

Practice Drills and Games to Teach Angling

B500 Defensive Drill to Keep the Stick on the Puck – Red Bulls – Gene Reilly

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090803190606500>

B500 Defensive Side with Stick on Stick and then Stick on the Puck – Red Bulls

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090817105910820>

B5 - Angling Prospect – a walk through stressing a good stick and the approach.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706155119716>

C1 - Neutral zone Angling – NHL

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131101142929311>

C2 Angling 2-1 Wally – Canadian Women's Olympic team 1-1 and then 2-1 angle and create loose puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130902174459633>

B5 Forecheck Skills Deflect-Steer-Angle-Finish – Red Bulls (I am talking on my cell first part – irritating)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090813080843840>

Angling Drill from Sweden

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140320144146657>

B500 Angling and Escapes – Finland

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719114133299>

DT400 Half-ice Transition 1 on 1 - Juuso-Yursi - IIHF Symposium – Angle when he puck is dumped in.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131203153607732>

DT100, 1 - 1 Passive Support D Join Rush and F Backcheck-Juuso, Jursi – Add dump-in and forecheck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131127145425946>

D200 Angling Game – U18 Girl's demo with a cross ice game.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140406100535268>

D200 Straight on Angling Game – U18 Girl's in a cross ice game.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140607111112834>

B5 Angling

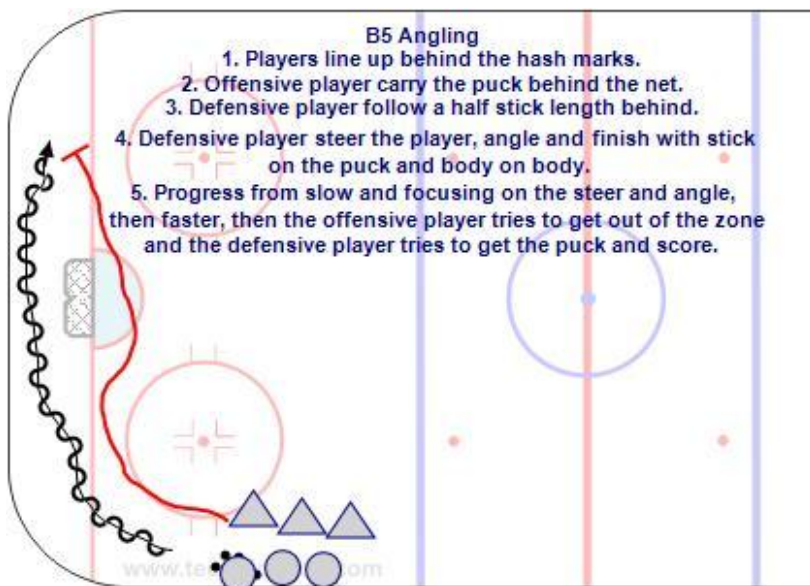
Key Points:

Checker approach at the back shoulder. Body on body and stick on the puck. Follow from about a half stick length.

Description:

1. Players line up behind the hash marks.
2. Offensive player carry the puck behind the net.
3. Defensive player follow a half stick length behind.
4. Defensive player steer the player, angle and finish with stick on the puck and body on body.
5. Progress from slow and focusing on the steer and angle, then faster, then the offensive player tries to get out of the zone and the defensive player tries to get the puck and score.
6. Practice from each side.

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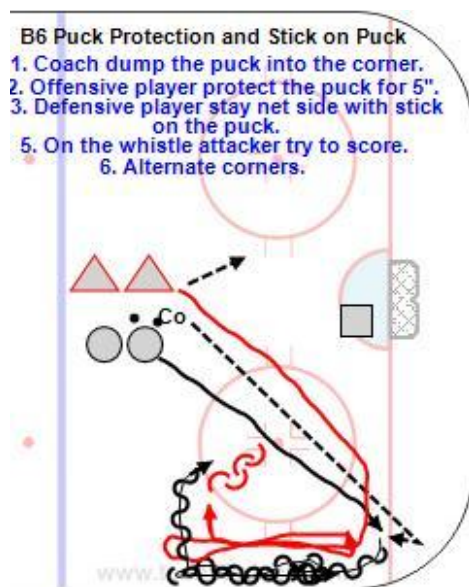
B6 Puck Protection and Stick on Puck

Key Points:

Attacker protect the puck by making tight turns and shielding it with the body. Defender maintain net side and stick on the puck.

