

Small Area Games - Level 1 - On – Ice Plan

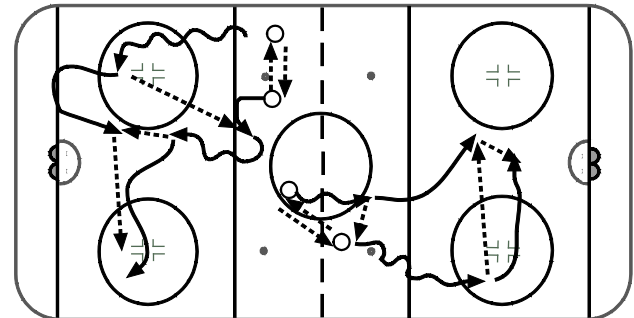
Drill Name & Description

SAG - Warm Up – Rabbit / Coyote

-Players pass back and forth and can move anywhere. On the whistle, it becomes a game of keep away. When the coach blows the next whistle, whoever has the puck gets a point. Immediately start passing again and wait for the next whistle. Make it a best of 5 or 7

Key Teaching Points

- Offensive player protects the puck. Keep body between the puck and the checker. Use your body to shield the opponent
- Defensive player needs to close the gap, get stick on puck and body on body. Defensive player needs to “take his stick with him” and keep it on the ice.
- Coaches make sure players play penalty free



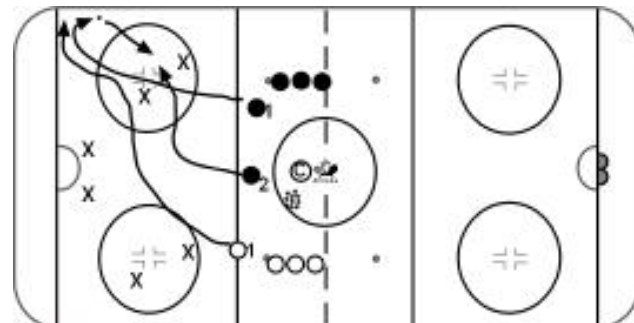
Drill Name & Description

SAG – Skate For Points

- Players score a point for their team if they carry the puck past between one of the 3 pylon gates.
- It is a 1 offensive player vs. 2 defensive player situation. Three teams competing against each other.
- Play the game to 9 or whatever time frame fits
- If a puck goes outside the zone, coach dumps in a new one
- Coach will yell “puck” if a new puck is in play. Whistle changes players and the puck must be left where it is by players going off

Key Teaching Points

- Great game to teach both individual offensive support and defensive individual tactics
- Offensive players need to read, react, protect the puck and play in traffic
- Defensive players need to be aggressive and strip the puck. Sticks on ice, close gaps and play as hard on defense as offense.



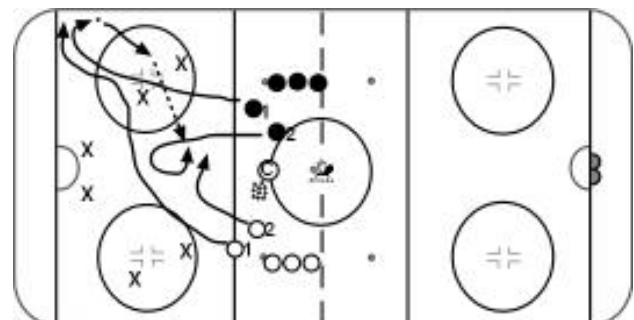
Drill Name & Description

SAG – Pass for Points

- Players score a point for their team if they make a tape to tape pass between one of the 3 pylon “gates”.
- If a puck goes outside the zone, coach dumps in a new one
- Coach will yell “puck” if a new puck is in play. Whistle changes players and the puck must be left where it is by players going off
- Play the game to 9 or whatever time frame fits

Key Teaching Points

- Great game to teach both offensive support and defensive coverage
- Offensive players need to read, react, get open and communicate. Show your stick, make eye contact and call for the pass
- Defensive players need to identify their player to cover, communicate and be ready to “switch” coverage. Sticks on ice, close gaps and play as hard on defense as offense.



