FALL 2016
BODY CHECKING CLINIC
WITH RYAN WOODWARD

Ryan Woodward will adapt the Hockey Canada Checking model for this clinic:

BODY CHECKING – THE 4 STEP PROGRESSION

The Hockey Canada body 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.

1. Positioning & Angling

Angling can be considered the first line of defense for a player. Body and stick positions are important in checking without making contact. This section will examine angling as one technique of checking (Step #1) without making contact.

2. Stick Checks

Stick checking may be considered the second line of defense as angling forces the opposition to a position where contact can be made with the stick.

3. Contact Confidence (Body Contact)

Body contact is the third step in the progression and is used to gain separation, when a player positions his/her body between the puck and the puck carrier.

4. Body Checking

Body Checking is the final step in the 4 step checking progression. A body check can be defined as body contact primarily caused by the movement of the checker. The checker uses their body for the purpose of stopping the attacking progress of the puck carrier and/or to separate the carrier from the puck.

Players will learn the following principles:

- Proper Balance & Posture
- Steering & Angling
- Gap Control
- Receiving a Body Check
- Delivering a Body Check
- The Respect Factor
- Puck Protection

Program Details are as follows:

Location: Wellington District & Community Centre
Dates: Saturday, August 27 & Sunday, August 28, 2016
Time: 12:30pm-2:00pm (Saturday), 10:00am-11:30am (Sunday), 12:00pm-1:00pm (Classroom Instruction)
Age Group: 2001, 2002, 2003
Cost: $75.00 (HST Included)

To register, please contact Ryan Woodward, ryanwoodward19@gmail.com or 613-885-9532