Description:

1. Coach dump the puck into the corner.
2. Offensive player protect the puck for 5".
3. Defensive player stay net side with stick on the puck.
5. On the whistle attacker try to score.
6. Alternate corners.



B500 Angling and Escapes

Key Points:

Angle approaching at the back shoulder with "Body on Body and Stick on the Puck".

Defensive angling pin and teammate pick up the puck, and on offensive angling seal the player off and take the puck.

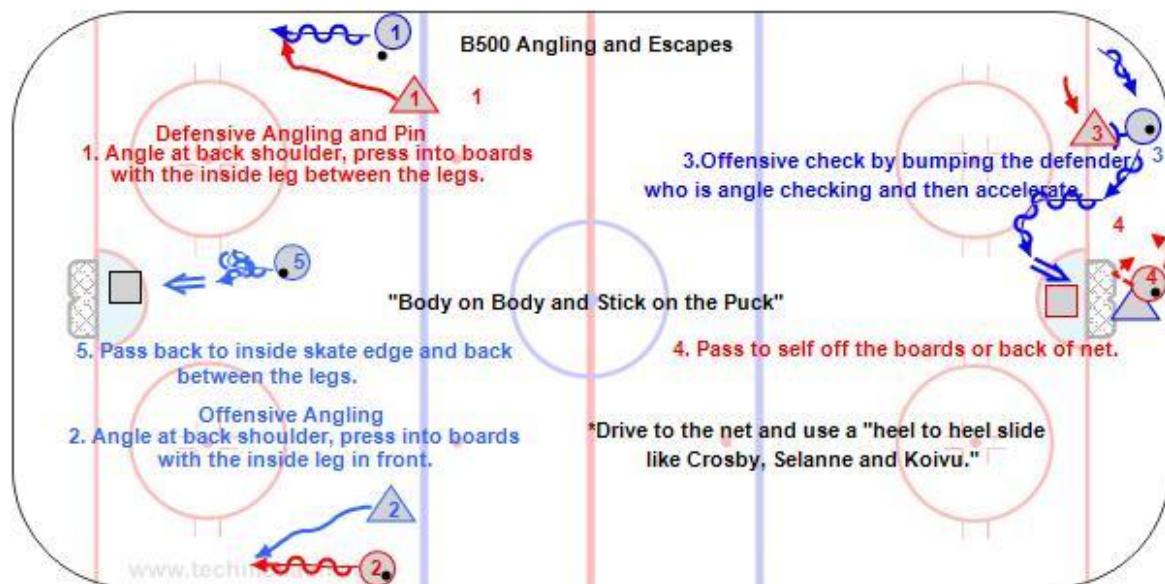
Learn to approach at the back shoulder-not the puck. On offense cut back when the player angles at the puck.

Description:

1. Angle at back shoulder, press into boards with the inside leg between the legs.
2. Angle at back shoulder, press into boards with the inside leg in front.
3. Offensive check by bumping the defender who is angle checking and then accelerate
4. Pass to self off the boards or back of net.
5. Pass back to inside skate edge and back between the legs.

*Drive to the net and use a "heel to heel slide like Crosby, Selanne and Koivu."

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719114133299>



B500 Defensive Side with Stick on the Puck

Key Points:

Player checks from the defensive side with the stick always on the attackers stick. Keep the stick on the ice when going side to side.

Description:

1. Two players work together one of offense one on defense.
2. Half rest half active on the whistle.
3. Practice about 5" and alternate.
4. Start with no puck with offense shielding with the body defender stick on stick.
5. Progress to using a puck.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090817105910820>



"BODY ON BODY AND STICK ON THE PUCK"

This is the phrase that Brad McCrimmon coined when he presented at a Hockey Canada International Coaching Symposium.

