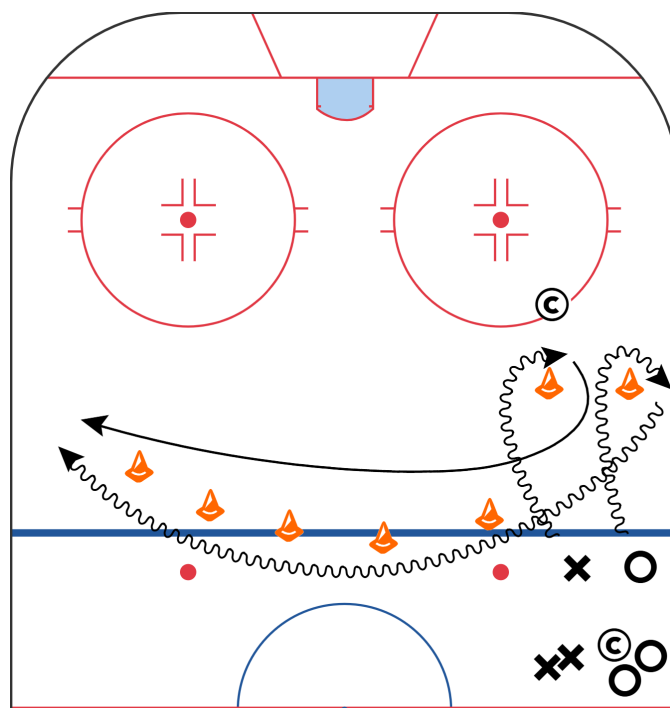


Angling Pylons



Description

All players are lined up outside of the blue line with one coach, the other coach is at the bottom of the two pylons in front of the players to collect the dropped puck from player X. Player X on the inside cone will be on defence and Player O on the outside will be on offence.

On the coach's command, the players start skating towards their respective pylons next to the top of the circles, after turning around their respective pylons the player on defence drops their puck to the coach and skates up ice while staying on the inside of the angled pylons, the player on offence continues with their puck and skates around the top of the angled pylons. Once the offensive player is past the last pylon they may attack the net for a shot on net, the player on defence is using the pylons to help set their angle and is trying to take the puck away from the offensive player once both players have passed the last angling pylon.

Defending players should be able to skate forward and not need to transition to backward skating if they have properly matched the offensive player's speed and should be able to stop the offensive player right after the last angling pylon.

As a progression the Coach may start taking away angling pylons to allow the offensive player to cut to the net earlier, this will force the defender to adjust body, stick position and angle to defend the offensive player.

Defenders should be encouraged to match skating speed and to close their gaps as quickly as possible. The pylons should be used to help players understand how to set an angle and get the overall feeling of the tactical skating required for this type of checking.

Key Points

Tactical Skating

Proper Stick and Body Position

Set a good Angle to defend

Close Gaps (horizontal and vertical)