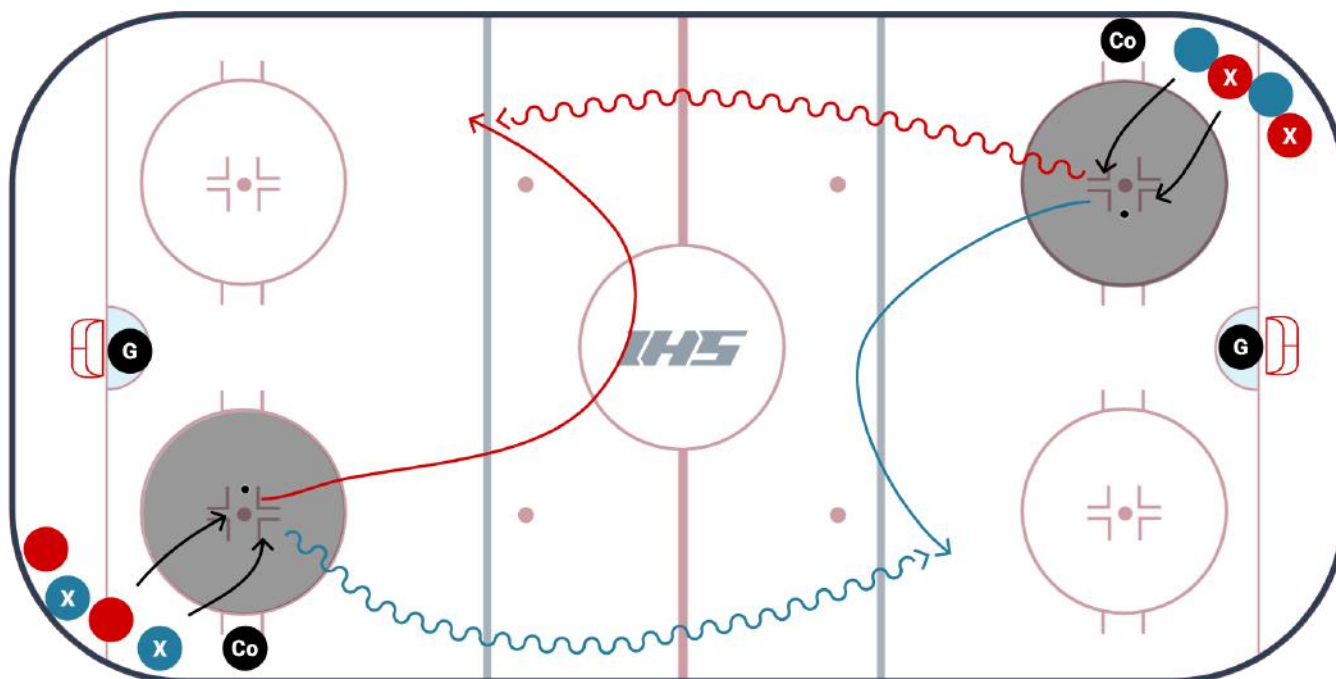


Angle Drill - Circle Battle/Angle



Description

Purpose of the drill is to battle for control of the puck with an emphasis on puck protection - then "angle" the puck carrier towards the boards to remove the offensive threat and/or separate them from the puck to allow for a change in possession.

Key factors of the drill:

- Anticipation/Timing (Defender)
- Puck Protection (Both Players)
- Driving the net/dropping the shoulder (Offense)

The drill is run off both/opposite sides of the rink. On the first whistle two players from the corner battle each other for possession in the circle. On the second whistle the player with possession of the puck skates down ice along the boards and drives towards the net after entering the offensive zone. The player who lost the battle skates up ice, curls and angles the puck carrier wide/towards the boards removing the offensive threat and/or creating a change in possession.

Defending players should focus on the timing of their approach, driving the puck carrier wide with their angle, and separation of the carrier from the puck. Offensive players should focus on dropping their shoulder and driving to the net upon zone entry.