I have heard hundreds of presentations but the one McCrimmon gave on playing defense was the best I have ever listened to.

If you follow that rule when checking the puck carrier then you automatically have the proper angle and if your stick is on the puck you automatically 'ELIMINATE HITS TO THE HEAD' as well as high sticking, elbowing, boarding and charging.

Brad was killed along with the rest of his team last season in a plane crash in Russia.

I propose that all of hockey adopt the 'Brad McCrimmon Rule' in his honour and eliminate the unnecessary injuries that are caused by 'Poor Checking Technique.'

This is how we could teach players good technique and make the game a lot safer at the same time.

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=2083> is a link to the discussion thread on concussions and violence.

B5 Loose Puck Battles

Key Points:

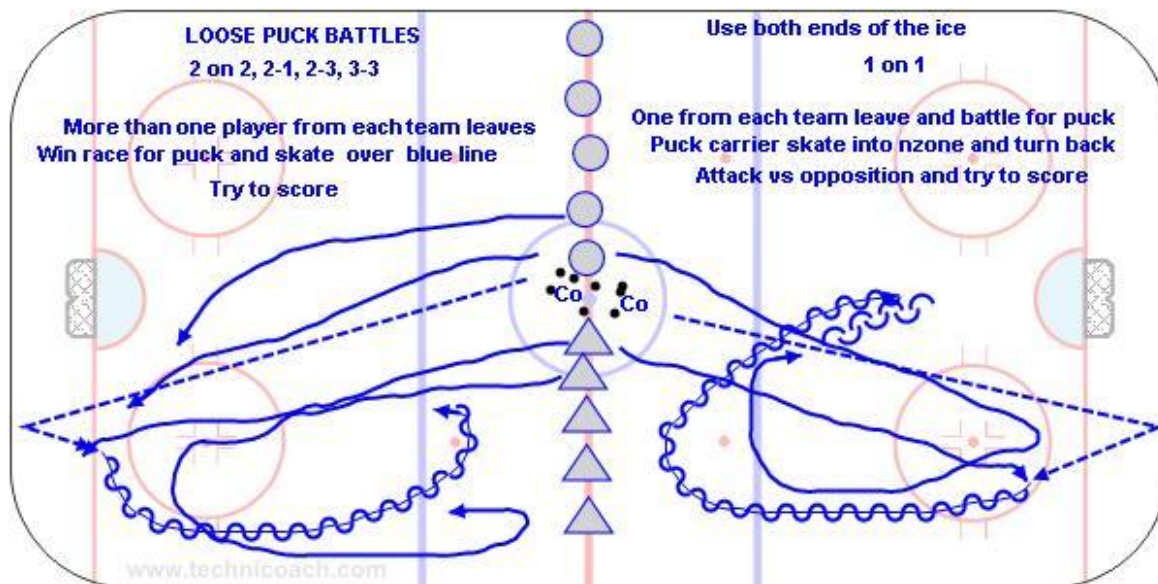
- Players should protect themselves while going into the corners. Don't skate straight in toward the boards.
- Contact each other before getting the puck to gain position.
- Protect the puck with the body and use quick strides to escape.
- Attack with a good move and defend with tight gaps.

Description:

Players are lined up across the red line and the coach or coaches in the middle with pucks. One team to each side of the coach.

1. The coach dumps the puck into the corner and the first player on each line races to get the puck, then the coach dumps a puck into the other corner and the next players race to the puck.
2. Whichever player wins the battle in the corner skates out over the blueline and thru the middle circle then attacks the original end while the other player defends. This happens at both ends of the ice.
3. As soon as the rush is over another puck is dumped into the corner.
4. Situations like 2-1, 2-2, 3-2, 3-3 can also be used.

