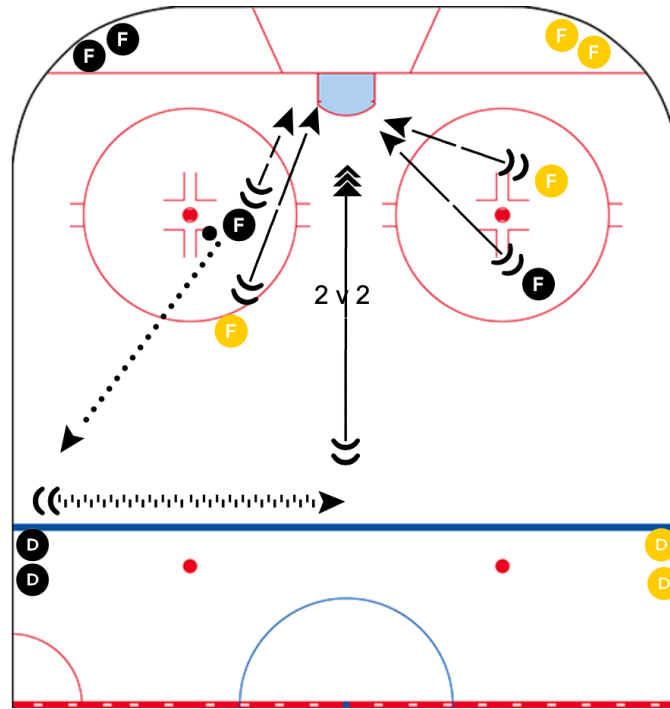




2 v 2 SAG (Defense Drag)



Description

I call this 'Defense Drag'. Play starts 2 v 2. Once possession is gained, in the case of the depiction above (Black), Black Forward gets puck to Black Defenseman, who then drags it across the blue line and shoots. Once the puck is passed to the Defenseman, black forwards crash the net for a deflection, redirect or screen. Yellow Forwards get D-side, blocking out, moving out, getting a stick, etc. Play continues if there is no score, with the 4 forwards trying to gain possession and get the puck to their Defenseman. Play for about 45 seconds, whistle and change Forwards. Defense can change on each shot. Keep score and add penalties or rewards for added intensity. Forwards, depending on who has the puck, all have specific roles. Don't let the defensive forward slide up to cover the shooting Defenseman. Coverage of points can be added later. For this particular SAG, it's good to get the Defensemen to get into the habit of dragging the puck to the middle. It's also great to teach the forwards that on a puck possession change, their responsibilities change - D-side coverage and crashing the net. In working with most all SAG's, it's important to emphasize 'continuous action'! Once the whistle sounds, whoever has possession of the puck tries to get it to their incoming forwards, rather than just leaving it in open play! Again, as with all games, change, modify, create to suit your specific purposes and age group.

Key Points

Defensive side positioning, dragging the puck from the sideboards to the middle of the ice, screening, redirection and deflection.