

10 MIN SPOKANE WARMUP

- 2 lines at each blueline in line with the dots

1.

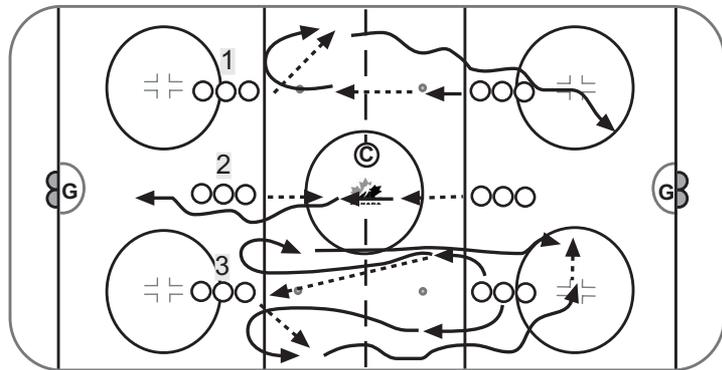
- ○1 goes down ice with puck one touches to D1.
- ○1 goes to back of opposite line and Δ1 then one touches to ○1.

2.

- ○1 starts backwards passes to ○2 going forwards to other blue line. ○1 peels off and then goes to the back of the line and Δ1 goes.

3.

- Same as #2 only both go forward and outside guy goes to back of line and Δ3 joins attack.

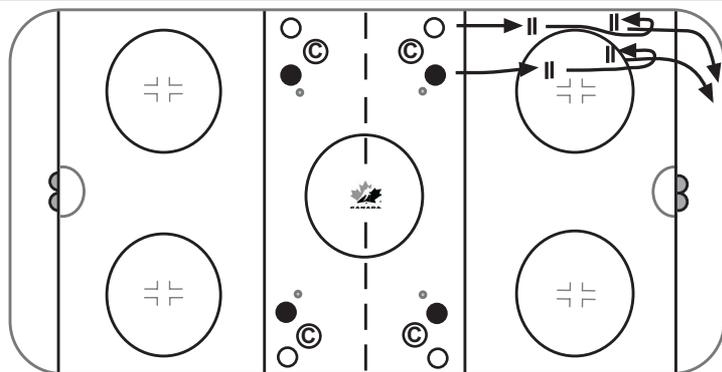


KEY EXECUTION POINTS

5 MIN ANGLING - SHADOWING

Players will be able to control skate, mirroring the player that they are angling

- Players should pair up with a player of similar skating skill
- Player 1 skates along the boards making quick starts and stops and changes of direction
- Player 2 must control skate and mirror Player 1 keeping the player to the outside in the "bad ice"



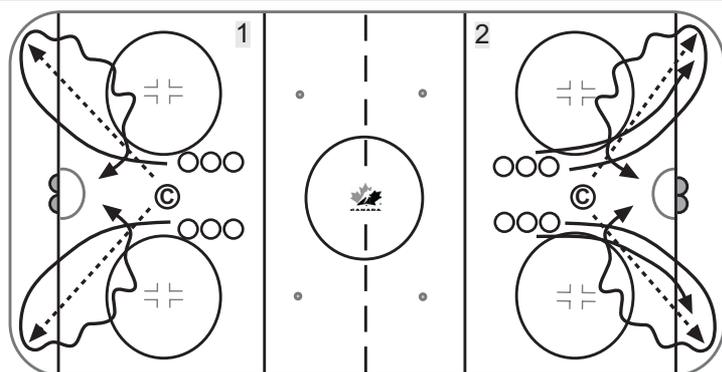
KEY EXECUTION POINTS

- Mirroring the players you are checking
- Use the term "hip pocket" to describe to players where they need to be.
- Add a puck once players have an understanding of drill and focus carrier on puck protection

10 MIN ANGLING AND HEAD ON SWIVEL

When in pursuit of the puck, awareness of opposing players as well as supporting teammates is critical to safety and the decision making process

- Start with proper offensive angle to the puck in the corner. Demonstrate inside out, head up, head on swivel
- Coach dumps puck to corner, player retrieves the puck focussing on a proper angle. Once the player has the puck they should drive the circle for a shot on net
- Progress to the 2nd player in line following the first player in and putting some passive pressure on the player to execute a good angle to the puck and drive around the circle to the net. 2nd player should also focus on getting good angling position and controlling their skating



KEY EXECUTION POINTS

- Head on swivel
- Inside, out path

15 MIN OPEN ICE ANGLING

Players should start to be able to control the player they are checking without assistance from the boards