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C2 Angling 2-1 Wally

Key Points:

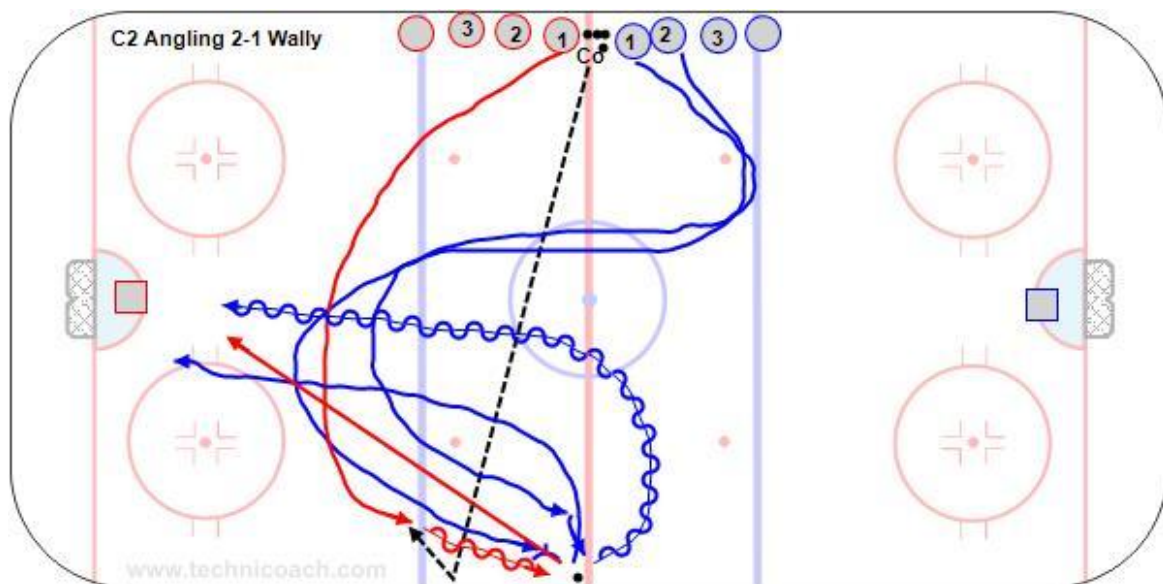
Defender create an angle from inside to cut the ice in half, deflect the play wide, angle at the back of the inside shoulder with the stick on the puck and finish. Second checker mirror from a little behind.

Description:

1. Coach shoot the puck across the ice on the attacking teams half or dump it softly.
2. Red 1 race for the puck and attack the Blue net.
3. Blue 1 and 2 tag up at the blue line then arc slightly behind the puck carrier to cut the ice in half.
4. Blue 1 close the gap approaching toward the back shoulder with body on body and stick on the puck.
5. Blue 1 rub out Red 1 and Blue 2 pick up the puck.
6. Blue 1 and 2 attack the other way while Red 1 back checks.
7. Repeat with Blue 3 on offense vs. Red 1-2.

** This can also be done as a 1-1 drill to teach the concepts of angling - deflect-steer-angle-finish with body on body and stick on the puck.*

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C2 Angling Drill

Key Points:

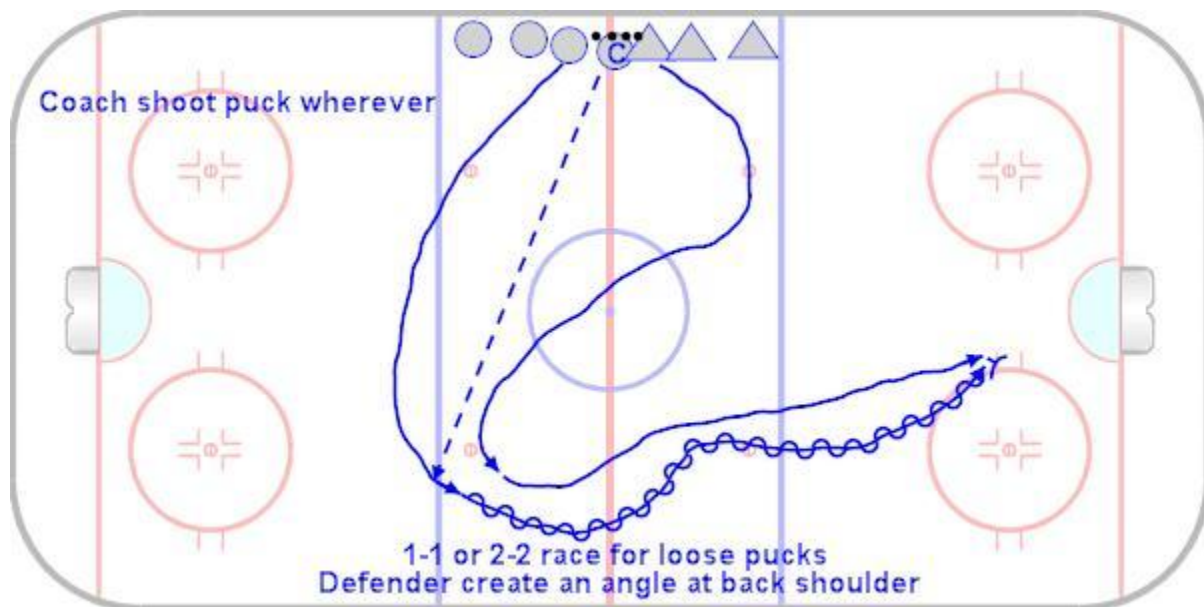
Defensive player first force the play wide and approach the puck carrier from a little behind in a line with the back of the inside shoulder. Create the checking angle and then finish the check with this angle preventing the puck carrier from cutting in or back.

