

Categories

SAG

Drill Title :

3 v 3 - 1 Touch Game

Team Play

Components :

Content elements :

Description

3 v 3 - 1 Touch Game:

- 4 coaches (or players) are jokers, always on offense for both teams
- Jokers stay outside blue lines, players in 3 v3 stay inside
- Jokers are stationary, and can hold on to the puck
- Jokers can only pass, not score
- Teams must make a 1-touch pass and 1-timer shot to score
- 4 jokers make it continuous 7 v 3

Key Points

Face puck

Be ready

Think ahead

