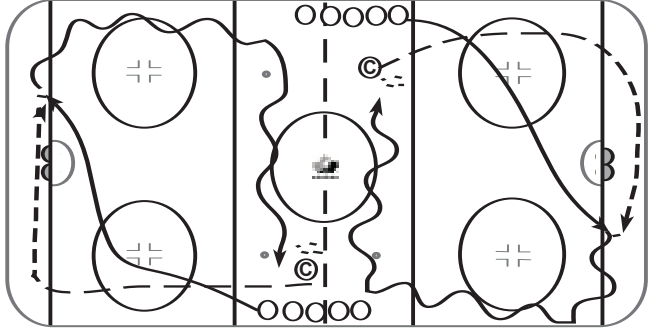


- Session Objective(s)**
1. Review angling skills
 2. Checking skills - shadowing
 3. Open ice angling

10 min

ANGLING – READ AND REACT TO THE PLAY



Drill Objective:

- Players will be able to read and react to the speed and route of the puck using the quickest most efficient route.

Drill Explanation:

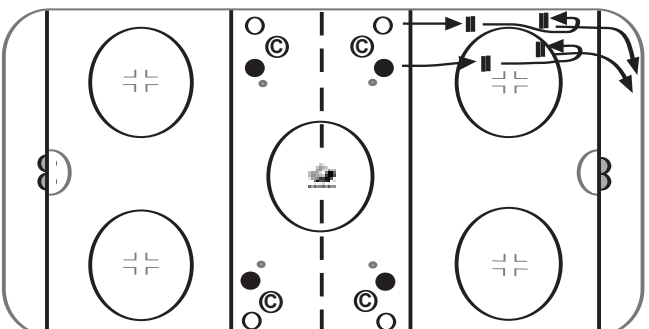
- Coach rims the puck into the end zone, player reads the direction and speed of the puck to retrieve.
- Player has head on a swivel to vacate zone and return to the back of the line.

KEY EXECUTION POINTS

- Read the speed of the puck and location of entry
- Take the easiest/quickest route to reach the puck
- "Head on a swivel" to read any outside pressure

5 min

ANGLING – SHADOWING



Drill Objective:

- Players will be able to control skate, mirroring the player that they are angling.

Drill Explanation:

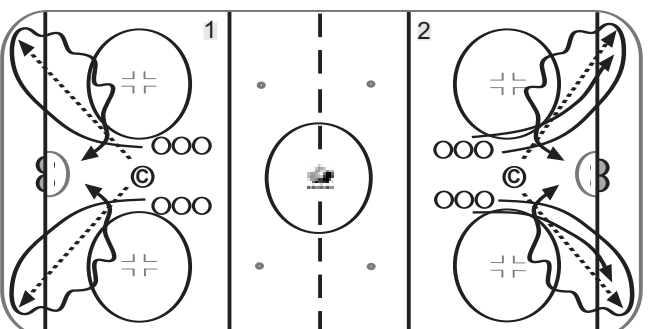
- Players should pair up with a player of similar skating skill.
- Player 1 skates along the boards making quick starts and stops and changes of direction.
- Player 2 must control skate and mirror Player 1 keeping the player to the outside in the "bad ice".

KEY EXECUTION POINTS

- Mirroring the players you are checking
- Use the term "Hip pocket" to describe to players where they need to be
- Add a puck once players have an understanding of drill and focus carrier on puck protection

10 min

ANGLING AND HEAD ON SWIVEL



Drill Objective:

- When in pursuit of the puck, awareness of opposing players as well as supporting teammates is critical to safety and the decision making process.

Drill Explanation:

- Start with proper offensive angle to the puck in the corner. Demonstrate inside out, head up, head on swivel.
- Coach dumps puck to corner, player retrieves the puck focussing on a proper angle. Once the player has the puck they should drive the circle for a shot on net.
- Progress to the 2nd player in line following the first player in and putting some passive pressure on the player to execute a good angle to the puck and drive around the circle to the net. 2nd player should also focus on getting good angling position and controlling their skating.

KEY EXECUTION POINTS

- Head on Swivel
- Inside, Out path

- Session Objective(s)**
1. Review angling skills
 2. Checking skills - shadowing
 3. Open ice angling

15 min

OPEN ICE ANGLING

Drill Objective:

- Players should start to be able to control the player they are checking without assistance from the boards.

