

C6 - F Pass - D Agility - D Angling 1-1 – Pro

Key Points:

Defender angle from the inside skating forward when the attacker is in the wide lane. Skate backwards if the attack is down the middle.

Description:

1. Forwards leave from the diagonal corners and exchange passes with coach in the far circle.
2. Defender agility skate around the circle to the inside, always facing the attacker.
3. Attacker skate down the middle exchange passes then swing wide at the top of the circle.
4. Coach or player pass to the attacker.
5. Defender angle to keep the attacker on the outside then close the gap with stick on the puck.
6. Attacker attempt to score.
7. Finish the play with attacker going for rebounds and the defender boxing out and tying up stick.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20191117164558775>

<https://youtu.be/2FMftUIOtU>