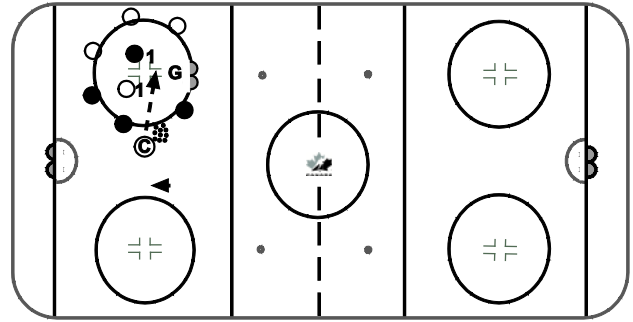
Drill Name & Description

SAG – Confined Circle 1 on 1

- Two teams compete in a 1 on 1 game and must stay within the circle
- Coach dumps puck and both players try to score on the one net
- Players on the circle push the puck back into the playing area
- If a puck goes outside the circle, coach dumps in a new one
- Coach will yell “puck” if a new puck is in play. Whistle changes players and the puck must be left where it is by players going off
- Whistle means two new players in the circle to replace ones who leave
- Keep shifts to 40 seconds or less

Key Teaching Points

- Offensive player protects the puck. Keep body between the puck and the checker. Use your body to shield the opponent
- Defensive player needs to close the gap, get stick on puck and body on body. Defensive player needs to “take his stick with him” and keep it on the ice.
- Coaches make sure players avoid penalties; can be a “free shot” if a penalty accessed
- Goaltender will have to be alert and control rebounds



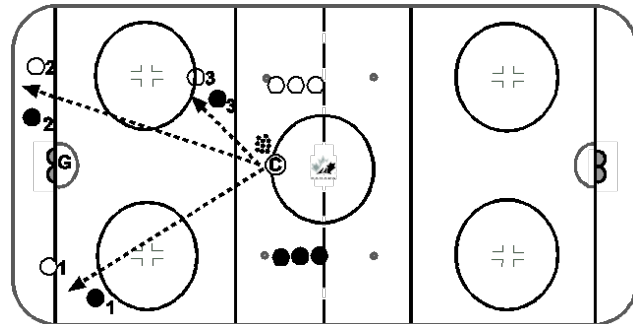
Drill Name & Description

SAG – 3 X 1 on 1

- 3 pairs of players play 1 on 1 in the end zone with two nets positioned at the side boards
- 3, 1 on 1 games at the same time
- If a goal is scored, two new players join in to continue the drill.

Key Teaching Points

- Compete
- Proper angling
- Puck protection



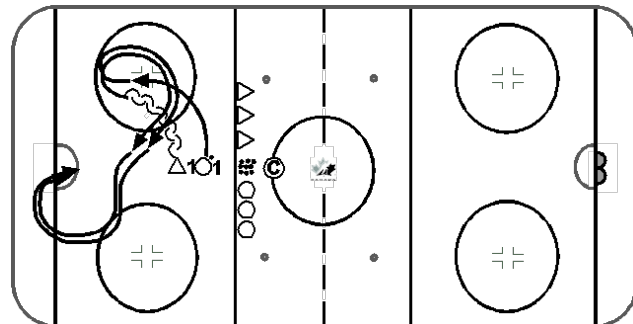
Drill Name & Description

SAG – Touch the Paint

- One player on offense and one player on defense
- Offensive player starts with the puck, defensive player is between him and the net
- Defenseman wins if they strip the puck from offensive player and skates it over the blue line. Offensive player wins if they can skate it through the blue paint of the crease

Key Teaching Points

- Defensive player starts with a good gap
- Take your stick with you on defense and get it on the puck. Keep stick on the ice
- Stick on puck body on body
- Stay defensive side
- Offensive player needs to protect the puck and take the puck to the paint



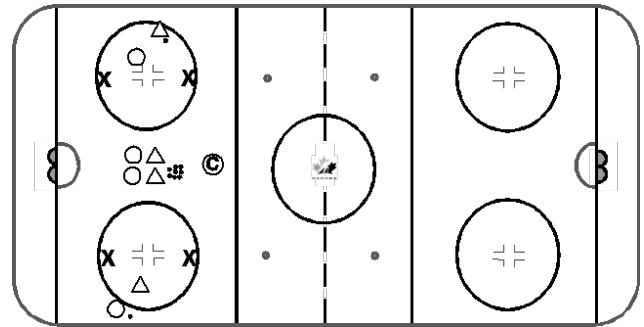
Drill Name & Description

SAG – 1 on 1 - Find the Lane

- Place 2 pylons in a circle to act as a gate
- Players play 1 on 1, offensive player has to skate the puck through the gate to score a goal
- Defensive player has to try to prevent a goal

Key Teaching Points

- Offence – good puck protection
- Defence – stick on puck, defensive side
- Compete



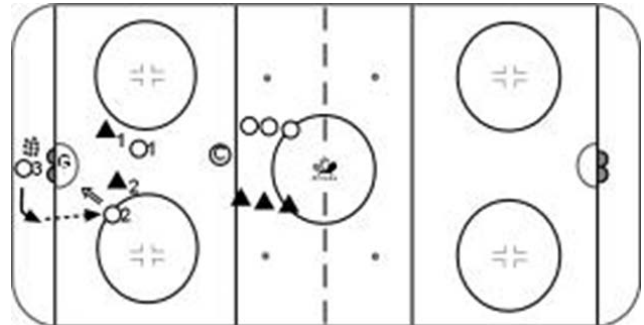
Drill Name & Description

SAG – Net Front 2 on 2

- Player behind net with pucks
- 2 offensive players and 2 defensive plays in front of net
- Player behind net can't come in front of goal line, offensive players can't go higher or wider than the dots in the circles
- Player behind net gets 3 passes out front to try and score. After 3 passes are made, exchange players

