

Angling and Body Contact 09/11/2019

6:15-7:15pm @ All Seasons Arena North Rink

Intro – why we are having these? 10-15 minutes

- Quick Warm-Up, around rink & between blues patterns
- What is Angling, Body Contact & Checking? It all starts with confidence and understanding.
- The goal is to separate body from puck or to create time/space
- Weight Transfer, Heads-up don't duck along wall, eyes-up any ware on ice, communication
- Partner-Up; Shoulder bumps and weight transfer open ice, through hands, on the wall

Stations

Angling and body contact along boards

- Force vs. contain (when to initiate body contact along the wall)
- Vision (understanding surroundings, people and boards)
- Balance (absorbing a check or avoiding a check)
- Communication with teammates
- Pinning against the wall

Open ice angling

- Taking away passing lanes with body and stick
- Taking away ice and options
- Body position
- Deception to change angles
- Shoulders and toes
- Forward vs. backward 1v1 open ice

angling progression through hands then the transition into shoulder/hips

- Target is the puck carriers hands, getting your hips through to separate
- Timing based on speed & location
- Stick checks both offensive and defensive
- When is the right time to simply angle and when to make a body check
- Girls/Peewee and below, why is this a skill that is necessary

Games:

3v3 cross ice with regroup, bloody nose alley, behind net angle 1v1

Monkey in the middle, King of the castle, Bumper butts