

C2 Angling Drill - College F

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720174240723>

<https://youtu.be/ZnvPA2BR2N8>

