

D400 SAG, 1-1, 2-1, 2-2, 2-3, 3-3

Key Points:

- Play in small areas for short shifts of 20-30 seconds.
- Focus on offensive puck protection and defensive net side with the stick on the puck and tight gaps.
- Attackers practice creating 2 on 1's, screening and picking while protecting their stick.

Description

Game One:

1. Net is in the standard place and the extra players form a semi circle to keep the puck in play.
2. Play situations up to a 3-3.
3. Coach shoots the puck into the corner to start the game and the extra players do the same if the puck is checked to them.
4. Keep score and vary the situation by calling out i.e. "blue 2, white 1" and that many players go.

Game Two:

1. Divide the zone in half with one net at each side and play two games at once.
2. If the puck comes out the coach puts in another puck.
3. Play this game up to a 2-2 situation with short shifts of 20-30 seconds.

