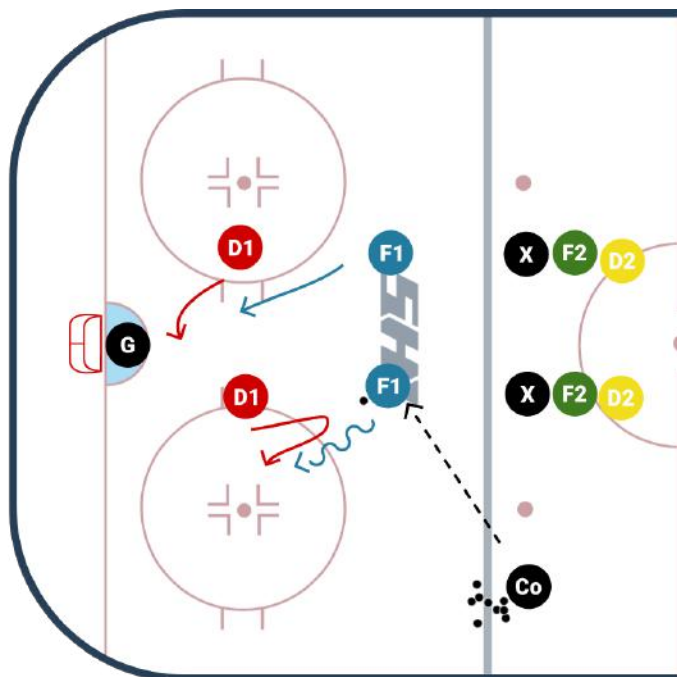


## Small Area Game (SAG) - Continuous 2v2

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### Description

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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 making controlled zone exits, angling, zone positioning, and communication with their partner.

Key factors of the drill:

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

This drill is intended to run continuously. At the whistle the coach passes to an offensive player (F1) to start the drill. The designated defensemen (D1s) and attackers (F1s) battle 2v2 with D1s trying to clear the zone and F1s attempting to score. To exit the zone, D1 must make a complete pass to the next set of players at the blue line (X). Upon successfully clearing the zone D1s exit, Xs enter the zone to attack and F1s move to defense. Should the offensive team score they transition to defense, the next pairing in line moves to offense and the coach restarts the drill. The drill runs continuously with the defensive group exiting, the offensive group moving to defense and the next group in line attacking based on zone clearance/goal.