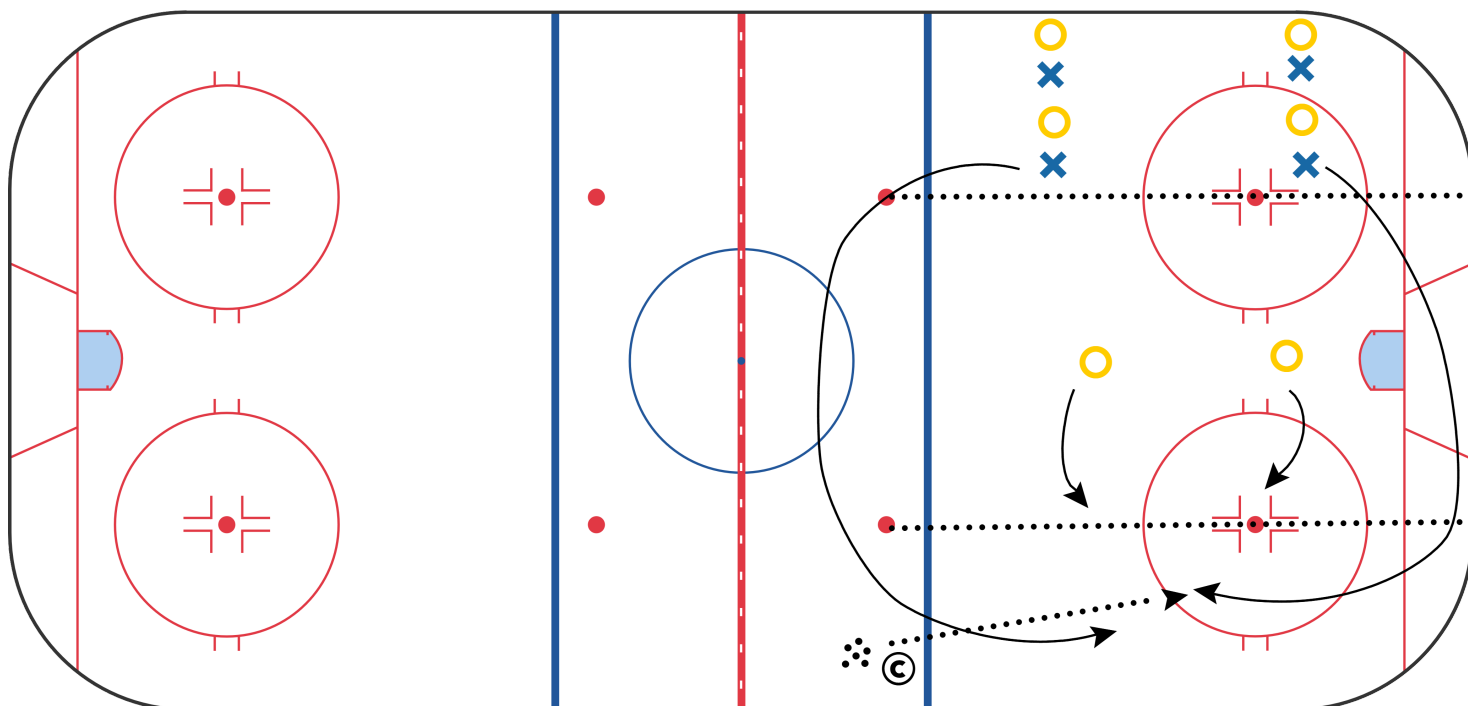


Ride the Rails SAG



Description

Draw a dotted line on both dot lines in the zone. Players line up as shown alternating teams/colors. Coach has pucks on the opposite side on blue line.

This is a continuous 2v2 game. To start the game, the blue X's will skate above and below to the far side of the zone (outside the dots). Coach will pass to either player or spot the puck on the wall. Coaches have freedom to allow the Yellow O defenders to engage whenever (not till X's touch the puck, right away, etc.)

Yellow O's have to win the puck back and pass to the coach. Once the coach gets it, it triggers the next Yellow O's in line to skate above and below for the next 2v2. X's that were just on offense turn around and engage defensively.

So, the game is OFFENSE > DEFENSE > OUT.