

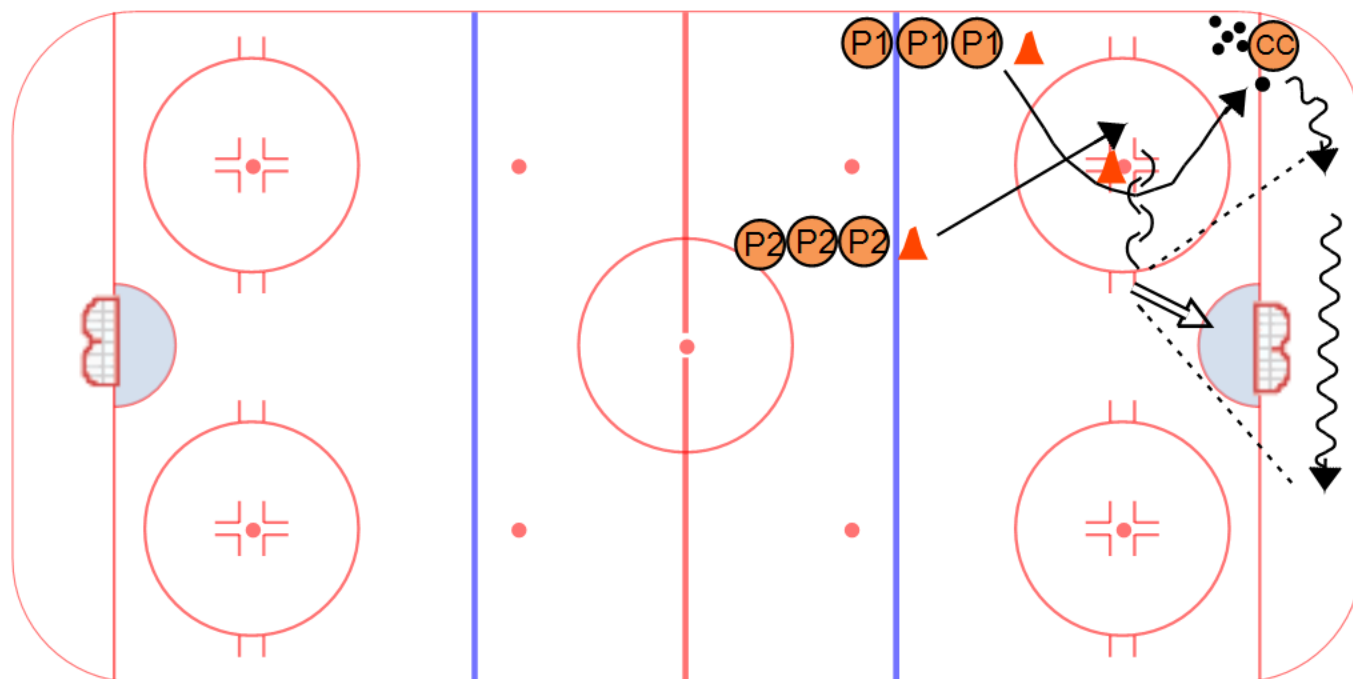
Category #1 : COACHING MANUAL

Category #2 : HOCKEY

Title : ANGLING AND CHECKING

Content elements :

Components:



Key points :

GOOD ANGLE

STICK CHECK

PLAYER 2 SUPPORT AND COMMUNICATION

PASS AND PASS RECEIVING

Description

Coach starts drill with "GO", player 1 skates around cone and angles to the coach, stick checks and takes the puck.

Player 2 moves to support behind player 1 then moves to the net looking for a pass and finishing with a shot on net. Player 1 should go to the net for a rebound.

Players rotate lines.