



Heads up visual scan.
Player seeing scoring
target (open net glove
side).

Great bilateral hand
position with ideal
balanced front foot shot
demonstrating excellent
weight transfer into stick.

Unilateral balance
position – sling foot glide

Safe4Sports Skill Series – Using small area games drives safe and effective skill development and demands "active coaching". In this small area game (SAG) players discover skills in "real-time" and under game-like checking pressure. Coaches these activity choices create meta-stability in skill; rapid acquisition and a high frequency of repetitions for the player-athlete. With SAGs less structured, random practice is used so that the learner applies technical skills "reading and reacting" to the environment encountered. Individual and group tactics are acquired. Situational awareness and movement confidence grow. As this player demonstrates safe and effective performance is realized.