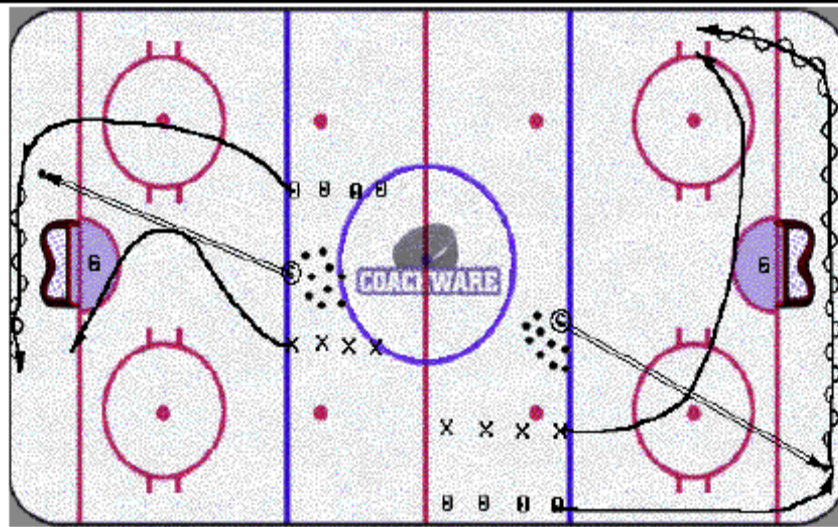


## Beginning Angling



### Description

Station A- Coach dumps in puck, O skates puck out at half speed. X angles O to boards and rides out

Station B - Coach dumps in puck, X reads possession and angles. O tries to skate puck to neutral zone, X tries to angle and gain possession

\*Stick should be ahead on ice (attempting to block pass up boards while body takes away pass up middle).

### Key Teaching Points

- Controlled dump by coach
- Alternate sides
- Teach checking skills

### Key Execution Points

- X shoulders square to O
- Stick on the ice
- Take away middle