

C1 Angling in the Wide Lane - Pro

Key Points:

Force the puck carrier up the boards by denying a pass back with the stick and approaching from behind toward the back shoulder.

Description:

1. Players start in a wide lane.
2. Coach pass the puck ahead and P1 skate for the puck while P2 tracks from behind.
3. P2 keeps steer P1 with his stick denying a pass back and approaches from slightly behind.
4. P2 angles P1 toward the boards and approaches at the back shoulder.
5. P2 rubs P1 out with the 'stick on the puck and body on body' skating through the arms with his inside leg in front.
6. P2 takes possession of the loose puck.

B - Angle Checking - Finland

Video Demonstration of first a defensive angle check where the checker leads with the trailing leg and drives the lead leg between the legs of the attacker. In the offensive angle check the checker skates through the arms of the attacker and lead leg goes in front.

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- Option is for P2 to take a shot or progress to a battle drill where either P1 or P2 shoots.

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