

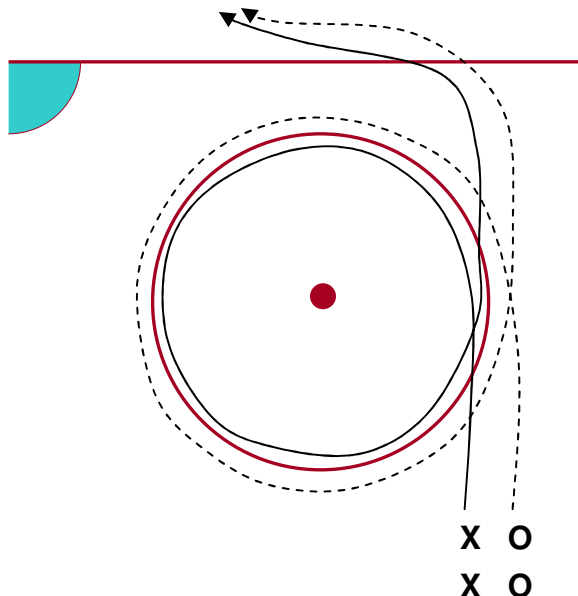


## AMERICAN DEVELOPMENT MODEL CONCEPT TEACHING SEQUENCE

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

### **1v1 Around the Circle Forward - Down**

The defensive player X mirrors offensive player O around the circle with good body and stick position. X must play stick on puck with peripheral vision while maintaining body position on O. Not too far ahead or behind. Once around the circle player O can attack the net and player X can close with body contact and defend.



### **1v1 Around the Circle Forward - Up**

The defensive player X mirrors offensive player O around the circle with good body and stick position. X must play stick on puck with peripheral vision while maintaining body position on O. Not too far ahead or behind. Once around the circle player O attempts to gain the blue line. Player X maintains inside body and stick position and closes to ride player O out into the boards.