1. FACING GOAL

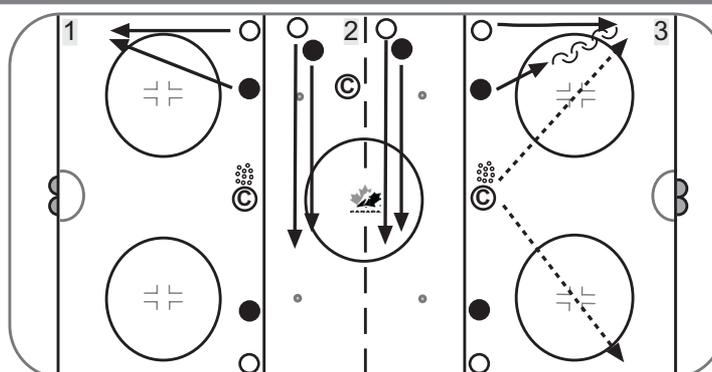
- Players pair up with both facing the goal. Defender inside position and forces player to move board side.
- Defender keeps player to the board side, attacks his stick where blade meets shaft and squeezes angled player out while getting the puck.

2. DEFENSIVE POSITIONING - 1 ON 1

- Players partner up, work on defensive positioning, outside shoulder of defender with inside shoulder of attacker

3. FACING INSIDE SHOULDER

- Players pair up with attacker facing the goal and defender facing attacking player. Defender's helmet lines up with inside shoulder of attacker and while skating backward, forces player to move board side.



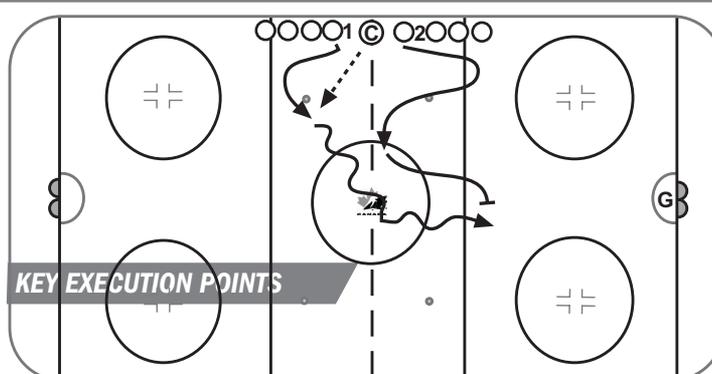
KEY EXECUTION POINTS

- Defensive positioning, hip pocket

10 MIN STAMPEDE ANGLING

Players should gain the ability to read and react and increase their ability to "smart skate" angle

- ○1 and ○2 leave from the red line on go from coach
- both players skate down the boards to the blueline and turn
- coach passes to one player
- Other player angles the puck carrier to the middle, continues angle and pursuit across the neutral zone



KEY EXECUTION POINTS

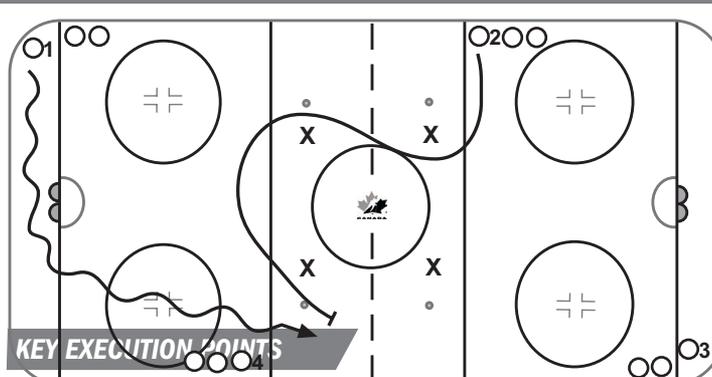
KEY EXECUTION POINTS

- Smart skating
- React quickly to receiving or not receiving the pass

5 MIN ANGLING GATE DRILL

Teach defensive player to save ice skating off the puck, limiting the puck carrier to one option

- ○1 and ○2 begin on the whistle
- ○1 picks up loose puck and skates behind the net and must skate between the pylons for a shot on goal
- ○2 closes the gap, saving ice in the neutral zone, before angling toward ○1
- ○2 attempts to force ○1 outside the pylons, not giving up the middle lane



KEY EXECUTION POINTS

KEY EXECUTION POINTS

- Maintain middle lane
- Control skating