



## NORTHERN ONTARIO HOCKEY ASSOCIATION

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Date: May 31, 2011

To: NOHA Associations and Teams

From: Dan Raycroft, NOHA Development Chair

Re: Checking Clinics

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At the annual NOHA Coaching Program Course Conductor Seminar held earlier this season, the Facilitators of the Coaching and Checking Programs recommended that the NOHA explore the possibility of incorporating the Checking Program module into the Development 1 Coaching Clinics hosted each season for Coaches from Novice rep to Junior.

Over the last several months, the NOHA Development Committee has discussed the merits of this recommendation and we have agreed to move forward with the integration of the Checking Program into the Coaching Clinic beginning in the 2011-2012 season.

### **Why the change?**

Many people have suggested to the NOHA over the last few years that all Coaches should receive education on Checking; after all, Body Checking is only the fourth step of the Checking progression and therefore the module is applicable to all Coaches regardless of the level they are Coaching. In addition, Checking is one of the four core skills of the sport and needs to be taught.

This change ensures that ALL NOHA Coaches will receive the appropriate information on Checking to be able to teach their players, regardless of their age or calibre.

### **Are Pee wee Coaches still required to attend a Checking Clinic?**

Yes, as per the OHF Motion 22, which states: "That the OHF and its Member Partners continue to deliver checking clinics to its coaches either at the "atom" level if the pilot project continues or for all coaches at the division in which body checking starts within the OHF."

R.1.25 of the NOHA Constitution also states, "... Checking Clinic shall be required of all Coaches at the Pee wee Level."

This requirement applies to Coaches at the House League and Representative levels.



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### **There is no Body Checking in House League; Do I still need to attend a Checking Clinic?**

Yes, as mentioned previously Body Checking is only the fourth step of a progression. Regardless of the level of hockey or age of the players, they should be taught the other three steps, which include Positioning and Angling, Stick Checks and Body Contact and Contact Confidence.

### **Why do we have to take a Checking Clinic?**

Checking is a critical skill in the game of hockey that when performed properly can create quality scoring opportunities or help a team regain control of the puck. Just like skating, puck control, passing and shooting there are key progressions to the skill of checking when taught effectively, can greatly enhance a player's enjoyment of the great game of hockey. A common misconception is that the skill of checking begins at a certain age or age category of play. In fact, checking is a 4-step progression that begins the first time a young player steps on the ice. Body checking is the fourth and final step of a four step teaching progression. The purpose of these clinics is to provide coaches with an introductory package of information, which contains progressions for beginning to teach checking skills.

Coaches are encouraged during the clinic to take the time to become familiar with the material in the manual and to adopt the progressions that are presented. After all, it is the players who benefit from quality coaching and if we develop as coaches, then our players will improve. Remember, checking is a **4 STEP PROGRESSION**.

### **NCCP CHECKING PROGRESSION MODEL**

- 4. BODY CHECKING**
- 3. CONTACT CONFIDENCE AND BODY CONTACT**
- 2. STICK CHECKS**
- 1. POSITIONING AND ANGLING**

### **Clinic Format**

This addition of the Checking module to the clinic will result in the Development 1 Clinic being lengthened to approximately 17 hours instead of 14 hours as we have done in the past. The Clinic will now be held on Saturday and Sunday rather than Friday evening and all day on Saturday.



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All new Coaches who attend a Development 1 Clinic next season will receive his/her Checking certification from the clinic. Any Coaches who already have their Development 1 Certification but are Coaching Peewee (House League or Rep) for the first time will need to attend their local Development 1 Clinic at a designated time during the weekend or attend a standalone Checking Clinic depending on their location.

In the larger centres such as North Bay, Sudbury, Sault Ste. Marie and Timmins, it is our intent to continue to run standalone Checking Clinics for the next two or three seasons or until there is no longer demand for the standalone clinic. Due to the larger numbers of participants who already attend the Development 1 Coaching Clinics in these areas, it would not be possible to incorporate them into the Development 1 Clinics without going over the maximum of 40 participants.

Peewee Coaches in the other areas shall be required to attend the Development 1 Clinic at a designated time during which the Checking information will be presented.

The NOHA Office will start working to schedule clinics for the 2011/2012 season in August; participants are encouraged to visit the NOHA website on a regular basis for clinic dates and information as they become available.

Should you have any questions about the change to the Coaching or Checking Programs, please contact NOHA Technical Director, Jason Marchand, at (705) 474-8851 or [jmarchand@noha.on.ca](mailto:jmarchand@noha.on.ca).

Yours truly,

Dan Raycroft  
NOHA Development Chair