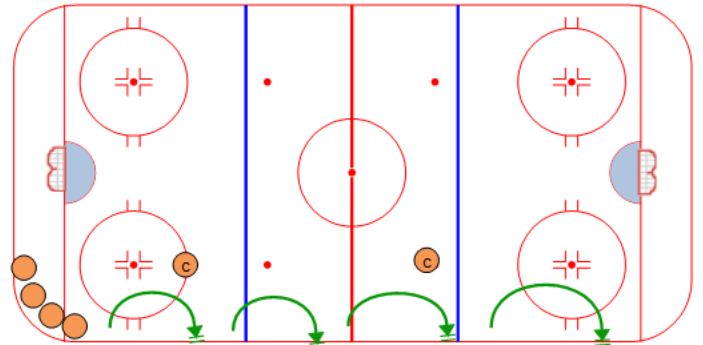
Key Points

10 and 2 angle

head up

stick low with 2 hands

feet wide/balance



Drill no. : _____ Duration : _____ Minutes From : 10 To : 15

Categories

Drill Title : How to take a check

Components : _____

Content elements : _____

Description

Player bump shoulders down the middle of the ice working on balance and proper stance

Return down opposite side and repeat.

Then repeat backwards

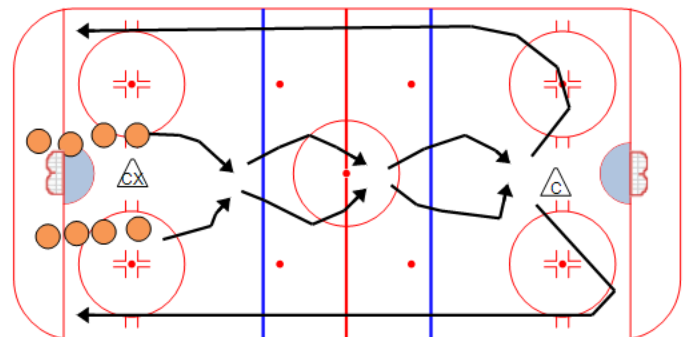
Key Points

balance

low position

brace for contact

recover position



Drill no. : _____ Duration : _____ Minutes From : 15 To : 20

Categories

Drill Title : Stick check and angle full ice

Components : _____

Content elements : _____

Description

Players trade gliding with the puck while a partner skates and angles in front stick checking them and taking the puck.

That player then glides and the opposite player skates, angles and checks. repeat.

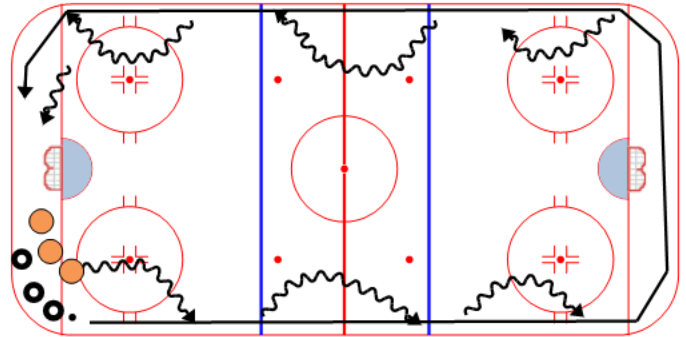
Key Points

puck carrier glide

checker angles

check decision

speed in check



Drill no. : _____ Duration : _____ Minutes From : 20-35 To : _____

Categories

Drill Title : Angle and Pin

Components : _____

Content elements : _____

Description

Pair up players and they work on pinning a stationary target.

Then the pinned player tries to get out.

3 x each partner

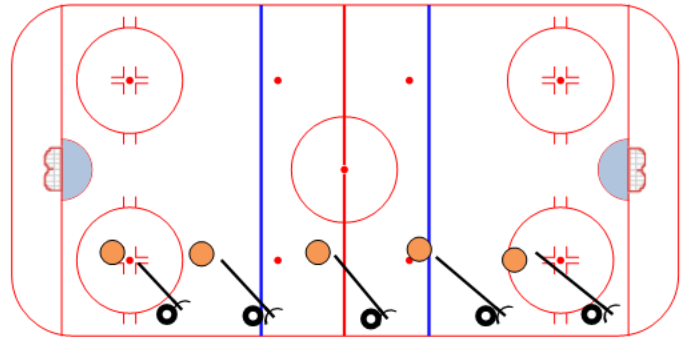
Key Points

angle

technique

brace for impact

good ready position



Drill no. : _____ Duration : _____ Minutes From : 35 To : 45

Categories

Drill Title : pinning and receiving check moving

Components : _____

Content elements : _____

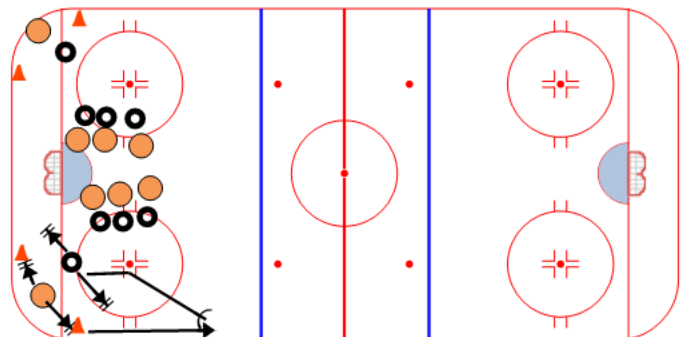
Description

Coach signal player between cones skates back and forth. Checker mirrors that player. On coaches second signal player skates up the boards and checker moves in for the pin.

Return and switch lines.

Repeat 8 minutes switching sides 4 minutes in

Key Points



Drill no. : _____ Duration : _____ Minutes From : 45 To : 60

Categories

Drill Title : angle backward or pivot with corner pins

Components : _____

Content elements : _____

Description

Player starts with a puck and skates down the boards. Checker starts backwards and then can pivot into the player for a pin and create loose puck. The checker picks up the puck and skates behind the net and up the boards while the puck carrier that got checked tracks and pins on opposite side.

Key Points

