

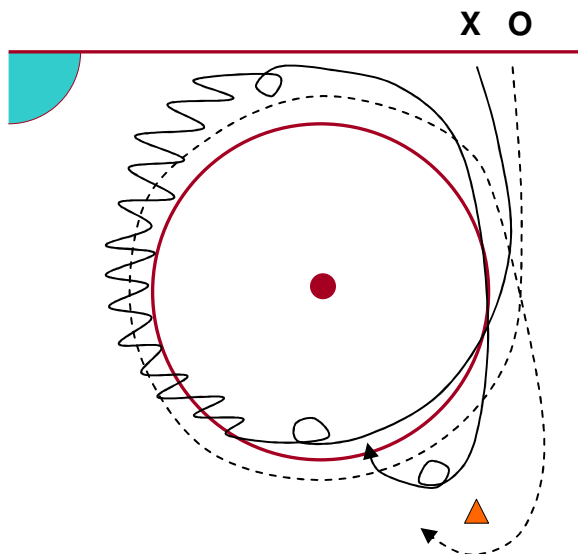


## AMERICAN DEVELOPMENT MODEL CONCEPT TEACHING SEQUENCE

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

### **1v1 Around the Circle Fwd/Bkwd - Low**

The defensive player X mirrors offensive player O around the circle with good body and stick position. Player O skates forwards while player X skates forward and backwards to maintain defensive body position. Once around the circle, player O rounds the cone and attacks the net. Player X gaps up with good inside body and stick position to defend.



### **1v1 Around the Circle Fwd/Bkwd - High**

The defensive player X mirrors offensive player O around the circle with good body and stick position. Player O skates forwards while player X skates forward and backwards to maintain defensive body position. Once around the circle, player O attempts to gain the blue line. Player X maintains good inside body and stick position to angle, close and ride out Player O.

