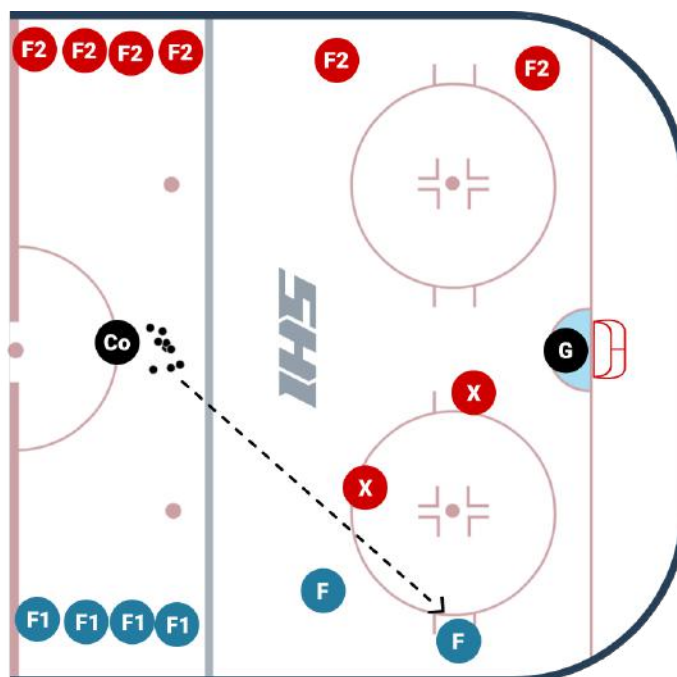


Small Area Game (SAG) - Off The Wall 2v2



Description

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

Key factors of the drill:

- Defender - maintain gap on puck carrier, zone and stick positioning, and angle for puck separation
- Offense - puck protection (edgework, quick turns, stickhandling, body positioning), moving to open ice, passing

The drill begins with two players on each wall. On the whistle the coach passes to the lowest forward on one side (F) who in conjunction with their partner attempts to score. Two players from the opposite wall (X) enter the play area and play defensively with intent to exit the zone in a 2v2 situation. Play continues until F's score or X's exit the zone. During the drill two players replace the defensive players on their wall (F2) and ready themselves to receive a pass from the coach and enter the play area to score. Upon completion of the first rep the new players (F2) receive the pass from the coach and attempt to score, with previous forwards (F) assuming a defensive position. New players (F1) assume a position on their half wall and ready to receive a pass and attempt to score upon completion of the second rep. The drill runs continuously with each pair being replaced when they enter the play area to score.