

# Drill Of The Week Club

**Drill Of The Week Club - Kyle MacLennan**

Jan-14-2021

**Practice No:**

**Duration:** 42 min

Focus - Angling Skills

Book Suggestion: Atomic Habits

Podcast Suggestion: The Talent Equation

Documentary Suggestion: Take The Ball, Pass The Ball

## Ducharme Team Canada Angle

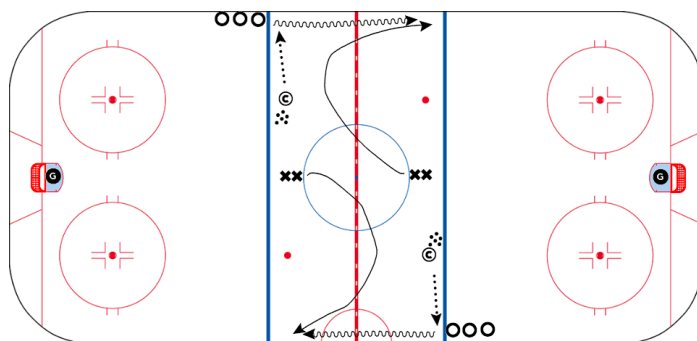
10 mins

### Key Points:

- Stick On Puck
- Deny Middle
- Finish In Front
- Separate Body and Puck

### Description:

- Set up as shown
- On whistle O's leave from both sides getting pass from coach
- At the same time X's leave looking to get an angle on O
- X is to take away the middle with a good stick and steer to the wall, while trying to separate body from the puck
- O can cut into the middle if X has a poor angle and allows it
- Be sure to switch sides halfway through



## Schuler Open Ice Angle

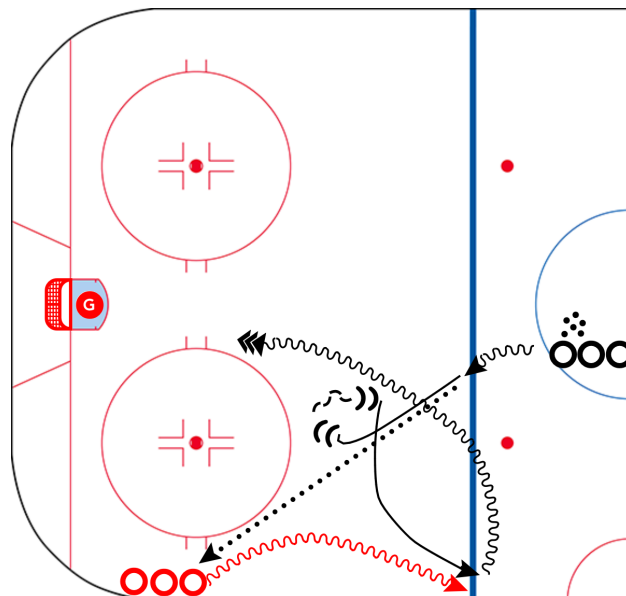
8 mins

### Key Points:

- Angling Inside Out
- Open Pivot
- Stick Details
- Finish In Front
- Strip Pucks

**Description:**

- Drill is set up as shown, and can be done in both ends & both sides of the ice (alternating)
  - Simulating open ice angle such a forechecking situation of F3 angle
  - X leaves with puck and makes pass to stationary O
  - O explodes off the wall upon reception
  - X looks to get good angle, however if O is able to get off the wall, X will need to adjust positioning and approach angle with an open faced pivot
  - X now angles from inside out, and accelerates into their check, finishing in front and stripping the puck
  - X now attacks net for shot
  - O now goes to the X line
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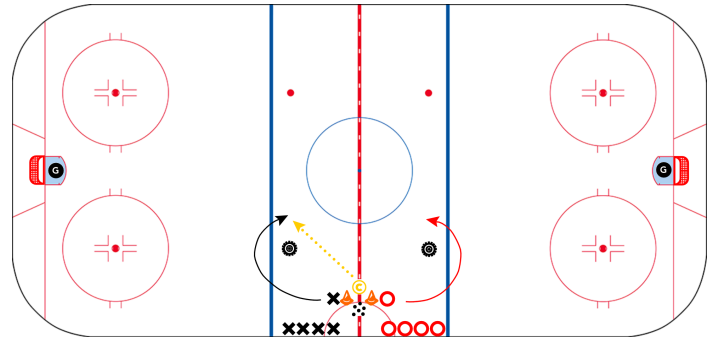


## Colorado Angling

8 mins

### Key Points:

- Angling
- Keep Outside
- Finish Through Hands
- Stick On Puck
- Cut Hands
- Cut Routes
- Tracking
- Compete



### Description:

- Drill is set up as shown
- On the whistle, first players in each line skate around the dots
- Coach spots a puck to either player
- Player who gets puck attacks
- Player that does not play defence and must pursue the offensive player with a good angle
- 5v5 mentality meaning any turnovers caused by the defensive player can attack the opposite end
- Play until the whistle

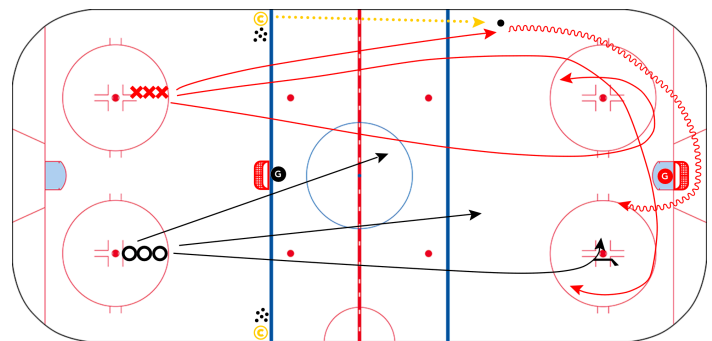
\* Variations: 2v2, 3v3, 1v2, 2v3, 2v1, 3v2

## Weeks 3v3 Open Ice Angling

10 mins

### Key Points:

- Angling
- Stick Pressure
- Triangulation Pressure
- Triangular Reads
- Stick On Puck
- Communication
- Support



### Description:

- Game set up as shown
- Players start below the blue lines on opposite sides of the zone
- On whistle coach sets puck to one side of the ice for one team to start on offence
- The 3 offensive players take puck and skate behind far net (at least puck carrier must go behind net)
- On second whistle the 3 players from opposite team leave their line and forecheck/angle accordingly
- Played out live 3v3
- Alternate original forechecking and breakout teams

### Key Points:

- Good Angles
- Cutting Hands
- Stick On Puck
- Finish In Front
- Support
- Communication

**Description:**

- Drill is set up cross ice and players are positioned in two lines per team
  - On whistle coach sets puck behind net to one of the teams
  - Whichever team is on offence sends two players from their board side line
  - Whichever team is on defence sends two players from their middle line
  - Offensive players look to breakout and attack
  - Defensive players look to angle, create a turnover and attack
  - After initial sequence played out 2v2 live
  - Coach may add a player to either team for advantage if they want (reward for battles, creating turnover, proper angles, etc)
  - Continuous on the whistle
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