

B500 Angling and Escapes

Key Points:

Angle approaching at the back shoulder with "Body on Body and Stick on the Puck".

Defensive angling pin and teammate pick up the puck, and on offensive angling seal the player off and take the puck.

Learn to approach at the back shoulder-not the puck. On offense cut back when the player angles at the puck.

Description:

1. Angle at back shoulder, press into boards with the inside leg between the legs.
2. Angle at back shoulder, press into boards with the inside leg in front.
3. Offensive check by bumping the defender who is angle checking and then accelerate
4. Pass to self off the boards or back of net.
5. Pass back to inside skate edge and back between the legs.

*Drive to the net and use a "heel to heel slide like Crosby, Selanne and Koivu."

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719114133299>

