

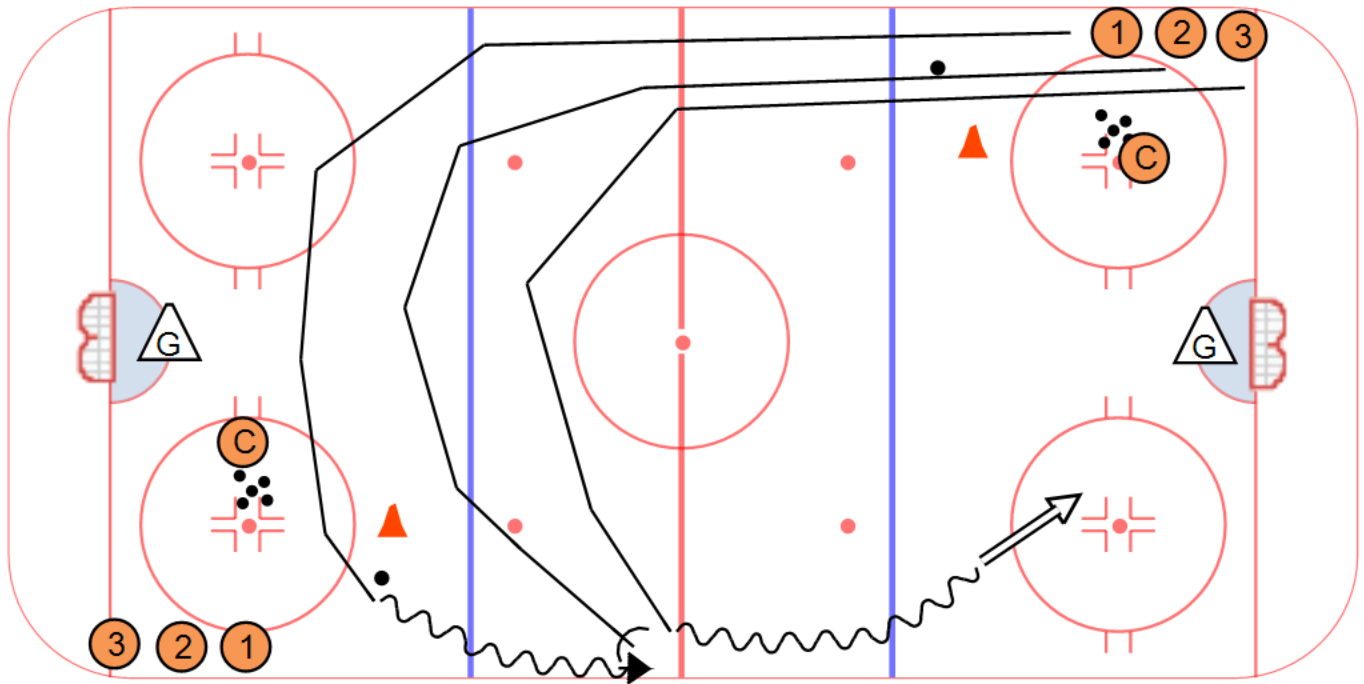
Category #1 :

Title : Checking Drill

Category #2 :

Content elements : \_\_\_\_\_

Components: \_\_\_\_\_



Key points :

### Description

This is a modified St. Louis drill that works out of both ends at the same time.

C spots a puck outside of the pylon. Player 1 skates on an arc shoulder checking retrieves puck and attempts to skate up the boards in the neutral zone.

Player 2 skates along with player 1 and is tracking, creating gap control and decision making on the check that he or she will perform.

Player 3 is supporting player 2, identifying if player 1 has accomplished his goal. Retrieve puck and continue for a shot on goal.

All three players return to the line and rotate their positions.

This drill can be modified by moving it down into the offensive zone running out of corners.