



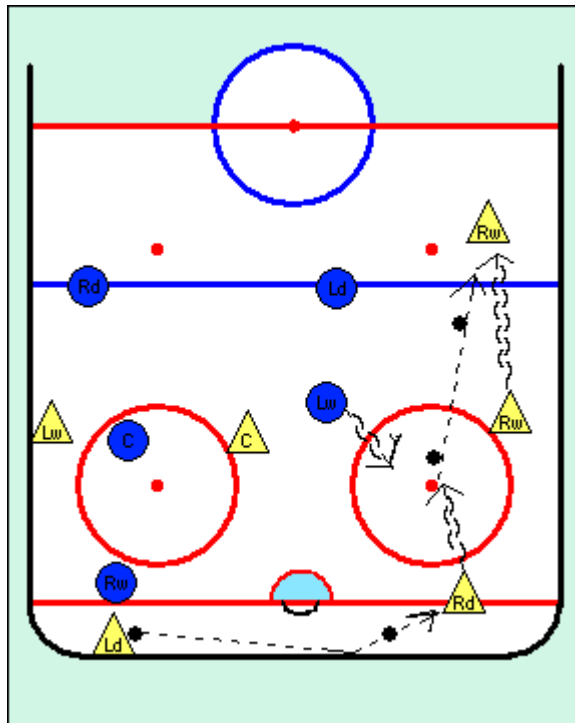
*“Speed, agility, good passing and pre-planned plays can defeat constant heavy body checking”*

## ALL ZONES – BEATING HEAVY BODY CHECKING

Sometimes we play teams whose dominant game plan is to body check our players every time we have the puck in order to try to intimidate our players and disrupt our systems. Besides returning the favour and being disciplined enough to wait for the penalties that will come and then score on the power plays, there are plays we can design to take advantage of high risk heavy body checking. Here are a few:

### (1) D To D Behind Our Net

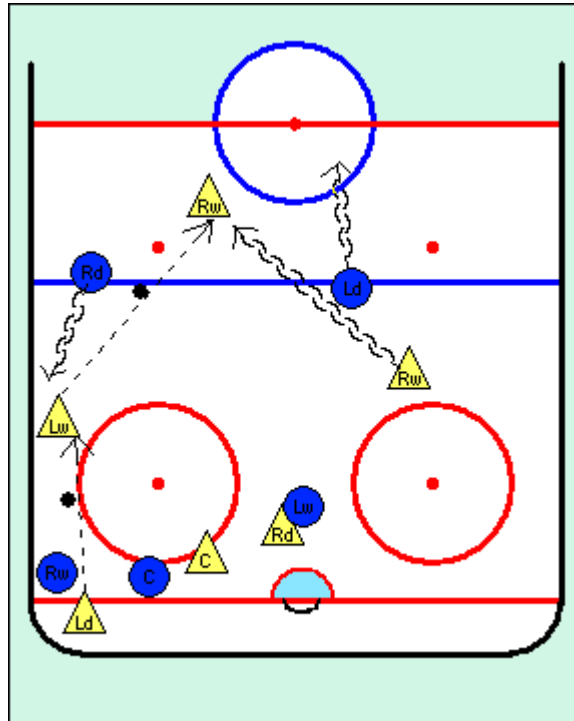
In our zone after they shoot the puck in and are chasing down our defenceman in our corner close behind him, just before they lay on the heavy hit, our defenceman should take a quick look into the opposite corner to make sure his defensive partner is there and fire a hard pass behind our net to this defenceman. Our defenceman should then carry the puck out of our corner drawing their player to him and then making a pass to one of our forwards.







If our centreman is caught too low in our zone to get between their defencemen at our blue line fast enough to receive a pass, the wide side winger should cut across our blue line to take the pass from the other winger instead of our centreman.

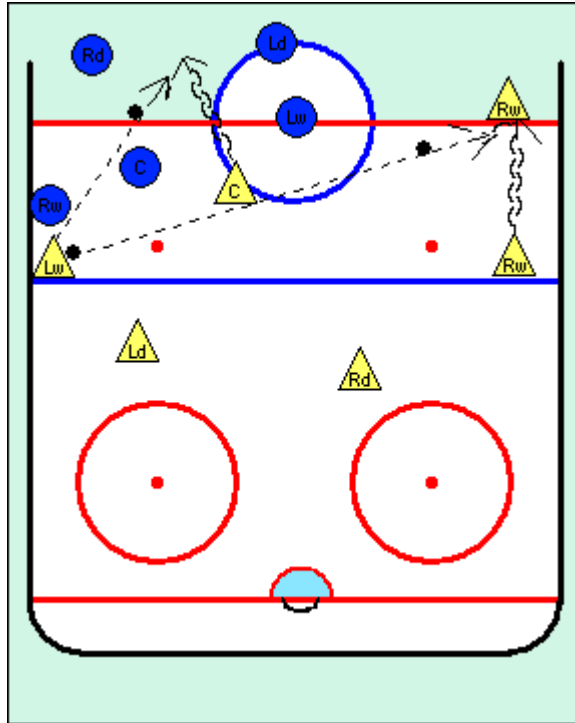


If neither our centreman nor our wide side winger can get to the right spot between their defencemen soon enough, our winger can still put the puck between their defence and safely out of our zone.



