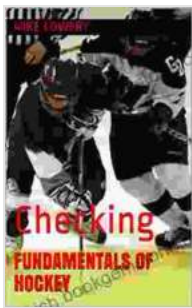


Fundamentals of Hockey Checking: A Comprehensive Guide by Mike Lowery

Hockey checking is an essential skill for any player who wants to succeed on the ice. It allows you to disrupt your opponent's passing lanes, force turnovers, and create scoring opportunities for your team.

There are many different types of checks in hockey, each with its purpose and technique. In this guide, we will discuss the fundamentals of hockey checking, including the different types of checks, how to execute them properly, and how to avoid penalties.



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★★★★☆ 4.5 out of 5

Language : English
File size : 1177 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 24 pages
Lending : Enabled
Screen Reader : Supported



Types of Hockey Checks

There are three main types of hockey checks:

- **Body Checks:** Body checks are the most common type of check in hockey. They involve using your body to hit an opponent and knock

them off the puck.

- **Stick Checks:** Stick checks involve using your hockey stick to poke the puck away from an opponent or to disrupt their passing lanes.
- **Hip Checks:** Hip checks are a type of body check that uses your hip to knock an opponent off the puck.

Each type of check has its advantages and disadvantages. Body checks are the most effective way to knock an opponent off the puck, but they can also be the most dangerous. Stick checks are less effective than body checks, but they are also less likely to result in penalties. Hip checks are a good compromise between body checks and stick checks, as they are relatively effective and safe.

How to Execute a Hockey Check Properly

The key to executing a hockey check properly is to have good technique. This includes maintaining balance, being in a good position, and using the proper amount of force.

Balance is important because it allows you to stay on your feet after you make a check. To maintain balance, keep your feet shoulder-width apart and bend your knees slightly. You should also keep your head up and your eyes on the puck.

Position is also important because it allows you to get a good angle on the puck and your opponent. To get into a good position, skate towards your opponent at an angle. This will give you the best chance of knocking them off the puck and avoiding a penalty.

Force is the final key element of a good hockey check. You need to use enough force to knock your opponent off the puck, but not so much force that you injure them. The amount of force you use will depend on the situation. If you are checking an opponent who is carrying the puck, you will need to use more force than if you are checking an opponent who is not carrying the puck.

How to Avoid Penalties

Penalties are a major part of hockey checking. If you check an opponent illegally, you could be called for a penalty. This could result in your team being shorthanded, which can give the other team a significant advantage.

There are a few things you can do to avoid penalties when checking:

- **Keep your stick on the ice.** This will help you avoid high-sticking penalties.
- **Don't hit an opponent from behind.** This is a dangerous and illegal check.
- **Don't cross-check an opponent.** This is a dangerous and illegal check.
- **Don't charge an opponent.** This is a dangerous and illegal check.

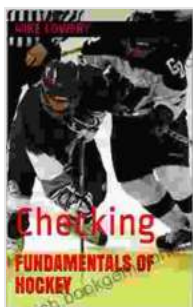
By following these tips, you can help to avoid penalties and keep your team out of the penalty box.

Hockey checking is an essential skill for any player who wants to succeed on the ice. By learning the fundamentals of hockey checking, you can improve your ability to disrupt your opponent's passing lanes, force

turnovers, and create scoring opportunities for your team. Just remember to stay safe and avoid penalties!

Author Bio

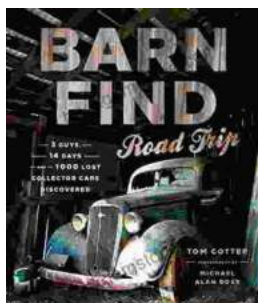
Mike Lowery is a former professional hockey player and current coach. He has played in the NHL, AHL, and ECHL. He is currently the head coach of the Boston Bruins.



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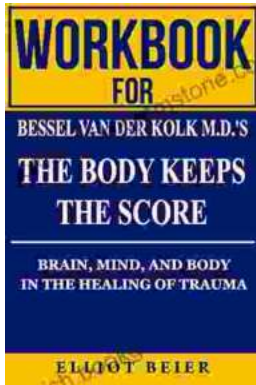
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