

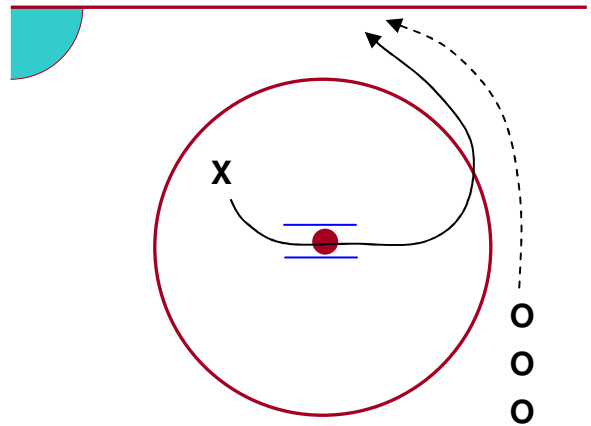


AMERICAN DEVELOPMENT MODEL CONCEPT TEACHING SEQUENCE

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

1v1 Angle through the Dot - Down

Player X skates over the face-off dot to activate player O who must attack down the wall. Player X angles and defends the net using good body and stick position (stick on puck). Play 1v1 until the whistle at which time player O becomes the new X and skates through the dot to angle the next player in line.



1v1 Angle through the Dot - Up

Player X skates over the face-off dot to activate player O who must attack up the wall. Player X angles and defends the net using good body and stick position (stick on puck). Play 1v1 until the whistle at which time player O becomes the new X and skates through the dot to angle the next player in line.

