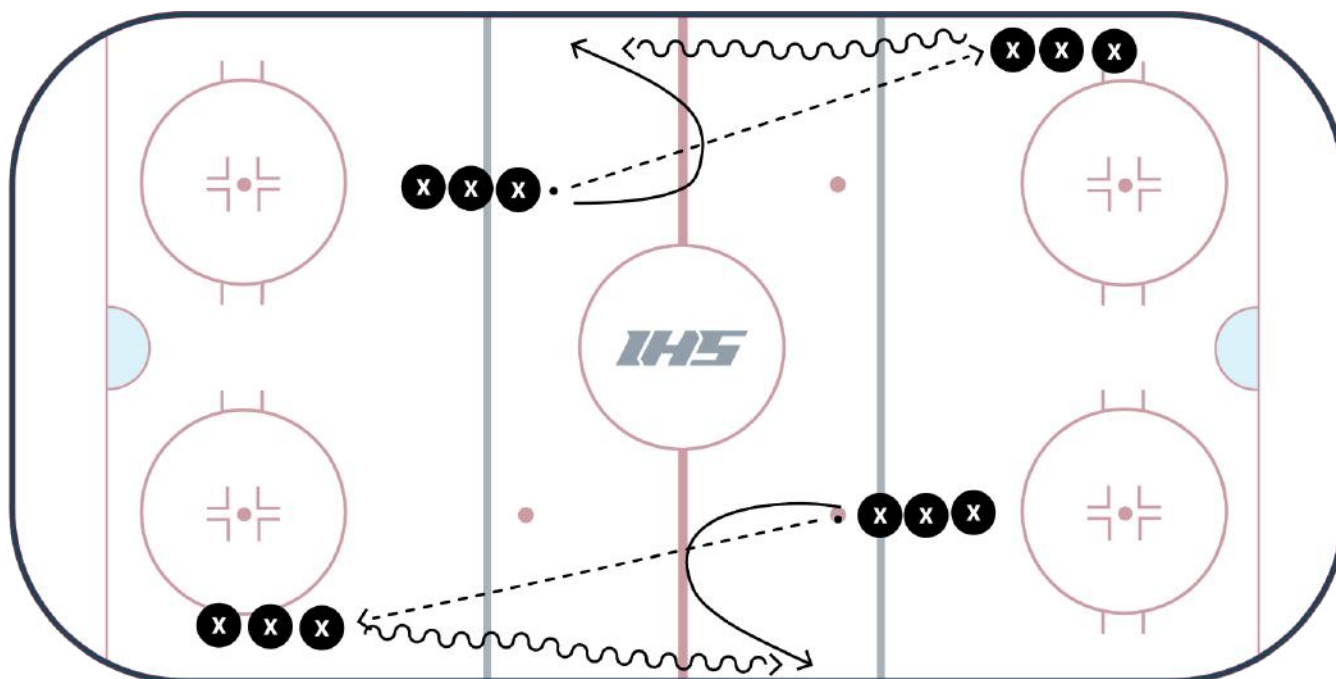


Angle Drill - Along the Boards



Description

Purpose of the drill is to "angle" the puck carrier into the boards to separate them from the puck and allow a change in possession.

Key factors of the drill:

- Anticipation
- Timing
- Proper body placement

The drill is run off both sides of the rink. Player at the face off dot passes the puck to the player along the boards. Upon receiving the pass the player skates up ice along the boards at full speed. The player who made the pass then skates out and curls towards the player with the puck to "angle" them and pin them along the boards to separate them from the puck.

Separation of the player at the puck occurs with placement of the stick and hands in the "triangle" of the opposing player, using their backside to "pin" the opponents hands onto the boards. Players should be cautious about ensuring that shoulder/shoulder contact is not made (body checking) and that they are "ahead" of the player when pinning them (timing is key).