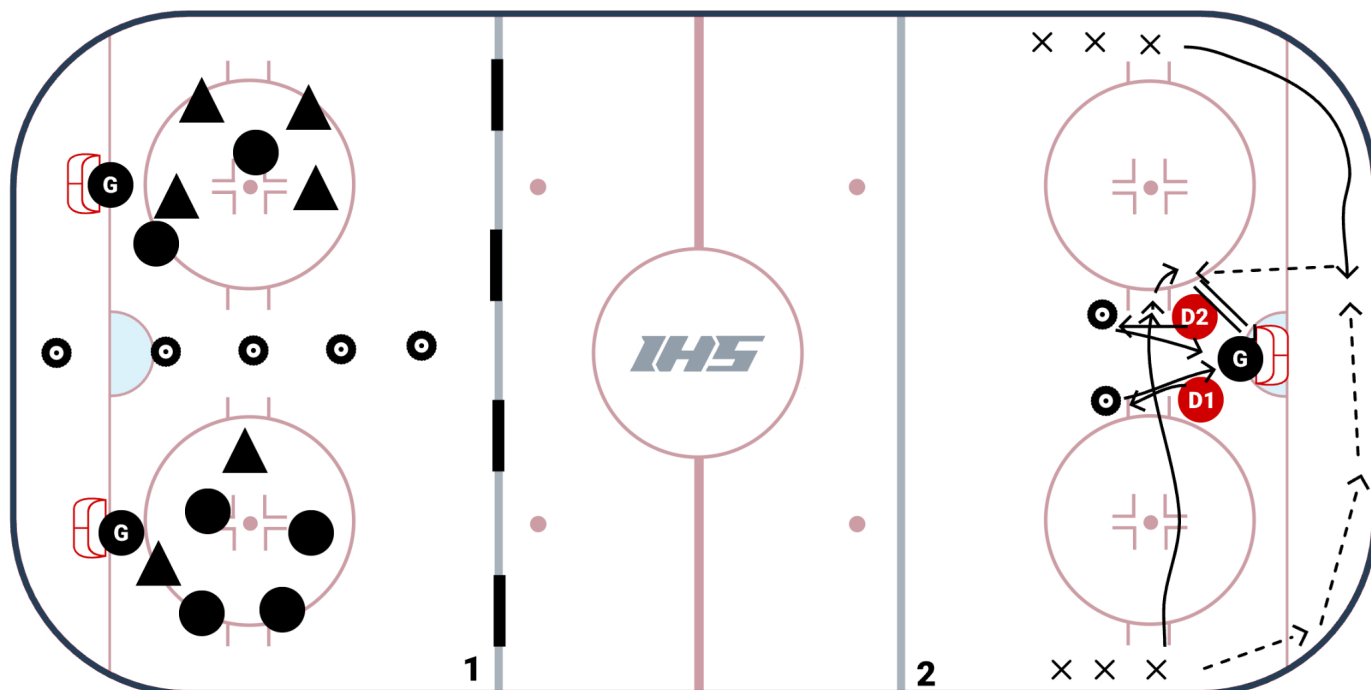


DAY 2 SAGS



Time:

Station:



30 mins total

Drill 1: 4 vs 2 Power Play Game

- 1Goal is to stay on your side of the ice (separated by tires)
- 2Get 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

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

30 Mins

3 v 3