

Canucks 3v1 SAG



MIN. NUMBER OF PLAYERS:

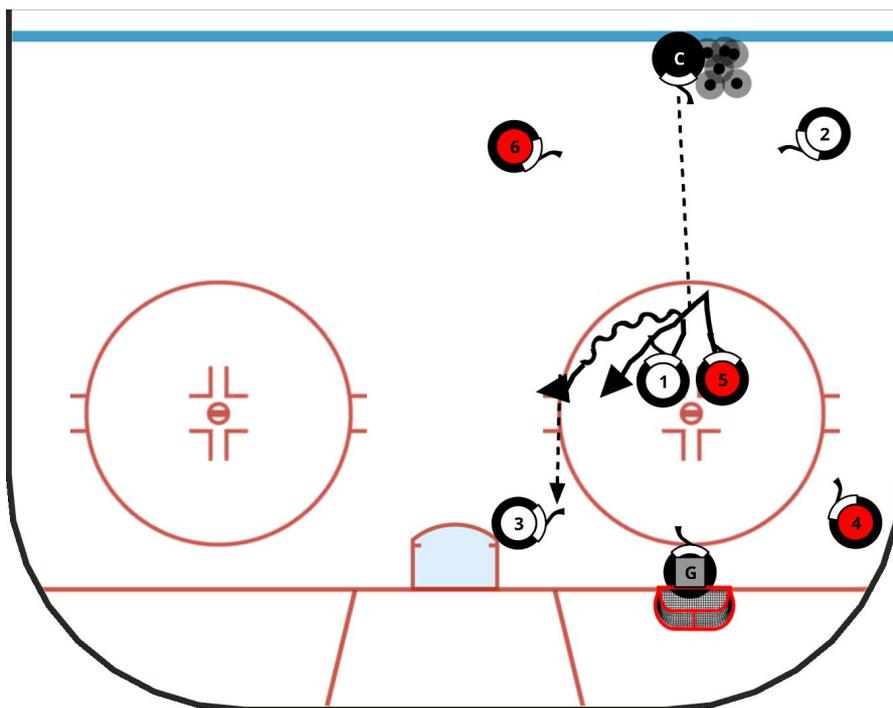
OFF / DEF / GK - 3 / 3 / 1

LEVELS:

13-14, 15-16, SEMIPRO, PRO, 17-20

TAGS:

passing, shooting, stick-handling



DESCRIPTION:

- P1 and P5 play 1v1 in the middle of the box. P2, P3, P4 and P6 are stationary passers.
- Coach starts play by chipping a puck into the middle of the box.
- The middle player that recovers the puck must make at least one pass to one of the static passers before attacking the net.
- Coach chips in a new puck after each goal, if the goalie freezes the puck or the puck goes out of the playing area.
- After 20-30 seconds have the players rotate positions.

KEYPOINTS:

- Tight one on one play by the two players in the box.
- Quick transition on change of possession.
- Emphasize good defensive positioning and having an active stick.

NOTES:

