

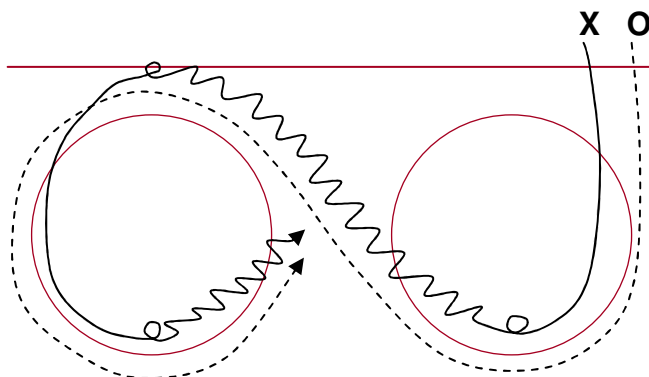


AMERICAN DEVELOPMENT MODEL CONCEPT TEACHING SEQUENCE

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

Mirror 1v1

Player O skates forwards around the circles with a puck. Player X mirrors player O while using skating and stick to maintain a tight defensive side body position. Initially players end up in the opposite corner. Player X should focus on inside body position as O moves from one side of the ice to the other. Use peripheral vision to play stick on puck while also maintaining inside stick position. Once the proper technique is demonstrated, have the players compete in a live 1v1 situation after player O rounds the top of the second circle.



Gapping 1v1 Down the Wall

Player X begins backwards while mirroring player O using skating and stick to maintain a tight defensive side body position. At some point skating down the wall, player O does a tight turn to separate himself from player X and then attacks the net. Player X must react and close on player O to limit time and space. On the cut back the 1v1 becomes live. Play until whistle. Switch players so that everyone learns attacking and defending skills. This drill can easily be done on one side of an end zone or 1/4 the ice.

