

CHECKING THE CHECK (CTC)

Checking Skills Development Program



**INTERNATIONAL
ICE HOCKEY
FEDERATION**

Project Description

The aim of the CTC Program is to implement **a checking skills development program within our Feeder Program to educate players on how to properly deliver a check and how to effectively receive a check.**

It hopes to facilitate a safe and comfortable transition for youth players from non-bodychecking to bodychecking competition and to help players gain confidence with body contact and bodychecking.




2014 – 2018 IIHF Rule Book - Rule 43. v. “Bodychecking is an integral element of the game. It is the most common method of gaining control of the puck. For a bodycheck to be legal, it must meet a series of criteria specified by these rules.”



Project Goals

Areas of Need

- Lack of Knowledge/Experience
 - Transition from non-bodychecking to bodychecking play
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- Retention of Players
 - Loss of players due to uncomfortableness from transition; injuries; lack of confidence

Aims

- Introduction and Education
 - Provide players with the opportunities to be introduced to body checking in a safe and progressive manner
 - 1) Body Contact and Gaining Confidence with Contact
 - 2) Introduction to Body Checking and Establishing High Standard of Play
- Establishment of Safe But Competitive Environment
 - Reduction of injuries
 - Retention of players