



FC-BC Around the Top SAG

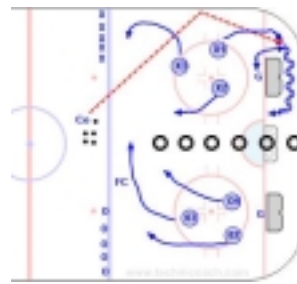
Squirt and Older

Goal: To simulate a game situation in which players must forecheck and backcheck into their respective zones in a 3-3 situation as part of a fast paced small area game.

Features: Forechecking, Backchecking, Breakouts, Goalie handling puck, Puck protection, Conditioning, Coverage, Corner play, Transition.

Time: 10-12 minutes

Shifts: 45sec to 1 minute



- Nets are placed at the goal line just below the bottom of each face-off circle as shown.
- The zone is divided down the middle by tires, cones, or foam rink dividers. The top 10-15' is left open.
- Players initially line up 3 vs 3 with each team in its own defensive zone.
- Extra players line up across the blue line.

- Coach puts a puck into play on one side or the other.
- The goalie should move out to play rim and set puck for his/her players.
- The team which gains control of the puck breaks out against forecheckers from other zone.
- Players must skate around the top of the rink dividers to enter/exit each zone. The goalies are allowed to shoot the puck across the dividers into the opposing zone.



- Players must move the puck around the top of the dividers and attack into zone.
- All three defensive players must be encouraged to BC into zone to prevent 3-2 opportunities.
- Encourage separation of offensive players upon offensive zone entry and triangular attack.

- Play continues until the end of the shift or a goal is scored.
- When a goal is scored, players must return to their own zones and the puck is dumped in again by the coach.



Ann Arbor Wolves Practice Plan Page 2

Date:11-29-07-07 Time:8:15pm Rink:Cube

Comments: Competition



Drill Name: 1-1 SAG Race

Description: Time: 7.00

Key Points:



Drill Name:

Description: Time: 10.00

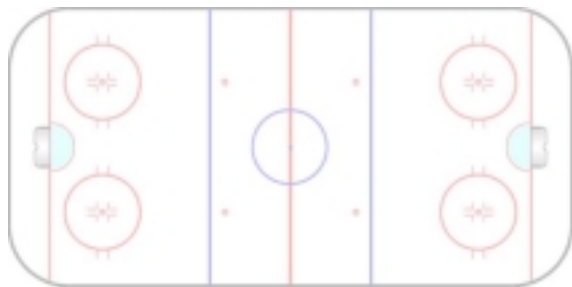
Key Points:



Drill Name:

Description: Time: 7.00

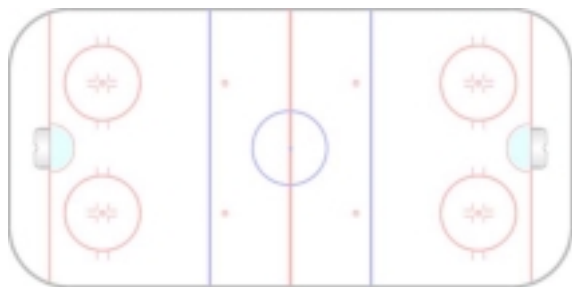
Key Points:



Drill Name:

Description: Time: 15.00

Key Points:



Drill Name:

Description: Time:

Key Points: