

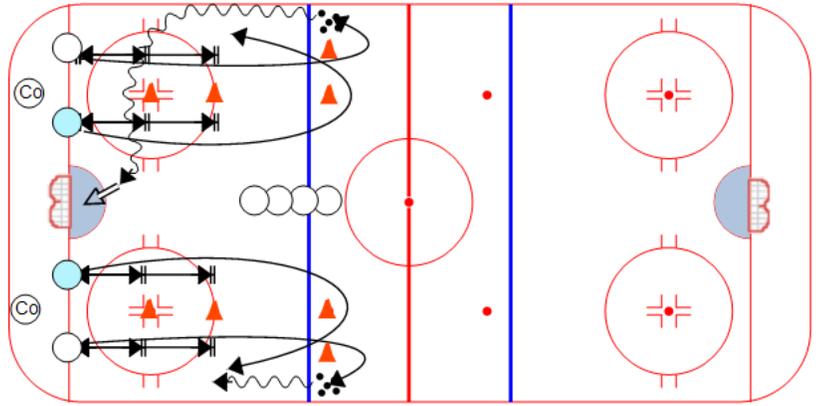
Title : Stop & Start Angling

Category #1 : 1 on 1, 2 on 1, 3 on 2

Category #2 : Angling

Description

1. Players line up as shown, offensive player (white) in the corner, defensive player (blue) toward the middle, players waiting in line near the blue line.
2. Offensive and defensive players start facing each other. Each stop and start is to be done facing each other.
3. On the whistle, players run a mini ladder: out to the first cone and back, then out to the second cone and back.
4. After the ladder, both players skate out around their respective cones, the offensive player tries to drive deep below the first cone, then cut to the net. Defensive player angles.
5. Stagger the starts of each side, so the goalie doesn't face two shots at the same time.



Key points :

Players face each other

Full stops

Stick on stick

Shoulder on Shoulder