



“If his stick is off the ice, he can’t control the puck, pass the puck, or shoot, so lift his stick off the ice with your stick when he has the puck.”

ALL ZONES - STICK CHECKING

If you cannot bodycheck their player to stop his movement or bump into him or take the puck away from him because you cannot get close enough to him, or if because there are more of their players coming at us than we have back and it is unwise to bodycheck and take the chance of leaving a 2 on 1 or a 3 on 2, then stick checking is the next best thing to do.

Get Under His Stick

This is a very effective way to take the puck away from the other player if you can get close enough to their player to do it. Place the blade or shaft of your stick under his stick shaft close to the blade, and lift the blade of his stick off the ice. Keep his stick off the ice until he loses the puck or you take the puck away from him.

Don’t Go Over Top Of His Stick

If you are close enough to get over the other player’s stick, you are close enough to get under his stick so don’t place your stick over the other player’s stick. He can still move the puck forward and may be able to out skate or out muscle you. And you have more strength lifting up rather than pushing down.

Don’t Go Across His Waist

If their player is going past you and you can’t bodycheck him or knock the puck off his stick or get under his stick, don’t place the shaft or the blade of your stick across his waist or legs to slow his progress, you’ll get a penalty.

Poke Check

If their player is coming at you or trying to go around you and you cannot get close enough to him to bodycheck him, extend your stick in one or two hands as far as it will go and make contact with the puck knocking it away from him. Don’t lunge at him, just time your poke check maintaining good balance. Don’t do this in your own zone, run into him making sure of one thing only – he loses the puck.

Sweep Check

This is like the poke check but instead of one poke at the puck you sweep the blade of your stick across where the other player is stickhandling increasing your odds to make contact with the puck. Again, not in your own zone, run into him making sure of one thing only – he loses the puck.



Slap Check

If you are not close enough to him to make contact with the puck but can make contact with the bottom of the shaft of his stick only, slap the bottom of the shaft of his stick with your stick blade once from about a foot away and try to knock the puck off his stick. No big wind up or slapping the middle of his stick, you'll get a penalty.

Swoop Check

This is when you are skating in to check someone when he has the puck and you can without stopping take the puck away from him by reaching forward and knocking it away and over to yourself so you don't have to stop or slow down too much. This is high risk and is something that should not be tried in your own zone because if you miss and go by he may have a good scoring chance or be able to set one up.