

## Body Contact (Angling)

**Objective** To angle an opponent to separate that opponent from the puck.

**Key Elements** Get hips on hands, Get shoulder in front of opponent's shoulder, Keep stick on the ice, Keep head up, Time the angle

**Organization** Drill can be run with or without goalies.

Players are in two lines, net is removed, tires are placed on the goal line at the outside edge of the crease.

One player carries the puck behind the tire and tries to carry the puck outside the zone or attack the goal in the neutral zone. The next player in line tries to angle that player off the puck. Compete until the puck is carried outside the blue line, or shot on goal.

Players should change lines after being puck carrier and angler.

Ideal to have one coach for each line.

**Variations** Progression:

1. Begin on the goal line 1 v 1; puck carrier is not allowed to "cut back"
2. Move the line to the top of the circle 1 v 1; puck carrier is not allowed to "cut back"
3. 1 puck carrier v 2; puck carrier is allowed to "cut back".
4. Three lines: middle line pass puck off the end board and go out either way; the two outside lines react and angle/support the side the puck carrier comes out of
5. Four lines; moved to one side of the half-ice; put one net back on regular spot. One line is the puck carrier and the other three players angle/support and transition for shot in offensive end.

**Goalie** Goalies can be used in neutral zone as players compete for the puck and finish with a shot while facing back pressure

