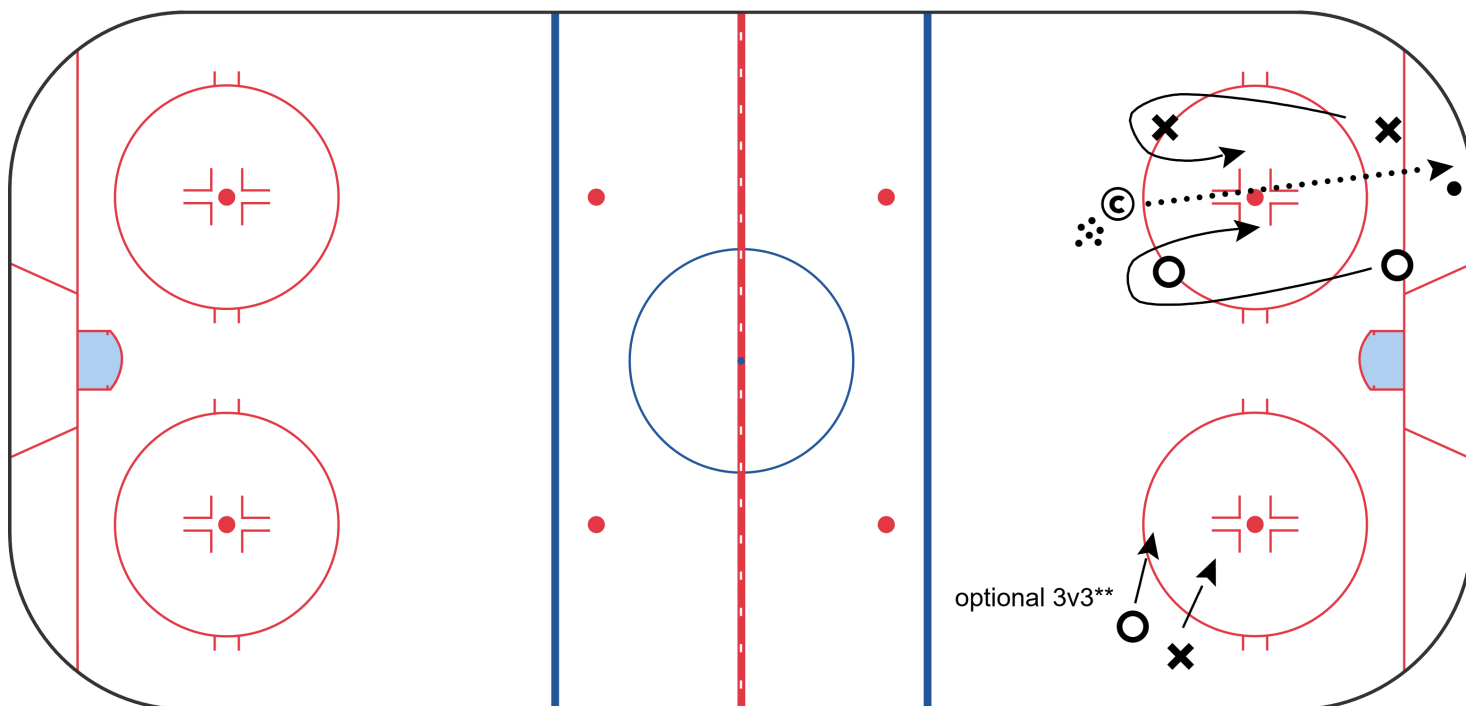


2v2 Race Around SAG



Description

This is a game to work on winning body position and making quick reads off of first touches down low.

Players will line up as diagrammed, and X & O player will race around their teammate around the top of the circle.

Whoever gets first touch on the puck dumped into the corner by the coach will be on offense, the other team will need to regroup with the coach to get on offense.

Optional** - add two players, one from each team on the weak side of the zone that also engage on first touch.