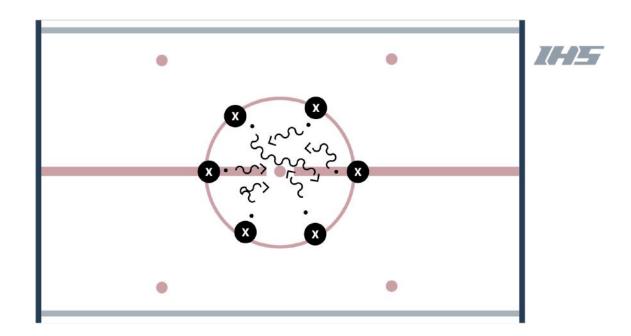


Small Area Game (SAG) - Queen of the Hill



Description

Purpose of the drill is have players maintain control their puck with protection techniques, keep their heads up, and move to open ice. This is great drill at all ages and can be modified to use the entire neutral zone to make it a full team battle.

Key factors of the drill:

- Player - puck protection techniques, keeping head up, skating to open ice, deception and anticipation

To start the drill every player will have a puck and on the whistle skate around within the circle (or zone) controlling their puck. Players are tasked with maintaining control of their puck while trying to knock other players pucks away. If a player's puck gets knocked outside the circle then they are eliminated and have to leave the playing area. The last player with control of their puck in the circle wins.

This drill is frequently used at all levels and is an excellent means of creating healthy possession habits (head up, skating to open ice, deception/anticipation etc.) while emphasizing the importance of puck protection techniques to help maintain control in tight areas.