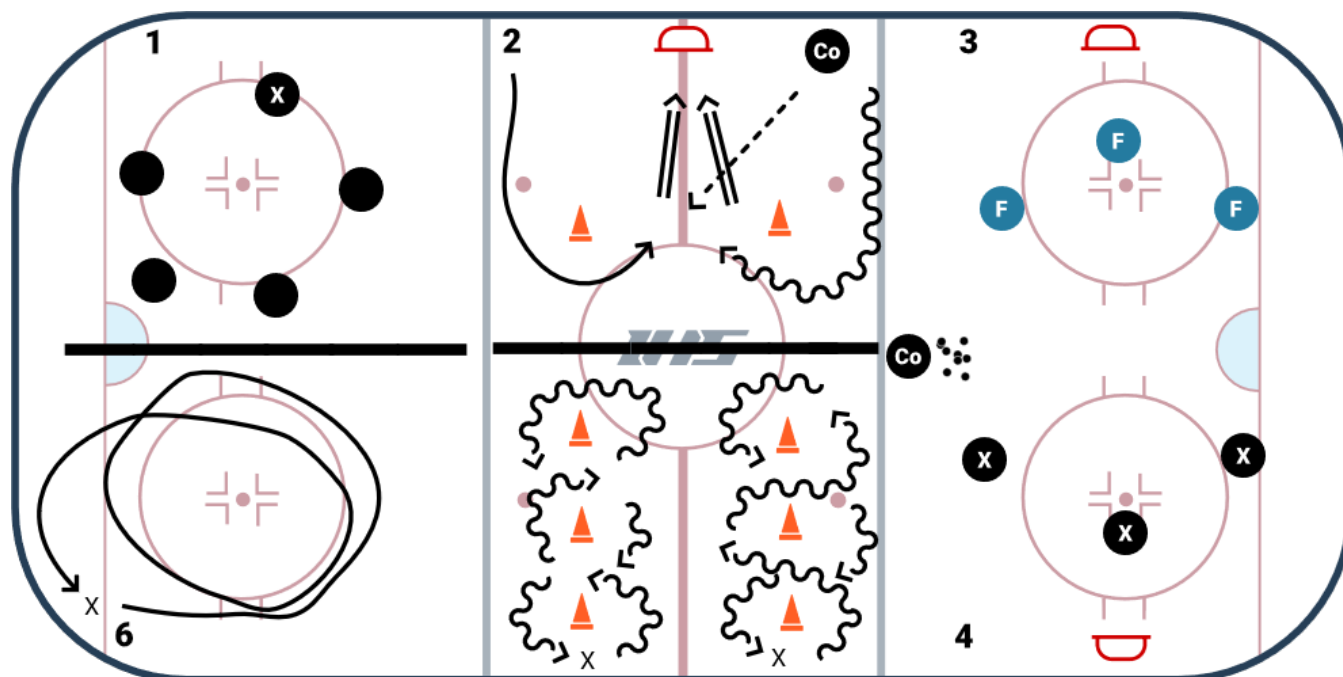


M1/M2 Practice Plan 5



Description

Station 1 - Freeze tag

Station 2 - Player skate around cone, receives a pass from the coach then shoots. Other side, player skates around cone with puck and shoots

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

Station 5 - Relay race around cones with pucks

Station 6 - Crossovers forwards in both directions