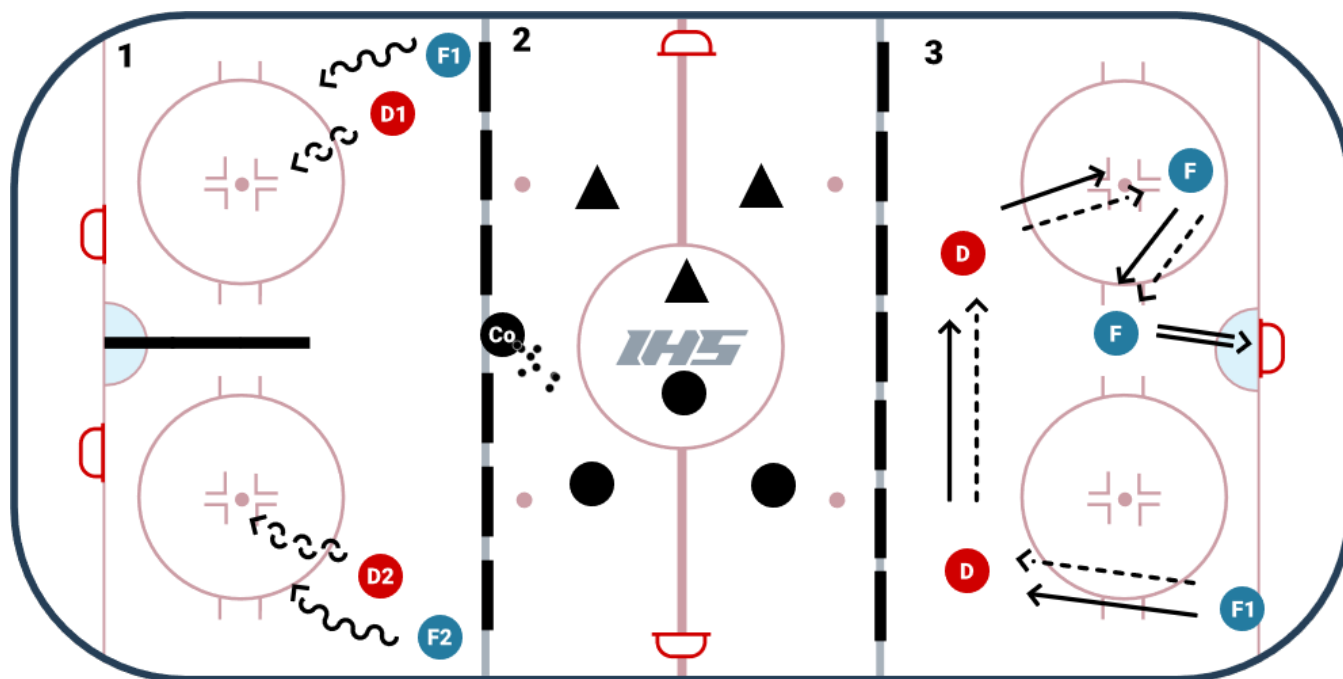


## M3/M4 Practice Plan 8



### Description

Station 1 - D Gap Control and Positioning - F1 starts with puck near boards, D1 lines up 6 feet out playing off of F1's inside shoulder. Change lines each time and change sides half way through. Defensemen should have one hand on stick, stick out front and moving to knock the puck away.

Station 2 - 3V3 or some variant

Station 3 - Offensive zone pass and move to fill in spot. Intro to basic positioning for offensive zone. Puck starts at F1, change corners each whistle.