Drill Explanation:

1. Facing Goal
 - Players pair up with both facing the goal. Defender inside position and forces player to move board side.
 - Defender keeps player to the board side, attacks his stick where blade meets shaft and squeezes angled player out while getting the puck.
2. Defensive Positioning - 1 on 1
 - Players partner up, work on defensive positioning, outside shoulder of defender with inside shoulder of attacker.
3. Facing Inside Shoulder
 - Players pair up with attacker facing the goal and defender facing attacking player. Defender's helmet lines up with inside shoulder of attacker and while skating backward, forces player to move board side.

KEY EXECUTION POINTS

- Defensive positioning, hip pocket

5 min

ANGLING - OPEN ICE

Drill Objective:

- Players should gain the ability to read and react and increase their ability to "smart skate" angle.

Drill Explanation:

- O1 and O2 leave from the red line on go from coach.
- Both players skate down the boards to the blueline and turn.

- Coach passes to one player.
- Other player angles the puck carrier to the middle, continues angle and pursuit across the neutral zone.

KEY EXECUTION POINTS

- Smart skating
- React quickly to receiving or not receiving the pass

5 min

ANGLING GATE DRILL

Drill Objective:

- Teach defensive player to save ice skating off the puck, limiting the puck carrier to one option.

Drill Explanation:

- O1 and O2 begin on the whistle.
- O1 picks up loose puck and skates behind the net and must skate between the pylons for a shot on goal.

- O2 closes the gap, saving ice in the neutral zone, before angling toward O1.
- O2 attempts to force O1 outside the pylons, not giving up the middle lane.

KEY EXECUTION POINTS

- Maintain middle lane
- Control skating

- Session Objective(s)**
1. Checking skills
 2. Stick checks
 3. Body Positioning for checking
 4. Contact Confidence

10
min

STAMPEDE ANGLING

Drill Objective:

- Close quickly and angle the puck carrier to the outside and maintain speed.

Drill Explanation:

- Coach passes the puck anywhere on one side of the ice.
- 01 retrieves the puck, 02 double touches the blueline, then closes the gap on 02.
- 02 plays 01 but if a turnover occurs, 02 can move onto offence.

KEY EXECUTION POINTS

- Close quickly, angle to outside
- No backward skating
- Use speed and controlled skating

5
min

STICK WRESTLING

Drill Objective:

- Gives the player a feel for good, strong, effective body position and to develop balance and agility.

Drill Explanation:

- Use one stick between each pair of players.
- On the whistle players wrestle to throw their opponent off balance.

- A player is considered off balance when a body part other than the skates touch the ice.
- Other variations can include no stick, 2 sticks or start on the knees.

KEY EXECUTION POINTS

- Solid and strong - wide stance
- Get low
- Use strong legs as the base

5
min

TUG OF WAR

Drill Objective:

- To emphasize the ready position and the use of the body and legs for strength.

Drill Explanation:

- On the whistle each player tries to pull their opponent over the blueline.
- Use one stick or two sticks.

KEY EXECUTION POINTS

- Wide and low
- Drive with legs
- Short power strides

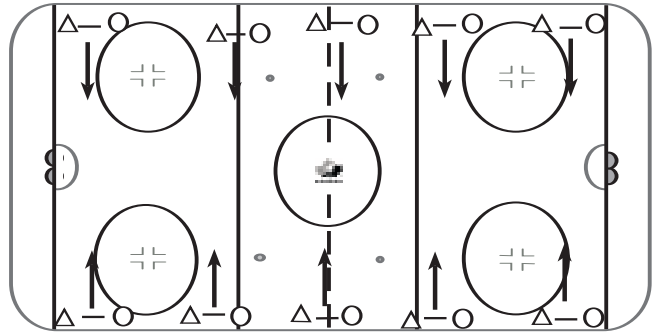
- Session Objective(s)**
1. Checking skills
 2. Stick checks
 3. Body Positioning for checking
 4. Contact Confidence

10
min**PARTNER BUMPING****Drill Objective:**

- To develop a solid base, to develop contact confidence and to develop the use of leg power.

Drill Explanation:

- Players interlock elbows.
- Pairs move across ice bumping each other with shoulders.
- Also implement bumping hips, bumping hips and shoulders and elbows not locked.

