



AMERICAN DEVELOPMENT MODEL CONCEPT TEACHING SEQUENCE

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

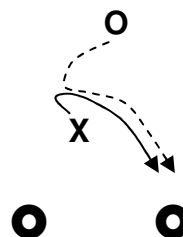
Protect the Tower

Have players pair up. Place a puck on top of a cone. Both players must keep their sticks on the ice. Player O tries to knock the puck off the cone. Player X uses skating skills to angle and establish defensive side body position against play O not allowing him to make contact with the tower.



Guard the Gate

Players pair up. Coach spots a puck into an open space and both players compete to gain puck possession. Whoever has the puck attempts to score a point by skating between the tires. The other player must use skating skills to angle and gain defensive side body position denying player O a lane to attack. If puck possession changes, the players also change positions. Play 1v1 until the whistle. Several sets of tires can be used so that multiple 1v1 are happening simultaneously.



1v1 Tight Space

Coach spots a puck into the corner and players compete 1v1 to score. Whoever has the puck is on offense. If the goalie covers the puck or if the puck leaves the corner area, the coach spots in a new puck. Play 1v1 until the whistle. Players should keep their sticks down and focus on using their bodies to gain position between the opponent and the puck. This allows the offensive player to get his hands free to shoot or deke the goalie (Score). Strength on your stick in tight space battles is also important.