### (3) In The Neutral Zone Just Outside Our Blue Line

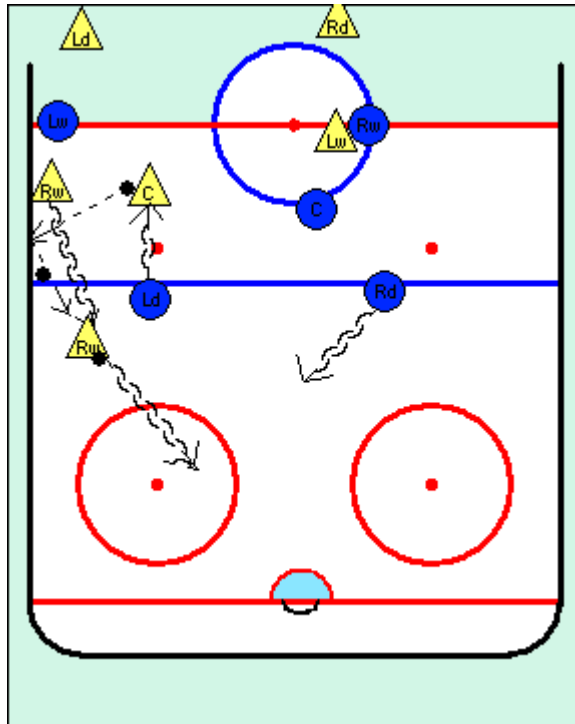
When one of our forwards on the left hand side has the puck just outside our blue line in heavy traffic, he should look to pass the puck to our centreman skating hard up the middle or to the far side winger who should stay close to the boards on the far side and be skating hard. Most times the middle will be clogged up so the far side winger should be open.





**(4) In The Neutral Zone Just Outside Their Blue line**

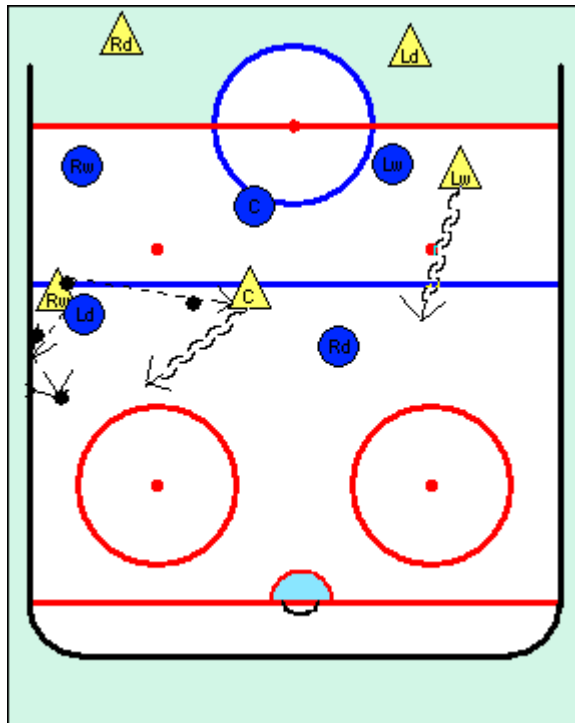
When our centreman has the puck past the red line and almost at their blue line on the right side a bit, many times a heavy body checking team will shoot their defenceman into the neutral zone to administer the heavy hit on our centreman. If we have a designed play in advance for our right-winger to skate hard along the boards wide, our centreman could hit him with a pass just as the body check is about to happen leaving their defenceman with the satisfaction of a great hit but out of the play as we go towards their net.





### (5) At Their Blue Line

When our right-winger has the puck skating hard at their blue line on the right side close to the boards, many times their defenceman will try to administer the heavy hit on our right-winger into the boards. If we have a designed play in advance for our right-winger and centreman to expect this to happen, our right-winger can pass the puck to our centre skating hard in the middle crossing their blue line just as the body check is about to happen, or our right-winger can chip the puck behind this defenceman into their zone for our centreman to pick up.



### (6) Shoot The Puck In

If none of the above plays at their blue line look like they will work, shoot the puck in to the side from which their defenceman is coming at you. Our forward on that side should be able to beat their other defenceman to the puck in their corner.

