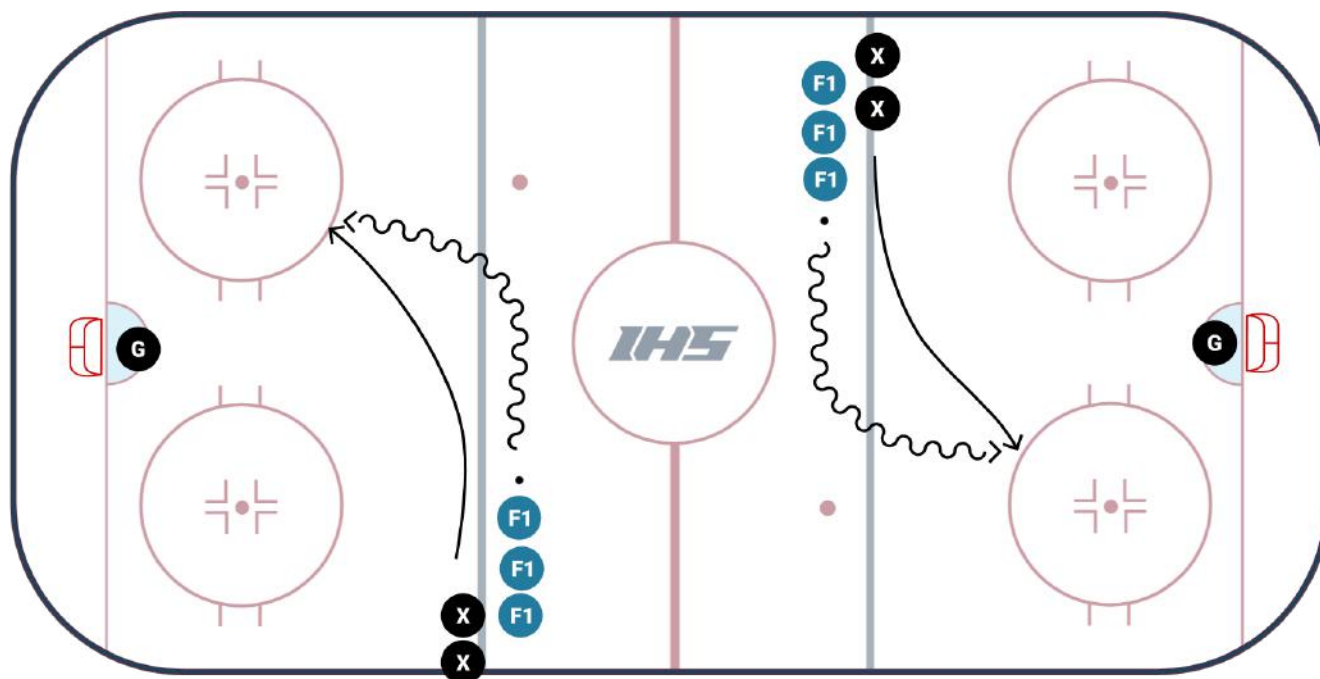


Angling Drill - Open Ice



Description

Purpose of the drill is to "angle" the puck carrier towards the boards, away from the goal, and to separate them from the puck to allow for 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 with the puck (F1) skates towards the middle of the ice and curls towards the net. The defending player (X) curls towards the player entering the zone and "angles" them towards the boards with their body.

The defending player can:

- 1) Continue to push the puck carrier (F1) towards the boards ensuring that their body remains between the puck carrier and the net
- 2) Separate the puck carrier from the puck by placing their hands/stick in the players "triangle" and using their body to position themselves between the carrier and the puck.