



AMERICAN DEVELOPMENT MODEL CONCEPT TEACHING SEQUENCE

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

Moving Body Contact

Players move in pairs along the wall at moderate speed. Player X uses good technique to engage in body contact with player O. Player X has his stick down and plays stick blade to stick blade as he closes on player O. Player X's body position is even to slightly ahead so that the future potential for O to cut inside is eliminated. Player X must angle and maintain his skating lane as body contact is used to gain puck. After contact, player X separates from O and repeats the contact several times as the pair move up the boards.

Repeat back in the opposite direction having the players change positions.