*No Penalties and insist on Good Checking Angles.

Description;

1. Players line up along the boards in the neutral zone.
2. Coach shoot a puck toward one side near the boards and the players race for it and try to score.
3. The checking player tries to regain the puck and score on the other net. After one scoring chance return to the line up.
4. When the puck is near one goal shoot another puck for the next two players.

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D200 Angling game

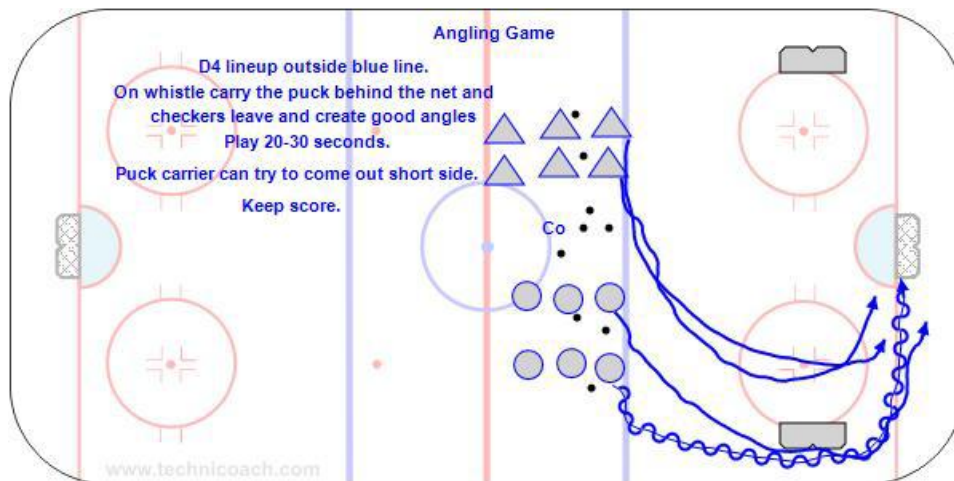
Key Points:

Checkers create an angle on puck carrier and take away their time and space with body on puck.

Description:

1. D200 lineup outside blue line.
2. On whistle carry the puck behind the net and checkers leave and create good angles.
3. Play 20-30 seconds.
4. Puck carrier can try to come out short side.
5. Keep score. Play to a certain score and losing team do something like push ups. Play a short series.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005185904685>



D200 Straight on Angling Game

Key Points:

Both teams go behind their net on the whistle.
Defenders close the gap and maintain the defensive side.

Description:

D200 Straight on Angling Game

1. Teams are lined up behind blue line.
2. On the whistle each team skates behind their net.
3. Attackers try to score and defenders gain a tight gap and D side.
4. Play a cross ice game for 20-30"
5. On whistle pass to coach and the other team is on offense first.
6. Play from 1-1 to 3-3 also using odd man situations.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111005190114923>