**KEY EXECUTION POINTS**

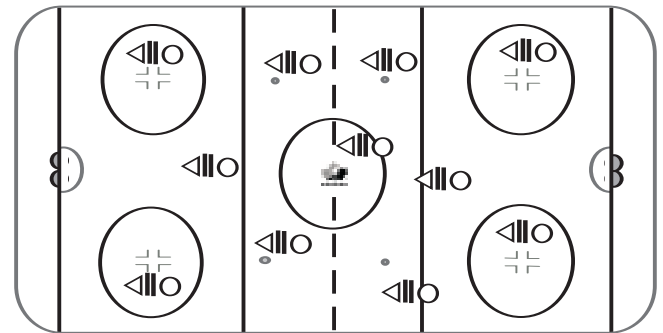
- Low, wide, strong position
- Initiate the bump with drive from the legs

10
min**OWN THE DOT****Drill Objective:**

- To develop balance, stability and strength. Focus on use of leg power and developing contact confidence.

Drill Explanation:

- Players position themselves at the dots.
- On whistle players bump each other trying to drive the other off of the dot.
- Other options include side by side, protect the puck on the dot, face to face and back to face.

**KEY EXECUTION POINTS**

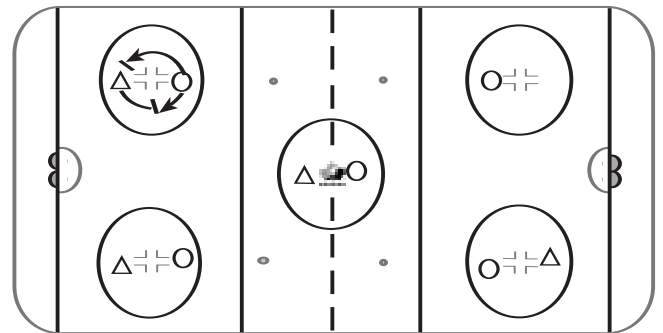
- Elbows down and arms crossed
- Good low stable body position
- Drive with the legs

10
min**BULL IN THE RING (MOVING CONTACT)****Drill Objective:**

- To introduce movement with contact, develop proper positioning and to reinforce driving through.

Drill Explanation:

- No sticks.
- On whistle O tries to drive though to get to edge of circle.
- Protects the path and attempts to drive O back.
- Switch roles.

**KEY EXECUTION POINTS**

- Play chest when facing, hips when seeing back
- Leg drive and defensive side positioning

- Session Objective(s)**
1. Checking skills
 2. Creating puck separation
 3. Contact confidence
 4. Open ice body checking

5 min

ANGLE UP, ANGLE DOWN WITH PUCK SEPARATION

Drill Objective:

- To work on angling skills and work on positioning to separate puck carrier from the puck.

Drill Explanation:

- Positions with various gaps from O who has the puck.
- On whistle, j-skates quickly and controlled and steers O in desired direction.
- Drives body between O and puck - aim for the stick shaft.
- Separate O from the puck.

KEY EXECUTION POINTS

- Inside shoulder just ahead of puck carrier's inside shoulder
- Drive body in front of the puck carrier

10 min

PARTNER BUMP AND ROLL FLOW - NO STICKS

Drill Objective:

- To develop angling and positioning and to practice the execution of the shoulder or block check.

Drill Explanation:

- Players divided into pairs and placed sparsely around the ice without sticks.
- O against the boards, by the faceoff dots.
- O moves slowly along the boards while angles and closes the gap.
- Makes chosen body check then moves slowly along the boards. O rolls to the boards, rotates out and becomes the checker.

KEY EXECUTION POINTS

- Approach under control and at a good angle
- O collapses shoulder/body from check, rolls into wall
- Use the terms coil/uncoil as a description of the motion
- Add sticks and pucks, increase speed, add a pin as players become more proficient

10 min

OPEN ICE BODY CHECK - NO STICKS

Drill Objective:

- To work on angling and positioning skills and to teach checking from a balanced position.

Drill Explanation:

- At each end divide players into 4 groups - 1 group with pucks. Other groups have no sticks.
- Group with the pucks cycles around inside the blueline while checkers attempt to bump carriers - if carrier gets bumped off puck they regain the puck and continue.
- Keep score to see which group gets bumped off the puck the least.

