

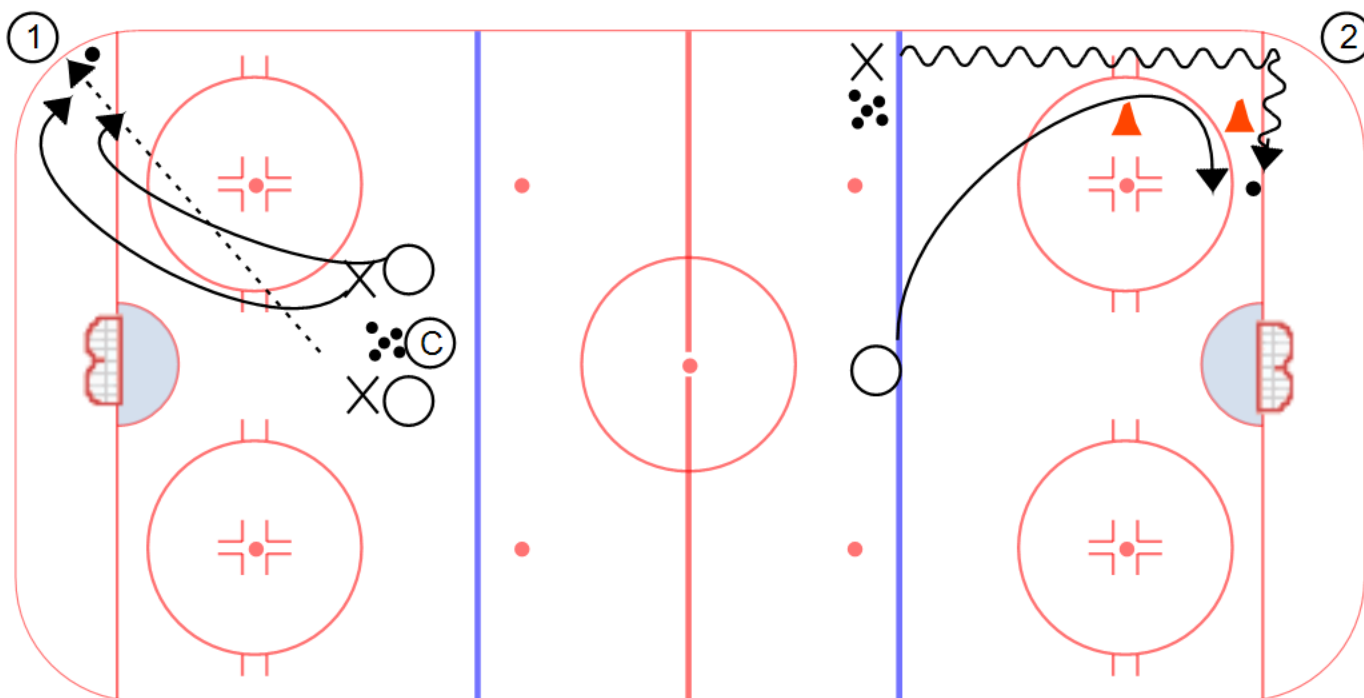
Category #1 : COACHES MANUAL

Title : CHECKING AND ANGLING #1 AND #2

Category #2 : ANGLING AND CHECKING

Content elements :

Components:



Key points :

TAKE PROPER ANGLES

KEEP HEAD UP

PLAY THE BODY

QUICK FEET

Description

DRILL #1

- Player 1 goes to the puck inside out and starts on offense.
- Player 2 with good gap takes a proper angle and follows into the corner, and attacks.
- Player 1 tries to drive the net.
- Drill is completed on both sides of the ice.

DRILL #2

- Player starts with the puck and skates down boards down and around the far cone.
- Checker without good gap angles and takes his cone attempting to check the puck carrier before he drives the net.
- Drill is completed on both sides.