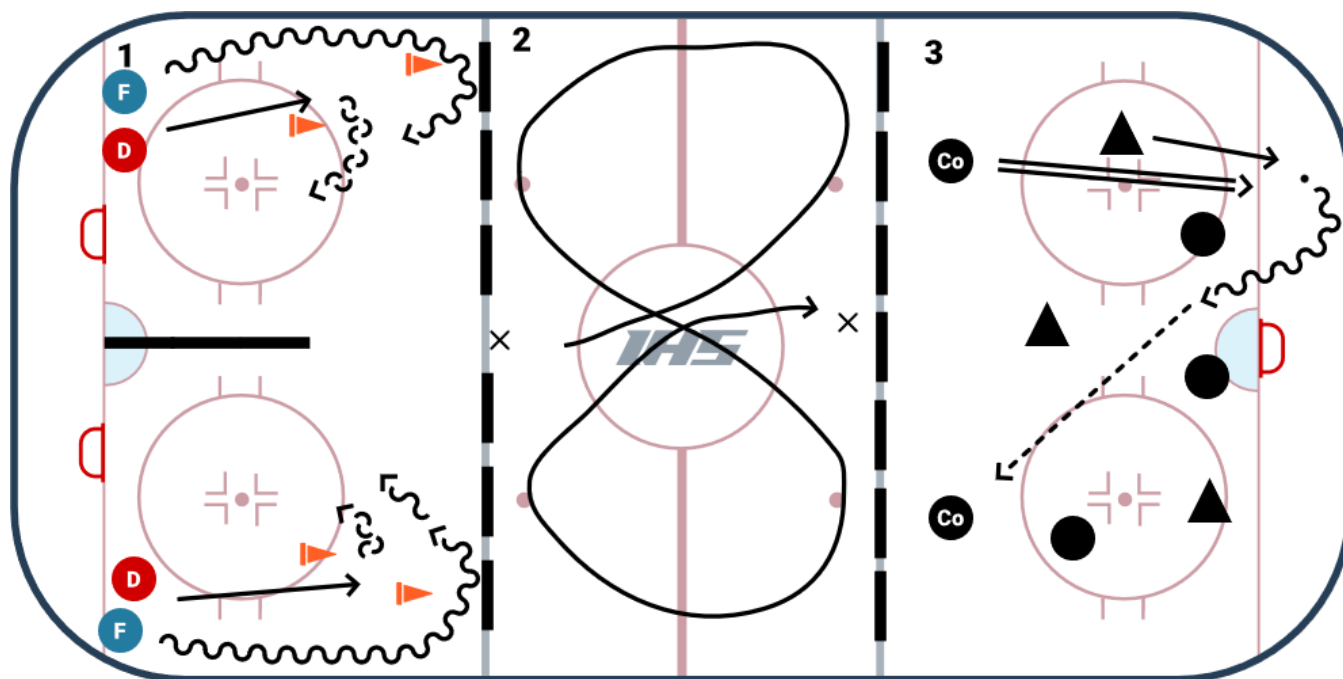


## M3/M4 Practice Plan 9



### Description

Station 1 - D Gap Control and Positioning - both players start in corner, forward to outside towards boards. F starts with puck, goes far cone with puck, D goes closer and inside cone and transitions to backwards. Switch positions each time and switch sides half way through.

Station 2 - The Butterfly - Players start in the center of the blue line facing the neutral zone and proceed to skate a wide figure 8 through the 4 corner neutral zone face off dots 1 time and end up in the same spot across the neutral zone on the opposite blue line. Players should always be on their edges in this drill. You can add pucks, add transitions, and add cut ins on the red lines for more edge work.

Station 3 - Bobby Orr - Use the O-zone puck movement drill from last 2 practices to introduce Bobby Orr and use the Defensemen in the offensive zone. 3V3 game, neutral possession until one team possesses the puck and passes it to either Coach at the blue line. The team that passed to the Coach is now on offense, the other team is on Defense and cannot shoot or score. Possession changes when the team on Defense steals the puck and regroups with either Coach.