KEY EXECUTION POINTS

- Approach under control - eyes on contact area
- Arms crossed at chest
- Use leg drive

- Session Objective(s)**
1. Checking skills
 2. Creating puck separation
 3. Contact confidence
 4. Open ice body checking

10 min

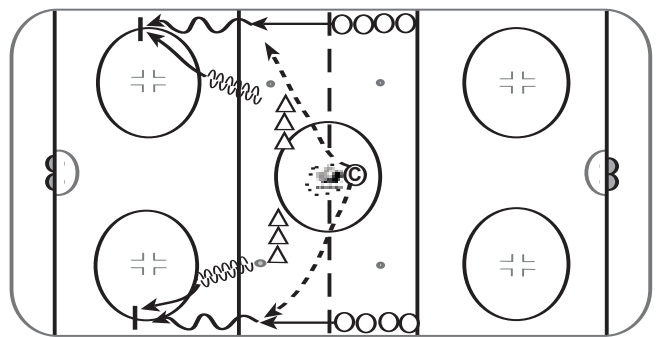
1 ON 1 BODY CHECKING

Drill Objective:

- To develop angling skills while working on lateral motion with a turn and go. To practice executing body checks.

Drill Explanation:

- O starts from behind the redline.
- Coach passes puck and at the same time Δ starts backward from face off dot outside the blueline.
- O must stay along the boards, angles and makes body check.
- Both players go back to respective lines on opposite side of ice from original starting point.



KEY EXECUTION POINTS

- Angle, use a controlled approach
- Hard but controlled, timing is key

10 min

NEUTRAL ZONE FORECHECK

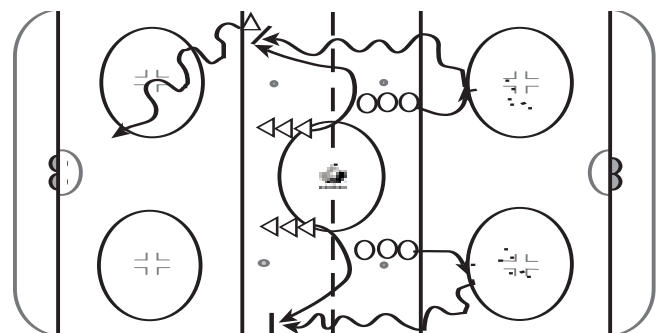
Drill Objective:

- To work on angling, steering, positioning and body checks.

Drill Explanation:

- On the whistle the O's start and swing to get the puck.
- As O picks up the puck Δ starts.
- Δ steers/angles O outside to the boards and makes the check.

- Rotate players through all four positions.
- Use variations such as Δ with no stick, O can regroup or Δ regains puck and goes for shot.



KEY EXECUTION POINTS

- Angle defensive side
- Close gap under control

5 min

ONE ON ONE

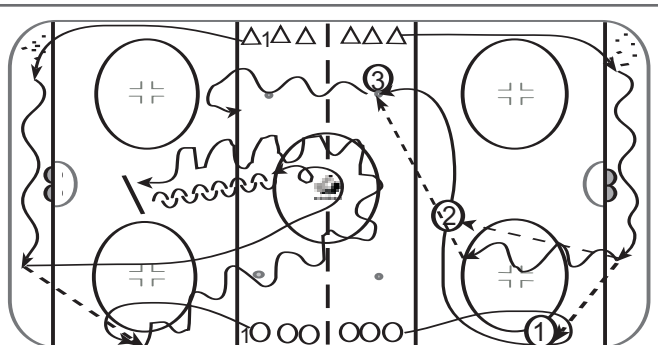
Drill Objective:

- To develop angling/steering/positioning and gap control in the neutral zone. To work on body checking along the boards and in open ice.

Drill Explanation:

- O starts with a puck, takes a shot low from the outside and button hooks to the corner.

- Starts when forward starts and goes to the corner for a puck.
- Carries around the net and passes to O:O breaks for far blue line with pursuing and maintaining a tight gap.
- O horseshoes and comes back 1 on 1, angles and attempts to make body check at blueline.



KEY EXECUTION POINTS

- Angle - make the decision for the puck carrier
- Control check with follow through