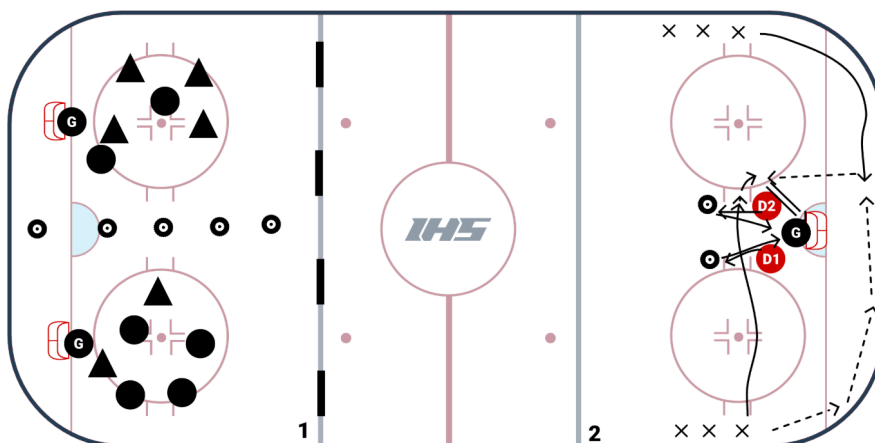


DAY 2 SAGS



Time: Station:

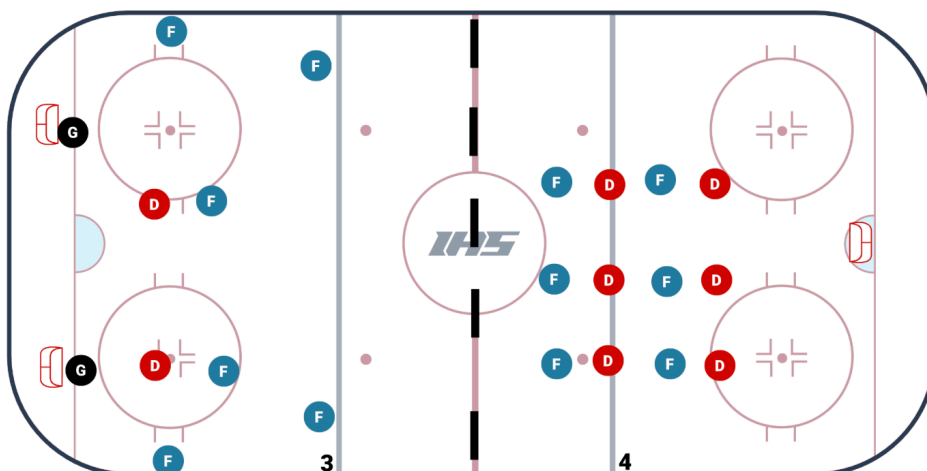


Drill 1: 4 vs 2 Power Play Game

1. Goal is to stay on your side of the ice (separated by tires)
2. Get pucks to your forwards (teammates)

Drill 2: Rim Game (2 vs 2) 15 mins per drill and make sure to do out of both ends

1. Offense rims puck around the board, picks up puck, passes to score
2. Two defenseman have to skate and touch tires. Once touched, they come back to defend
3. Defense needs to get puck to next in line (forwards) and then they are done
4. Offense now becomes defense, has to touch tires like previous group while offense rims puck



Drill 3: 2 vs 2 Battle

1. Get 3rd player once they receive a pass, they are non "engaged"
2. Two players at point can be used for outlet
3. Run on both end, 15 mins each

Drill 4: Oreo Game 3 vs 3

1. Offense team score, keep going
2. Defense team gets puck to next set of 3 in line
 1. Offense then becomes Defense and next group of 3 are offense

* Possible 3v3 time may also be allocated on this day