



PROACTIVE CHECKING COURSE

3 SECTIONS



OVERVIEW

12 VIDEOS

1 BEFORE CONTACT

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| 1.1 | SKATING SKILLS | 13:31 |
| | <p>There are a lot of different skating skills that are important in ProActive Contact. While we won't be able to review them all, there are a few that are important to review and make sure we have fluency in. I detail these skill In the first module.</p> | |
| 1.2 | ICE AWARENESS AND SCANNING | 9:38 |
| | <p>One of the more important and under-discussed aspects of scanning and ice awareness is knowing what you are looking for. This understanding makes it much easier to make the quick decisions needed in contact situations.</p> | |
| 1.3 | LEVERAGING GEOMETRY OF CONTACT | 7:28 |
| | <p>The biggest part of checking is angles, in Module 3 we dig into how to make yourself a smaller target for the checker.</p> | |

2 PLAY IN CONTACT

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| 2.1 | CHECKING CONTACT POINT | 7:55 |
| | <p>In every contact there is a contact point which the checker is anticipating. In this module we detail how you can change that contact point and the impact that changing the contact point has on the contact.</p> | |
| 2.2 | SOFT SHOULDERS | 6:23 |
| | <p>Soft Shoulders is a skill of dissipating the impact of the contact by rolling with it. Similar to rolling with a punch, it's a way of taking a contact with minimal physical impact.</p> | |
| 2.3 | BACKWALL PERPENDICULAR | 6:55 |
| | <p>One of the simplest rules of engagement that players should abide by is not allowing themselves to be close to the boards and be facing the glass with their stick on the ice. It's an extremely vulnerable position. Backwall Perpendicular is the practical execution of this rule of engagement.</p> | |

3 PROACTIVE CONTACT

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| 3.1 | CUT OFF HANDS | 4:17 |
| | <p>A progressive approach to contact is to not go away from contact, but rather to disable it. Cutting off the hands is a way of taking control of the contact.</p> | |
| 3.2 | NUDGE CUT OFF | 8:33 |
| | <p>The nudge cut off is another expression of taking control of the contact.</p> | |
| 3.3 | ROLL OFF CHECK | 5:22 |
| | <p>This is a package that walks through a progression of rolling off a check and re-engaging in the play.</p> | |
| 3.4 | PIVOT ON CONTACT | 3:45 |
| | <p>Pivoting on contact is another way to change the checking point of contact, but it also fits with going with the check. It's a more advanced expression of both those strategies.</p> | |
| 3.5 | CHECKING AWARENESS | 4:13 |
| | <p>Checking awareness is a simple drill that encourages players to read contact angles and react with a strategy, tactic and skill that they learned.</p> | |
| 3.6 | PRE CHECK CONTACT | 5:27 |
| | <p>The last module is a great strategy to manage contact, often the best way to manage contact is to initiate it.</p> | |

