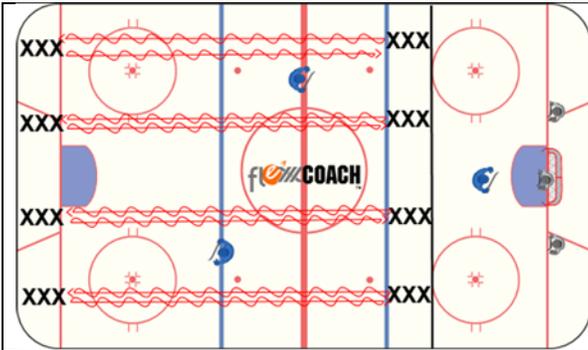
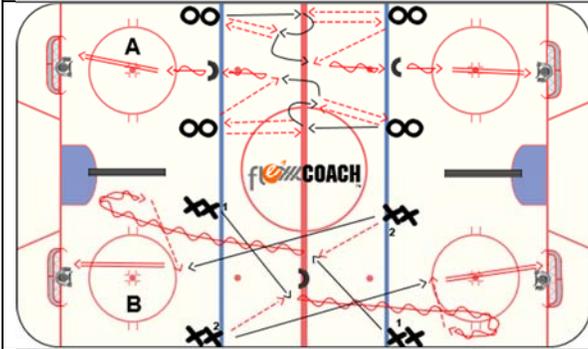


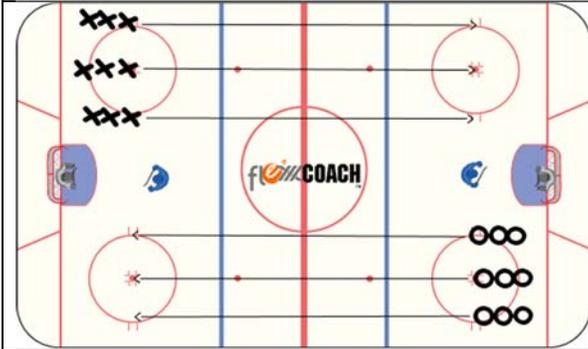
SAG Practice 10-5-16



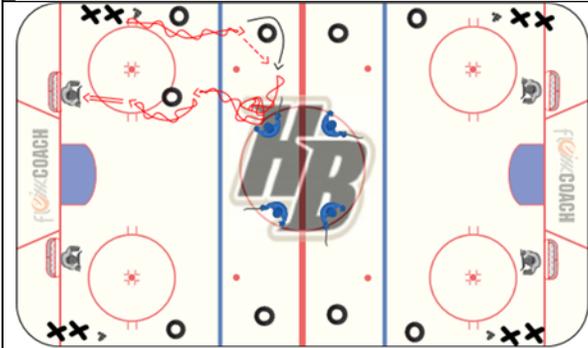
1) Pre-Puck-Handling/Goaltender Warm-Up (8/8)
 Players line up in three (or four) lines at each end of the drill area as diagrammed. On whistle, the first player in each line skates out of line and 'shuffle strides' down the ice practicing the puck-handling move as instructed by the coach.



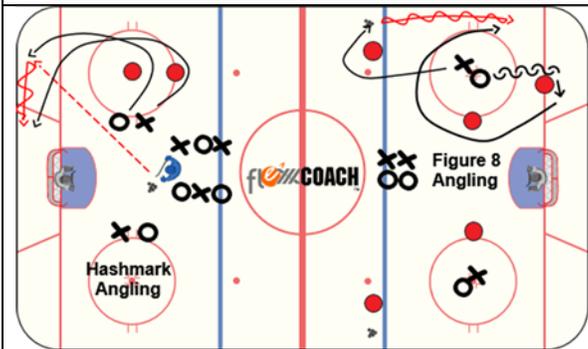
2) Passing/Receiving 1v0/2v0 (8/16)
2A) Peric Tight Turn with 4 Lines - Players skate out from diagonal lines to red line, receive pass from opposite line & one touches puck back, tight turn to the inside, receives pass from his original line, one touches back, tight turn to the inside, receives pass from opposite line, slips puck around while jumping over the tire to shoot on net. Continuous with players alternating from opposite diagonal lines
2B) Side-Away Passing 2v0 - Players skate out diagonally from line, receiving pass from partner line as shown. After receiving pass, player attacks wide with speed while player who passed the puck joins for 2v0 attack. Coach should encourage different attack options for shot on net. Continuous with players alternating from opposite diagonal lines
Have shooter stop in front for reasonable rebound



