



EYHA Contact & Body Checking Progression

By the time players reach 14U, body checking should be new but physical hockey should not be. The goal of the EYHA Contact & Body Checking Progression is to systematically develop balance, body awareness, angling, body positioning, contact confidence, and checking skills throughout a player's development.

6U: Balance & Body Control

Players develop body awareness, balance, and confidence moving around other players.

- Balance and coordination
- Falling and recovering safely
- Strong skating posture
- Moving in traffic
- Body awareness and control

8U: Competing for Space

Players begin learning how to compete around other players while protecting the puck, protecting space, and taking away space from opponents.

- Competing for loose pucks
- Protecting the puck
- Protecting space
- Maintaining balance through contact
- Introduction to angling
- Stick first, body second

10U: Angling & Body Positioning

Players learn how body position influences the game and begin using skating and positioning to defend effectively.

- Angling through the neutral zone
- Steering players to bad ice
- Gap control
- Defensive body positioning



- Shoulder to shoulder contact
- Puck protection

12U: Contact Confidence

Players develop confidence giving and receiving contact while learning how to compete in physical situations safely and effectively.

- Board battles
- Corner battles
- Net front battles
- Receiving contact
- Initiating legal body contact
- Playing through contact
- Separating player from puck

14U: Body Checking

Players learn safe and effective body checking while applying physical play within team concepts and game situations.

- Safe checking technique
- Receiving checks safely
- Angling to contact
- Finishing checks
- Playing through contact
- Competing confidently in a checking environment

14U Graduation Standard

By the end of 14U, an EYHA player should be comfortable giving and receiving contact, understand safe body checking techniques, compete confidently in battle situations, use body positioning effectively, and be prepared for the physical demands of high school hockey.