

**Categories**

checking

angling

**Drill Title :** angling

**Components :** \_\_\_\_\_

**Content elements :** \_\_\_\_\_

**Description**

explain angling how to properly give a check. ( 10 and 2 angle) stick low, two hands, feet wide, skates on proper edges.

have them skate down the ice angling and checking the wall. Must stop in good balance. Head up!

both ways.

**Key Points**

10 and 2 angle

head up

stick low with 2 hands

feet wide/balance

