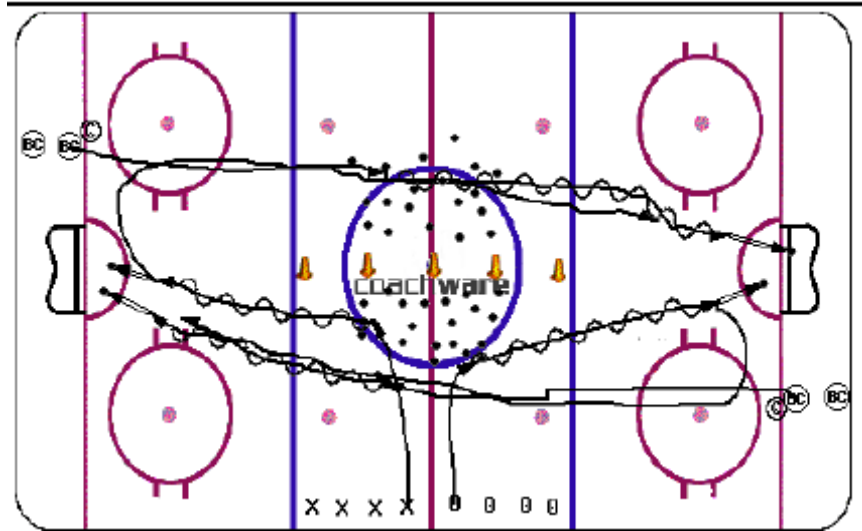


Backchecking drill



Description

Preset offensive players on either side of red line and backcheckers behind each goal line as indicated.

At whistle, X & O skate to centre ice, pick up puck and shoot or deke goalie, after which they turn up ice again for shot/deke on goalie at far side.

Coach releases backchecker after X/O passes in front of him. Backchecker tries to catch up with offensive player before he releases second shot/deke.

Key Teaching Points

Preset offensive players on either side of red line and backcheckers behind each goal line as indicated.

At whistle, X & O skate to centre ice, pick up puck and shoot or deke goalie, after which they turn up ice again for shot/deke on goalie at far side.

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Key Execution Points

Offensive players:

- quick feet to get away from checker
- full leg extension for maximum speed

Backchecker:

- explosive start
- look at offensive player
- if you catch up in offensive zone, move player away from the middle and lock up his arms
- if you are behind player in offensive zone, push on forearm with your stick blade to make him loose the puck

Use whistle to start each drill iteration.

Make sure players turn properly to avoid collision at centre ice.

Put cones in middle to separate two sides.

At end of drill, players change positions.