

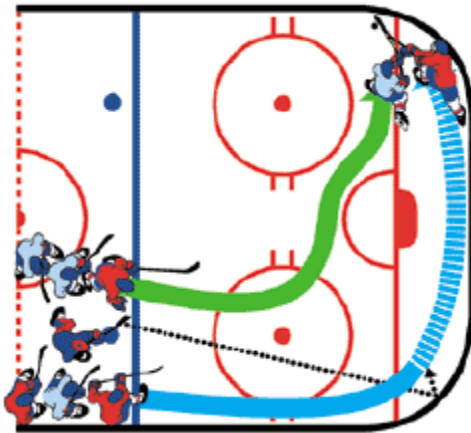
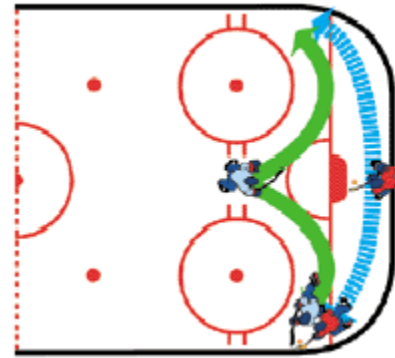
# american hockey magazine

## coaching drills

### Checking: The Right Way

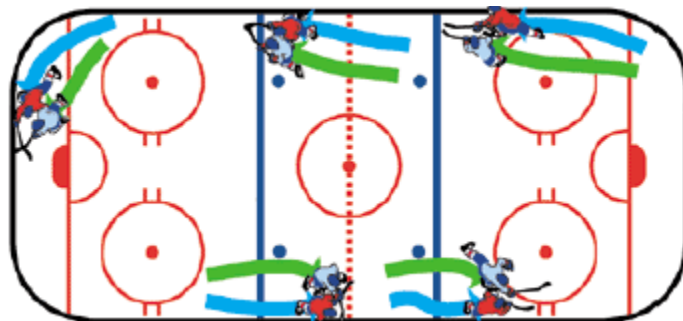
#### Drill #1

A player starts out behind the net with the puck. Another player lines up at the hash marks in front of the goal. On the coaches whistle, the player with the puck skates out from behind the net. The player in front of the net tries to force the puck carrier toward the boards where he can pin him or her and force the puck loose.



#### Drill #2

Two groups position themselves at the blue line. A coach stands between the two groups and fires the puck into the corner. The player along the boards chases the puck. The player toward the middle of the ice goes after the puck carrier, attempting to take the proper angle and pin him or her against the boards. Play stops when the player is pinned and the puck is loose.



#### Drill #3

Players pair up at positions around the rink. On the whistle, they skate counter-clockwise. On the second whistle, the player on the inside position attempts to check his opponent into the boards. After one trip around the rink, the players switch positions. This drill can be done at different speeds, and is designed to teach players how to properly give and receive a check.