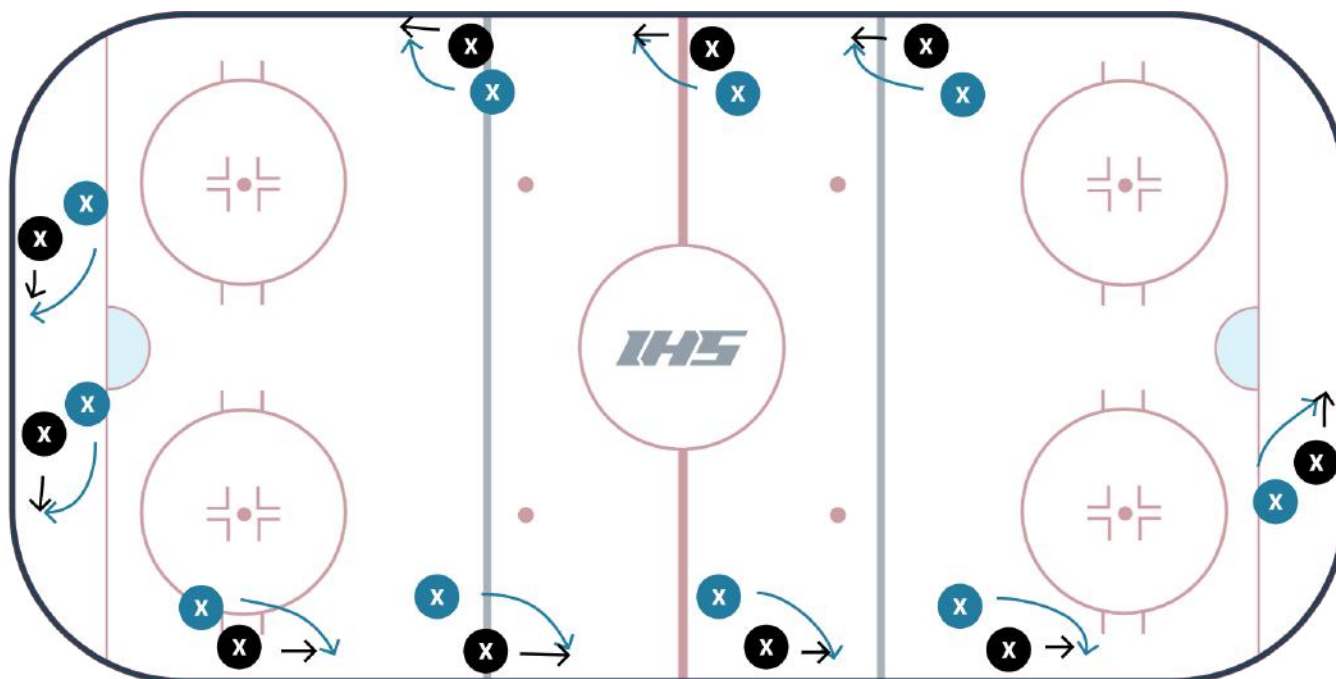


# Angle Drill - Introduction to Angling



## Description

The purpose of this drill is to introduce players to the concept of angling to prepare for more advanced concepts and puck separation.

Key factors of the drill:

- Timing
- Body Placement

This drill occurs in pairs around the entire ice surface. In each pair one skater represents the puck carrier (black) and one the defender (blue) seeking to "angle" the opposition to the boards. Without the use of pucks the carrier (black) skates forward while the defender (blue) moves slightly ahead of the skater and proceeds to "angle" the carrier into the boards by using their body to pin the player against the boards. This is continually repeated around the ice with players switching roles and/or direction at the coach's instruction.

When "pinning" the skater to the boards players are to insert their hands/stick into the opposition's "triangle" (space between stick/ice/body) and use their backside to pin the carrier's hands to the boards, effectively creating separation between the carrier and the puck.