

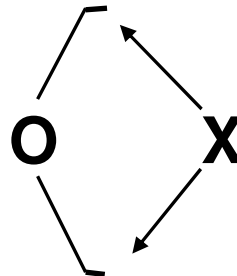


## AMERICAN DEVELOPMENT MODEL CONCEPT TEACHING SEQUENCE

**Concepts: Angling, Stick and Body Position, Body Contact and Body Checking**

### **Stick on Puck**

Have players pair up and face each other just over a stick length apart. Player O handles a puck in front of his body. Each time player O pulls the puck to one side, player X mirrors the stick movement. X plays stick on puck using his peripheral vision while watching the opponent.



### **Stick on Puck Figure 8**

Players pair up. Player O starts with the puck. Each time player X plays stick on puck, player O turns towards the boards and goes in the opposite direction (figure 8 pattern). Each time O escapes, player X pulls his elbow back so that he can get his stick quickly re-extended (stick on puck) to the opposite side. This drill teaches the defensive player correct technique in defending and the offensive player to ready stick pressure and to escape.

