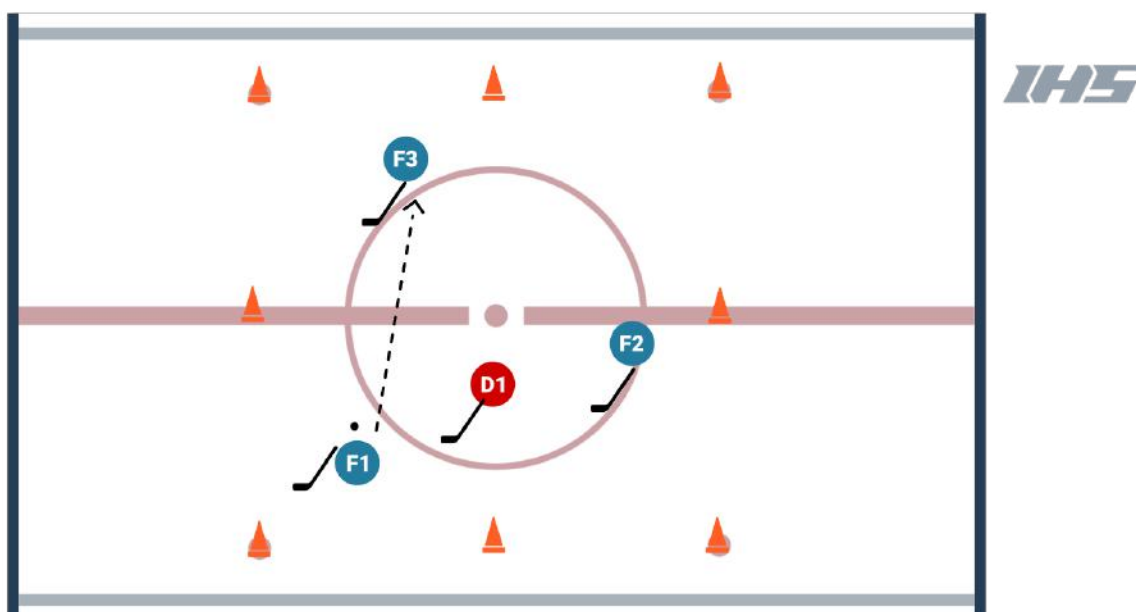


Small Area Game (SAG) - 3v1 Keep Away



Description

Purpose of the drill is have offensive players control possession of the puck with protection techniques, skating to open ice and communication with their partner. Defensive players are to focus on angling, zone positioning, and stick placement.

Key factors of the drill:

- Defender - body and stick positioning, angle for puck separation/pass disruption
- Offense - puck protection, moving to open ice, passing, communication

This drill is just as it sounds - three offensive players (F1/F2/F3) are charged with keeping the puck away from a defender (D1) while staying within the designated area. A point is awarded to offensive players if they successfully complete a pre-determined number of passes while the defender gets a point for clearing the puck out of the play zone. The drill can be modified with additional/fewer players (F or D) as well as adjusting the size of the playing zone.

While simple, this drill allows offensive players to focus on puck protection, skating to open ice, passing, and communication. Defensive players are challenged with maintaining proper position, use of their stick to direct/break up passes and angling techniques to dictate the direction of play.