

Title : Figure 8 Angling

Category #1 :

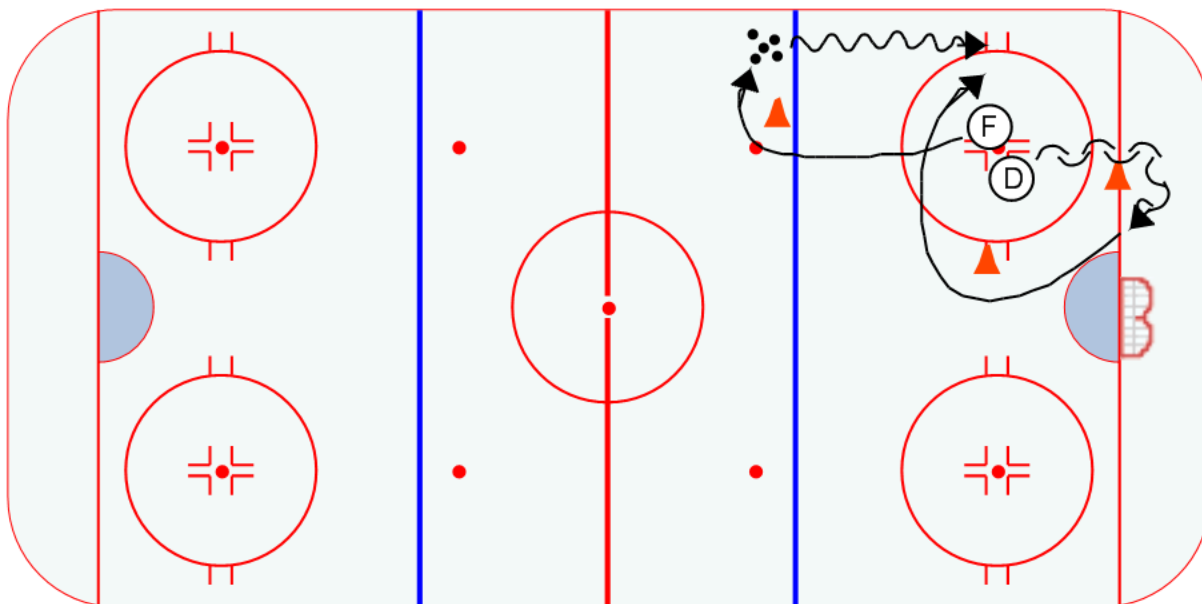
1 on 1, 2 on 1, 3 on 2

Category #2 :

Angling

Content elements:

Components :



Key Points :

speed & agility

body positioning

stick positioning

### Description

1. Players start facing each other on dot
2. (F) picks up a puck and drives wide
3. (D) skates around cones as shown, then angles
4. (F) has to drive around lower cone before cutting to the net

Variations: (a) take out the cone at hashmarks (b) allow forward to cut inside earlier