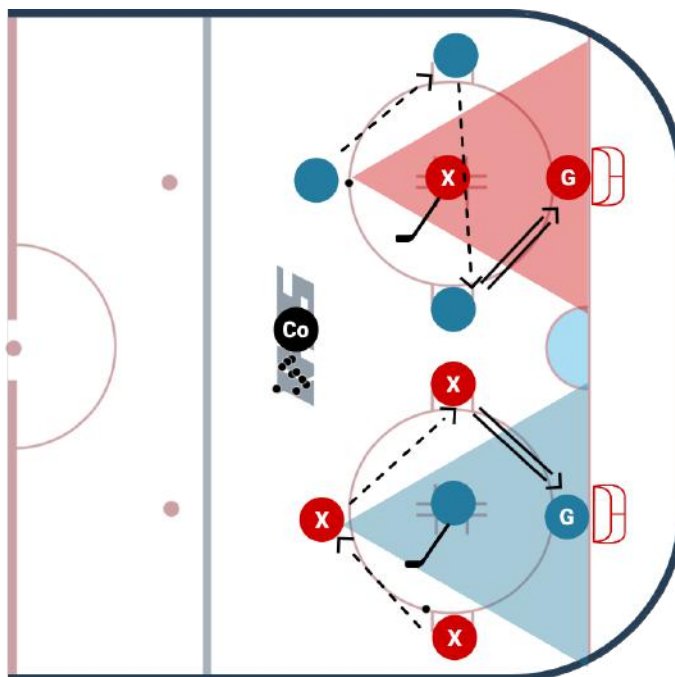


Small Area Game (SAG) - Triangle Scoring



Description

Purpose of the drill is to reinforce important offensive skills like deception, quick puck movement, and communication. Defensemen are to focus on stick placement/angling to break up plays and dictate passing lanes.

Key factors of the drill:

- Defender - stick positioning, angle to dictate passing lanes, awareness, anticipation
- Offense - puck movement, passing, deception, communication, quick release

The objective of this game is for the players on the outside of each triangle to score before the opposing team (team "X" vs. team "O"). On the whistle players on the outside of each triangle remain stationary and pass the puck around/shoot in an attempt to score on the opposition goalie. Passes are made on the perimeter of the triangle and/or through the triangle. The defender in each triangle moves freely in an attempt to break up passes via stick work to clear the puck. First team to score wins/earns a point. If the defender clears the zone the coach inserts a new puck into play.

Offensive players are encouraged to be deceptive with their bodies/passes, make quick and accurate passes, have quick release on their shots, and communicate with their teammates. Defense should focus on stick placement to break up plays/dictate passing lanes.