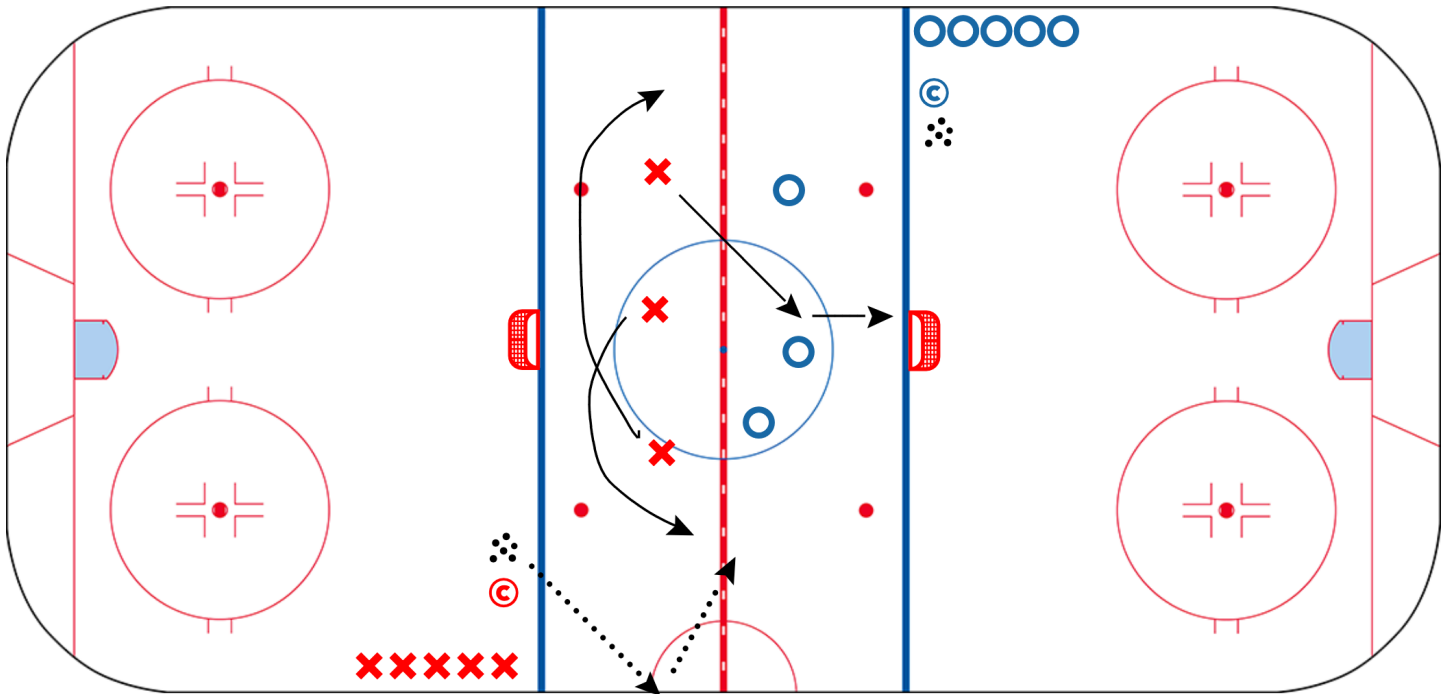




3 v 3 SAG (Medicine Hat)



Description

Blue O's go one way, Red X's go the other way. If the puck crosses the blue line, the puck is dead and the coach stationed on that particular blue line throws in another puck to their team. Play a 5 puck game. The first team to score 3 goals wins. Intensity increases with rewards and penalties for teams winning and losing. When players understand the game, and begin to play with their heads up, reading and reacting, they may intentionally push the puck past their defensive blue line to get their coach to make a break-away pass to one of their teammates. If the puck is pushed past the offensive blue line (accidentally), the coach stationed on that blue line will throw in another puck to their team. Shifts should be approximately 45 seconds with a change on the whistle. Remember to keep the play alive by passing the puck to a teammate entering the game.

Key Points

Transition, movement, spatial awareness, heads-up, read/react, intensity