

T3 - B5 - Defensive Deflect-Steer-Angling - RB Pro

Key Points:

Gene Reilly shows the approach. Cut the ice in half with the stick in the passing lane and steer the player outside the dots. Angle toward the back of the inside shoulder so they can't turn back, then finish shoulder to shoulder and stick on the puck.

This angling drill is coached by an American Gene Reilly. He was an NCAA and American league coach and is great with the DETAILS of the game. He is working with the second division pro team. This skill is critical if your team is going to do a good job defending. Notice they aren't trying to rip the puck carriers head off by charging at him with sticks off the ice. Watch the NHL and how they angle like this and always have the Stick on the Puck. The next drill I post will be to practice that detail.

Description:

1. Offense group behind the net with pucks.
2. Defenders behind blue line in the middle.
3. Both start on the whistle.
4. Defender force the attacker wide angle and finish.
5. Alternate sides.
6. Players switch lines so they all angle.
7. Move the defenders back to the far blue line as the second step in the skill.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090813080843840>

<https://youtu.be/ZNtr9TQf6Cg>