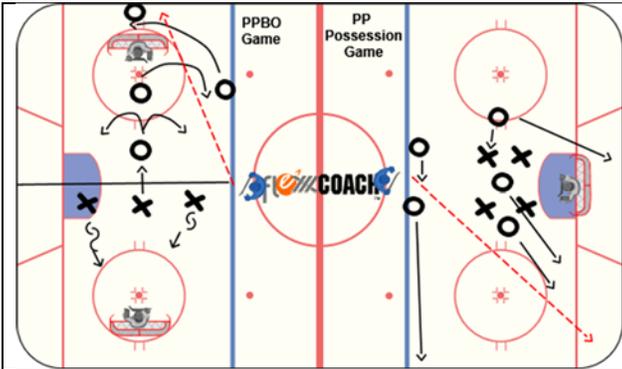
3) Sprint Races/Goalie Skating (8/24)
 Players are separated into two groups even with the hash-marks as diagrammed. On the whistle, first three players on each side explode out of line and race to the hash-marks at the opposite end of the ice. Coach blows the whistle for each start and the first set of players stop when they get to the front of the opposite line so coach can time no more than one sprint per minute. (4 Sprints Forward/4 Sprints Backward)
 Goaltenders do crease skating drills (No shooting)



4) Four Corner Quick Hands Puck-Handling (10/34)
 Players line up equally in each corner. X1 skates up ice with puck and makes quick front fake on tire, goes wide to inside ice, continue up ice to make slip move on second tire, attack C with bumper pad by protecting puck and making either a forehand or backhand spin off C. X continues into zone for final move and quick shot on net. Go to net front for rebound and stop. When X1 gets to past the C, X2 goes.
 Coach is responsible to instruct players to do various different moves around the first tire.



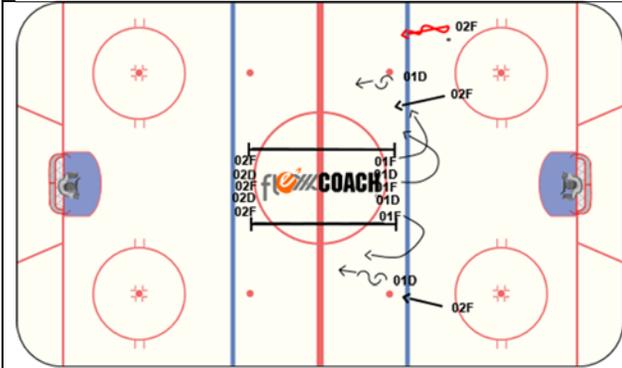
Half-Ice Split by Team/Games as described below or Coaches Choice
 5) Angling Drills - Coaches choose to do one or both (10/44)
 A. Hashmark Angling - Set up drill as diagrammed. Offensive player starts behind low hashmark & defensive player above high hashmark. Both players leave when coach spots puck in the corner. Offensive player skates around tire on dot, picks up puck & attacks the net, defensive player skates around tire at the top of the circle before angling offensive player. Alternate sides.
 B. Figure 8 Angling - Set up drill as diagrammed. Players start by facing each other on the dot. Offensive player skates around tire above the blue line, picks up puck and attacks, defensive player skates backward around low tire, pivots to forward & skates around middle cone before angling offensive player. Offensive player must drive around the low tire before attacking the net. Alternate sides



6) Small Area Games & Drills B & C (24/68)

A) PPBO Game – Draw a line down the middle of the zone separating the area of play into two offensive/defensive zones. Game is played 4v3 with coach spotting puck in PPBO end. All four PP players must come back to the puck & support filling all lanes on PPBO as dictated by team concepts. Only one PK player can fore-check over the mid-line. Play continues into a 4v3 PP situation at the opposite end with teams taking turns being on the PP for 30-45 seconds.

B) PP Possession Game – Players line up as diagrammed with the PK players having to start on one knee. Coach spots puck anywhere in zone for PP players to outnumber the PK & gain possession before supporting in position to create 2v1's for PP chance. PP has 10 seconds to gain possession and create an 'A' scoring chance, if shot is taken, PP is given another 10 seconds, if an 'A' shot is not generated before 10 seconds is up, a new puck is put into play.



8) Vierumaki 3v2 Continuous with 1 D Join (12/80)

Begin with three offensive players (O2F) attacking two defenseman (O1D) as a 3v2 as diagrammed, when the puck crosses the blue line, three O1F's back-track, back-check and funnel into the DZ while two O2D report to the offensive blue line gapping up to play counterattack vs the O1 F's. Defensive forwards put backside pressure on the offense working together with the defenseman to create a turnover and breakout (offensive forwards are done when the puck crosses the dots in the DZ) The play is continuous & can come up either side of the ice. Ines what side of the ice the 2v1 counterattack is played and D2 must adjust to the breakout accordingly. Play is continuous. -Continuous

Focus: 3v2 Attack & D Join/Defend, DZC, BO & Attack with Speed

