

D9 - 4 Teams x 4 Nets – SAG Variation

Key Points:

Divide the ice into 4 areas using hollow 4x4 boards, pads, thick hose.

Description:

1. Do skill drills and flow drills.
2. Play skill games.
3. Play tournaments.

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Each team defends one net and can score on the other 4.

<https://youtu.be/ESZaaWx0vLs>

