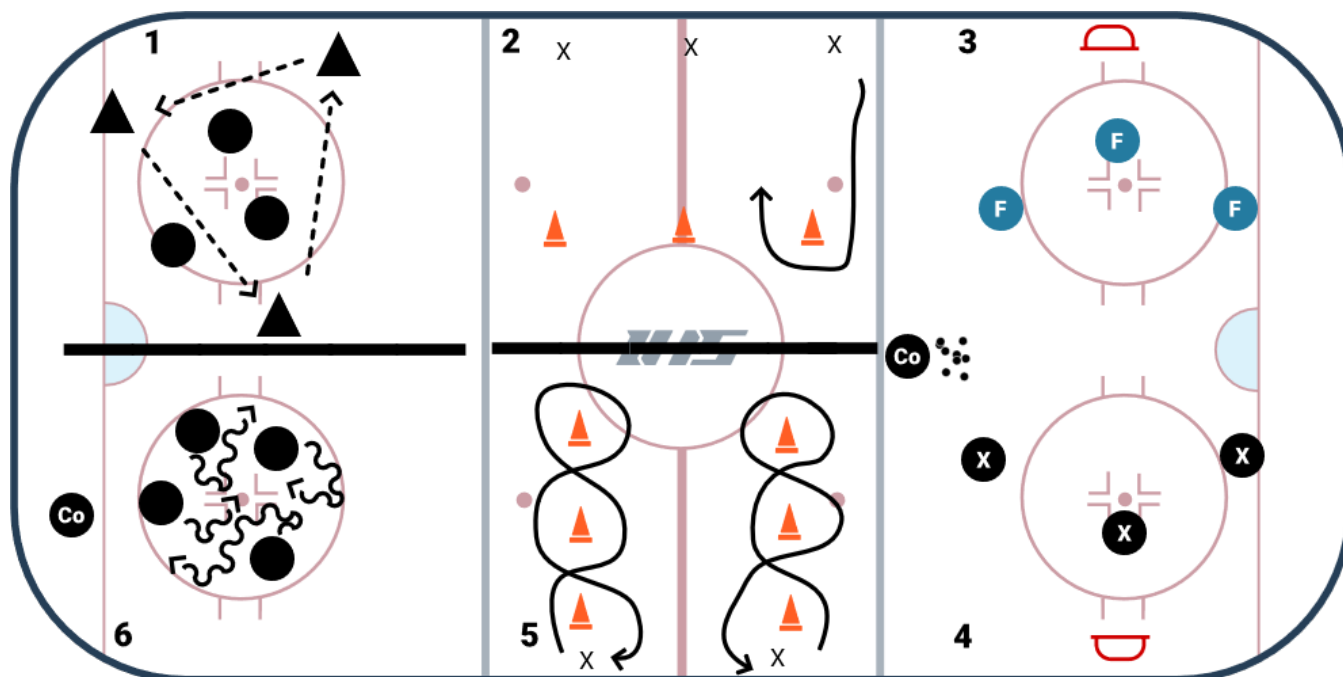


# M1/M2 Practice Plan 4



## Description

Station 1 - 3V3 keep away! There is so much more to hockey than scoring and learning how to pass at an early age is key! Divide the group into 2's or 3's and play a game of keep away. Kids should be MOVING and yelling for the puck! The object of the game is to keep the puck the longest. Encourage the kids to pass to open ice and to use the boards for indirect passes!

Station 2 - Cone skating (Option to add pucks when comfort level increases) - 2 leg turns on each sides, progress to 1 leg turns, skate to cone stop facing each way, skate to cone and go backwards, transitions

Stations 3 & 4 - 3v3 game or game style variant. This is for 2 rotation cycles!

Station 5 -Relay race around cones

Station 6 - Protect the puck! Players start in the circle stickhandling with their puck, while trying to knock out the other players pucks out of the circle. If you are knocked out, you must skate all the way around the circle before you enter again.