

T3 - B5 - Angle Checking - Finland

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.

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

<https://youtu.be/LROdSc0YAOM>

B5 - Angling Prospect

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

