

As a coach, you have a major influence on your athletes. Not only will you affect the development of their skills and long-term enjoyment of the sport, you will also play a role in their development as individuals. It is important that you have effective resources to help you.

The Coaching Association of Canada, in partnership with the national sport organizations, compiled the following coaching tips.

Angling and Positioning



Do you spend enough time teaching your players effective defensive skills?

Angling/positioning skills allow a defender to check without using body contact, and are the foundation of all checking skills. Players must learn effective angling/ positioning skills in younger categories before progressing to categories with body contact and body checking.

In angling/positioning, a defender uses controlled skating and reads the degree of puck control to force the puck carrier in the desired direction. Angling/positioning must only be taught once players have mastered all skating skills.

Here are some suggestions:

- Teach players to angle from the inside-out, using angle and speed to force the puck carrier to the outside, where there is only one route of escape and appropriate stick checks can be applied.
- Players should use a controlled angle approach when the puck carrier has full puck control and pressure when the puck carrier has less control.
- Emphasize that players should control skating speed, keep their feet shoulder width apart, head up and stick on the ice.
- Stress that players must be aware of the “danger zone”, the 3-4 metres in front of the boards, and to never push, bump or shove an opponent from behind.

To develop these skills, use drills where players must play one-on-one against a puck carrier coming out of the corner, using angling/ positioning to force the attacker to the outside. This can be repeated in all four corners.

For more information, contact your Branch or the CHA Resource Centre (1-800-667-2242) about the video, “NCCP Checking”.

