

U10A Sting tryouts – Small area games (SAGs) session

Total time: 50 minutes

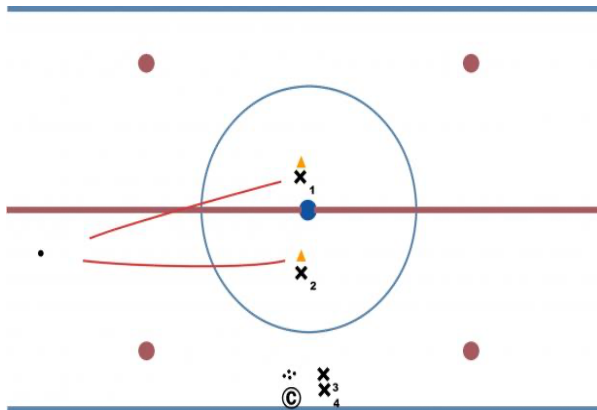
Station 1 (24 mins. total)

Stations 1: 2 vs. 2 / 2 nets

- Two nets placed back-to-back in the slot; two lines of players along the blue line, goalie in each net.
- Puck is dumped in and players (2 vs. 2) give chase. Players are trying to score on the net opposite to where they started.
- Play until a goal is scored, the puck leaves the offensive zone or coach's signal (45-60 seconds).

Station 2: Centre Ice Battle Drill (neutral zone)

- Two players stand in front of cones facing the coach.
- Coach throws a puck to either the right boards or left boards and both skaters go after it.
- Object of the game is for player with the puck to try and make back between the two cones, player without the puck must try to stop.



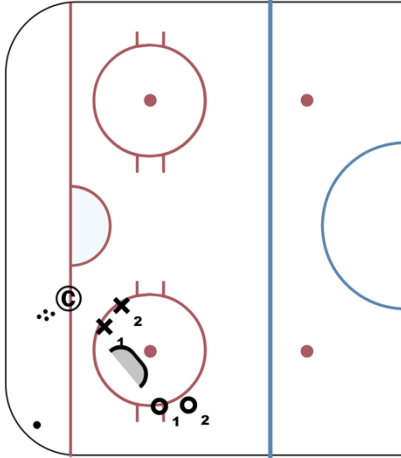
Station 3: 2-on-2 coach pass

- One team starts on offence. When defensive teams gains possession, they have to pass to one of the coaches before going on offence. Attacking team can also use coaches as outlets.
- Play inside the blue line.

Stations 2 (24 mins. total)

Station 1: 1-on-1 corner battle

- Players line up on either side of the net.
- Coach dumps puck in the corner and players battle for possession. Work back toward the net for a shot. Play until the coach's signal.



Station 2 (neutral zone): 2-on-1 SAG

- Place a cone on each of the neutral zone face-off dots to mark the boundary. Two offensive players and one defensive player will be inside the playing area with the coach just outside the box with pucks.
- On the signal, the coach will play a puck to the offensive players who will move throughout the playing area making as many passes as they can. The defender will try to break up the play and intercept passes and if they get the puck they can just shoot it out of the box. If the puck goes outside the box, the coach plays a new puck to the offensive players right away.
- Switch players after five successful passes or approx. 45 seconds. Rotate between offence and defence.

<https://www.icehockeysystems.com/hockey-drills/7-pass-2-vs-1-small-area-game>

Station 3: 2-on-2, add a player

- Players lined up along blue line.
- Coach dumps puck in and players go 2-on-2.
- Team with possession can add a player by passing to next skater in line.
- Restart on coach's signal (goal or approx. 45-60 seconds).

