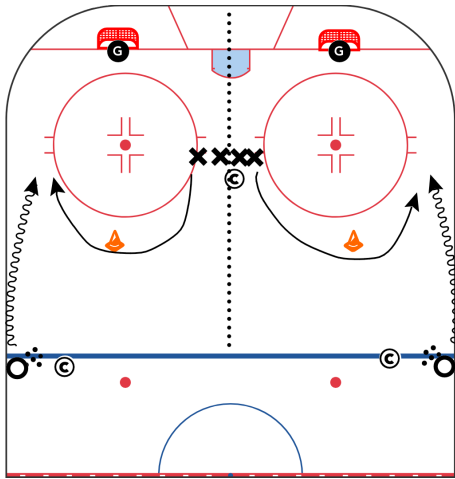




# 3 Drill Angling Progression

## 1v1 Basic Angling Half Zone

10 mins



Both attacker & defender leave on the coaches' whistle/go. Player at blueline is trying to score (must stay down wall until they pass the cone). Player on dot is angling to get it back and skate it out of zone.

Variations:

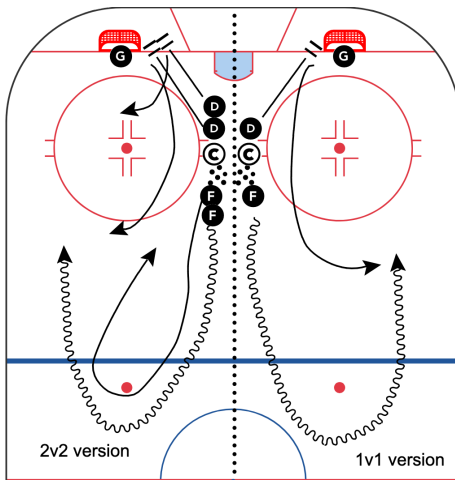
- Change position of cone
- Allow attacker to cut to middle earlier
- Add 2nd puck up high or in corner to extend drill and continue to reinforce good hunting habits

### Key Points

- Stick on puck AND body on body
- Take away middle with great stick and body positioning
- Make a "candy cane" turn at contact to cut the hands and separate player from puck

## Hunt & Home 1v1/1v2/2v2

10 mins



**1v1:** On coach's go, defender skates to tag post and then hunts attacker WHILE SKATING FORWARDS (angling, not backing up). Attacker carries puck above NZ dot and attacks 1v1 with speed. Defender is trying to skate puck out over blueline and attacker trying to score.

**1v2 (not shown):** Both defenders go home and one hunts hard and one hunts 2nd supports to see if they need to hunt the puck carrier or if their partner has done a good job. Defenders trying to skate it out.

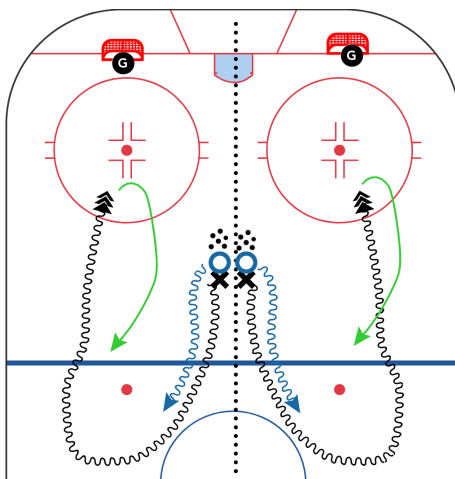
**2v2:** On coach's go, both defenders skate to tag post and one hunts attacker WHILE SKATING FORWARDS (angling, not backing up) and other stays HOME. Two attackers leave skate above NZ dot before attacking 2v2. Defending team trying to skate puck out over blueline and attackers trying to score.

### Key Points

Hunt & Home  
Compete  
Finish The Play

## Continuous 1v1 Half Zone

10 mins



1st puck carrier skates around cone and heads in for shot on net. Once shot taken, the next carrier skates around cone while previous shooter become defender and gets up ice to angle them off. Drill is continuous - shooter always becomes next defender.

### Key Points

- Attack with head up & with speed
- Defend aggressively by hunting while skating forward
- Compete