Key Teaching Points

- Offence get open, keep stick free
- Defence tie up stick, stay on defensive side
- Compete, fight for space



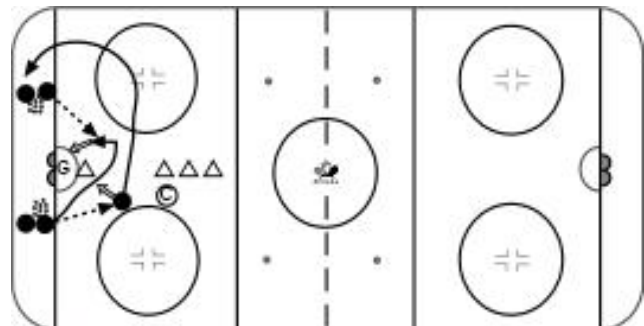
Drill Name & Description

SAG – Revolving 2 on 1

- Defence in front of net, a line of forwards on the goal line off to each side.
- Starts as a 2 on 1 with pass from below the goal line to a forward in front for shot on net.
- After the initial shot, the passer then goes net front to get a pass from the opposite side.
- After shot, that passer then goes net front to get pass from other side.
- This is a continuous drill

Key Teaching Points

- Quick pass, keep stick on ice and free
- Quick release
- D stick in lanes and active



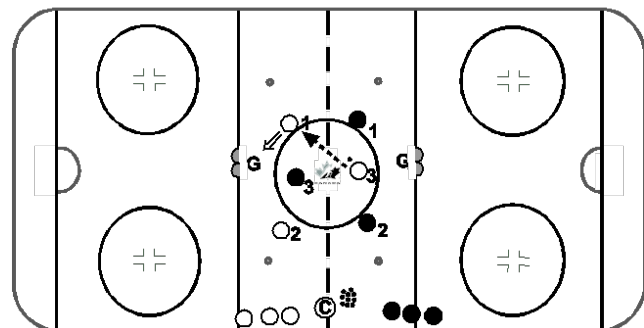
Drill Name & Description

SAG – NZ 3 on 1 Game

- 3 on 3 neutral zone game with nets at the blue line
- Each team will have players with limited mobility. One player from each team must keep their feet within their "1/2 circle", the other 2 players must stay in the offensive zone but cannot skate into the center circle
- If a puck goes outside the neutral zone, coach dumps in a new one
- Coach will yell "puck" if a new puck is in play
- Whistle means six new players in the zone to replace ones who leave
- Keep shifts to 40 seconds or less

Key Teaching Points

- Encourage quick puck movement on offense
- Try not to "pass through sticks"
- One touch passes and one time shooting are key offensive skills
- Defensively, keep body in shooting lane and take away one passing option with your stick
- Great drill to practice PP and PK skills



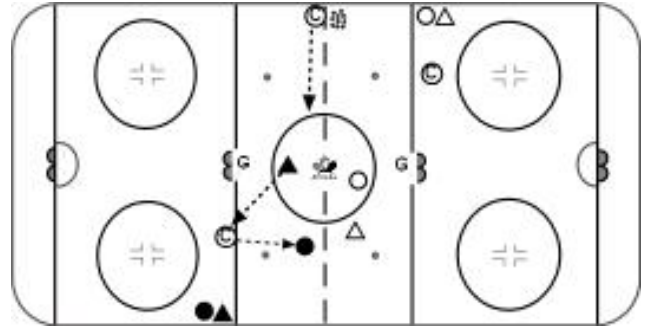
Drill Name & Description

SAG – NZ 2 on 2 with Coach Outlets

- Move nets up to blue lines
- Divide players into 2 groups, one on each blue line on opposite sides of the ice.
- Coach behind each net can act as outlet for their team.
- Coach at centre is always on offence and can act as outlet for both teams when they are on offence.
- Coach at centre dumps puck into neutral zone. Play 2 on 2 until whistle.

Key Teaching Points

- Quick to pucks
- Use outlets
- Hustle out on line changes



Drill Name & Description

SAG

- Place nets back to back at centre ice
- Divide players into 2 teams
- Coach dumps puck into neutral zone to start play
- 1 on 1 with each player having an outlet partner that must stay behind the blueline
- Either player can shoot on goal

Key Teaching Points

- Use outlets, give and go's
- Screens, tips, shot passes

