

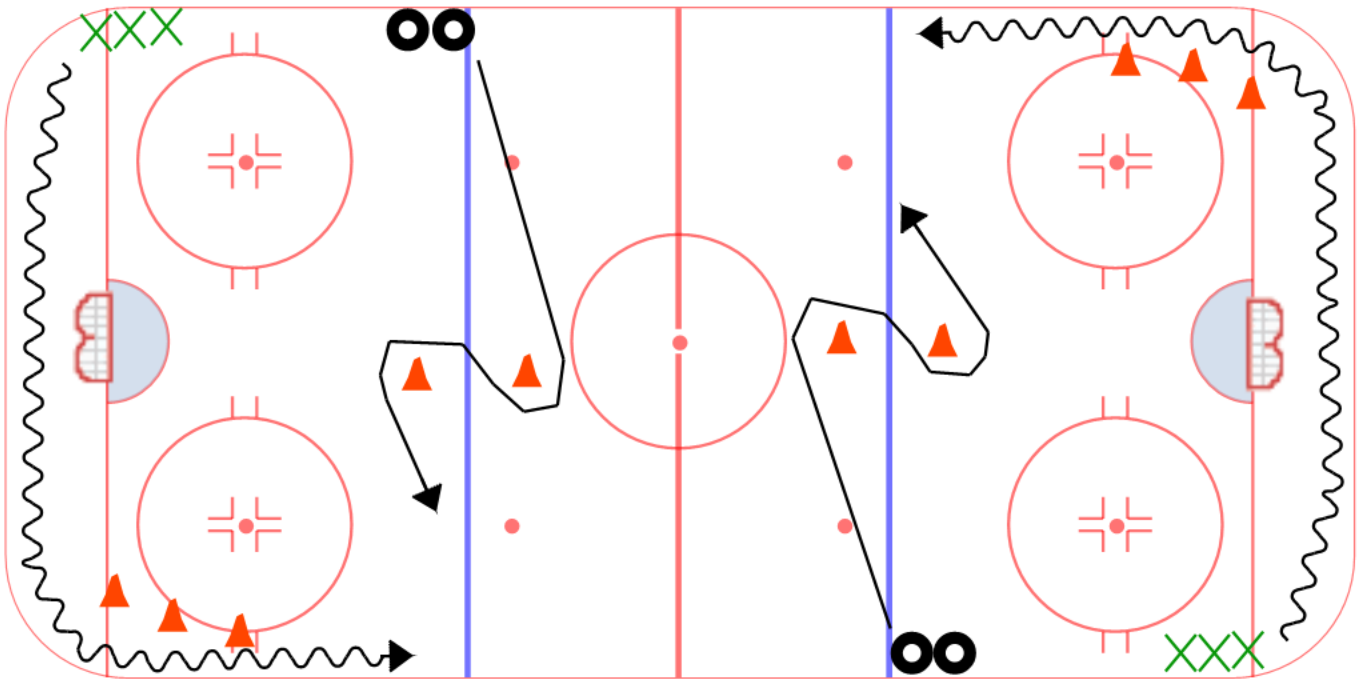
Category #1 : COACHING MANUAL

Category #2 : coaching manual

Title : Checking and angling

Content elements :

Components:



Key points :

SPEED DANGER ZONE
RECOGNITION

DECISION MAKING

ANGLE CREATION

SEPARATE FROM THE
PUCK

Description

As the coach you set the parameters for this drill. If your team's skills in checking are unrefined then start slow and have the puck carrier assist the checker by maintaining one speed. Players on the blue line must watch and stay out of the way. They can be moved to the ringette line as needed.

X starts out of the corner on the coach's whistle with a puck. O skates an S pattern around cones and creates an angle and establishes a gap. Play one on one down the ice then switch lines. The puck carrier must be aware of the "danger zone" 2-3 feet away from the boards.

Progression:

The checker picks up a puck at the other end of the ice and attacks the opposite end while the attacker back checks.