



BODY CHECKING CLINIC

MMH is offering a free body checking clinic for the up coming 2025/26 season.

Register by emailing development@mordenminorhockey.com

Please include players full name and age category

WHERE: ACCESS EVENT CENTER

WHO: *U13 MAJOR AGE (2013)*
U15 MINOR AGE (2012)

WHEN: *U13 MAJOR AGE (2013)*
OCT 3, 2025 @ 5:15-6:15
OCT 6, 2025 @ 5:15-6:15

U15 MINOR AGE (2012)
OCT 3, 2025 @ 6:30-7:30
OCT 6, 2025 @ 6:30-7:30

BODY CONTACT & BODY CHECKING

Develop the confidence to deliver and receive checks safely with timing, stance and body positioning

SAFETY & RULES

Head safety, learn how to avoid dangerous hits and understand the rules of body checking

STANCE & LEG STRENGTH

Explore lower body positioning for stability, power and injury prevention

TIMING & TECHNIQUE

Teaching the precise moments to use shoulders, hips or hands. Angles that keep you in control of the play. How & when to use stick lifts and pokes with contact play

POSITIONING & ANGLING

Learn how to position yourself to control the opponent in all the areas of the ice through smart body placement