

B5 Checking and Angling - Edge

This is the morning skills group I did at the Edge School for Athletes to pay my son's tuition and hockey fee. These boy's are 12-14 and three of them made the NHL. Jeff Hill was the head coach of the Varsity team and I had him do the checking instruction while I took the video. Jeff was captain of Michigan Tech.

Key Points:

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.

Below is a video with Jeff Hill instructing U13 players at the Edge School for athletes on checking skills.

<http://hockeycoachingabcs.com/mediagallery/media.php?s=2008071918320894>

B5 - Angling Prospect

<https://youtu.be/2-ADYtmKs6E>

B5 Angling in the Wide Lane - Pro

<https://youtu.be/nMldocn6eVo>

B5 Angling

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.

