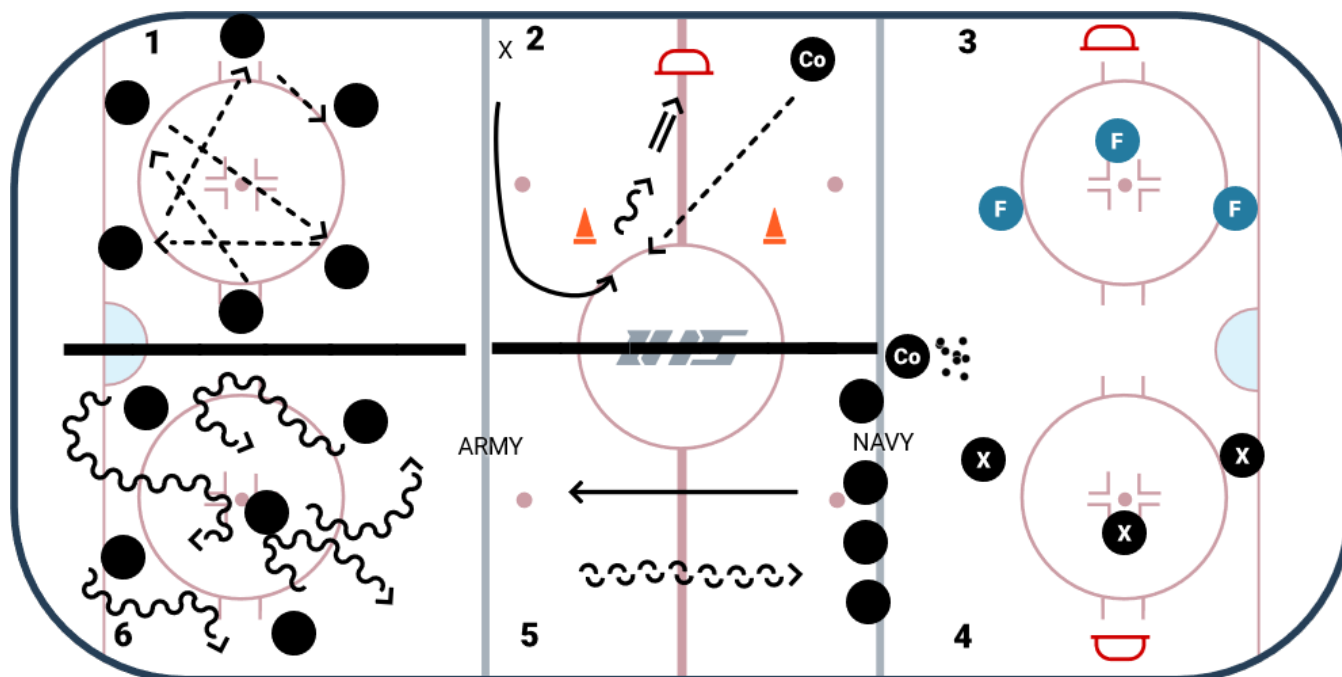


M1/M2 Practice Plan 2



Description

Station 1 - Players call for puck, LOUDLY! Players need to talk on the ice. Players pass puck back and forth to each other. Coach is there to make sure all kids are touching the puck.

Station 2 - Skaters start at corner of blue line, skate up around cone, receive a pass from the coach and shoot. switch sides half way through.

Stations 3 & 4 - 3v3 game or game style variant.

Station 5 - ARMY/NAVY GAME! No sticks for this one. One blue line is the Army base, one is the Navy base.

Players start on one base, coach yells, Army and the players skate FORWARD towards Army. If coach yells Navy, they skate BACKWARDS, towards Navy. Coach yells "hit the deck" they fall down....if and only if they coach yells "all clear" they can get up.

Station 6 - Chaos stickhandling.....players stickhandle while trying to avoid the other players. Make the playing zone smaller and smaller to where they are eventually in the circle.