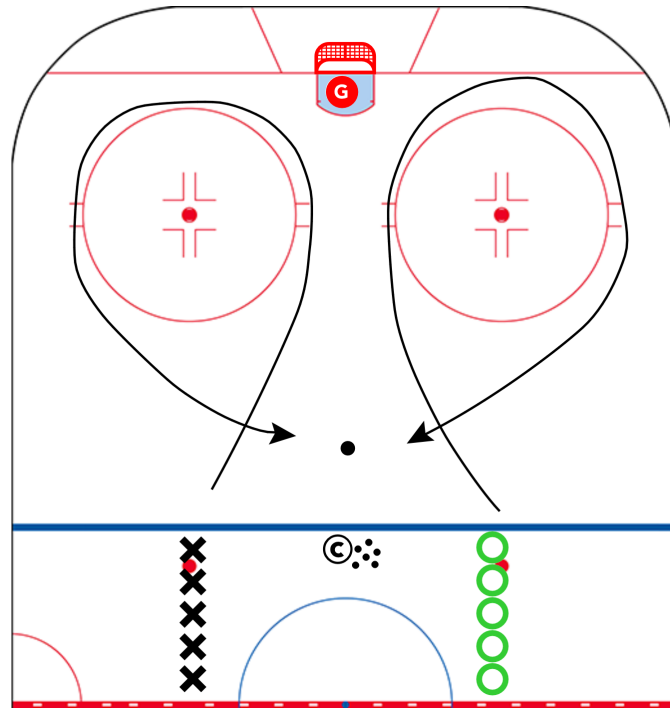




1 v 1 SAG (Quick Warm-Up)



Description

This is a simple warm-up drill. Coach stands at center blue-line with pucks. On the whistle, the first two players, one from each line, skate the pattern shown. Reverse the pattern, if desired. The coach lays out a puck as pictured. Players skate the circles, and fight for the puck. On possession, one player tries to score, the other tries to defend. Once the drill is understood, quickly make it 2 v 2 and require one pass before scoring. Encourage quick, one-touch passing across the Royal Road, with a one-time shot to score. 3 v 3 is a possibility, too!