

# 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

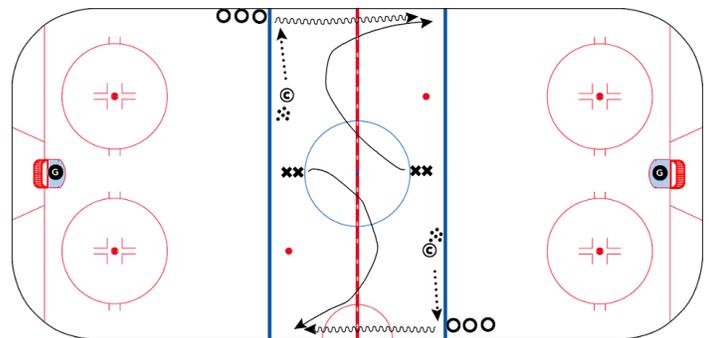
10 mins

### 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:**

- 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

