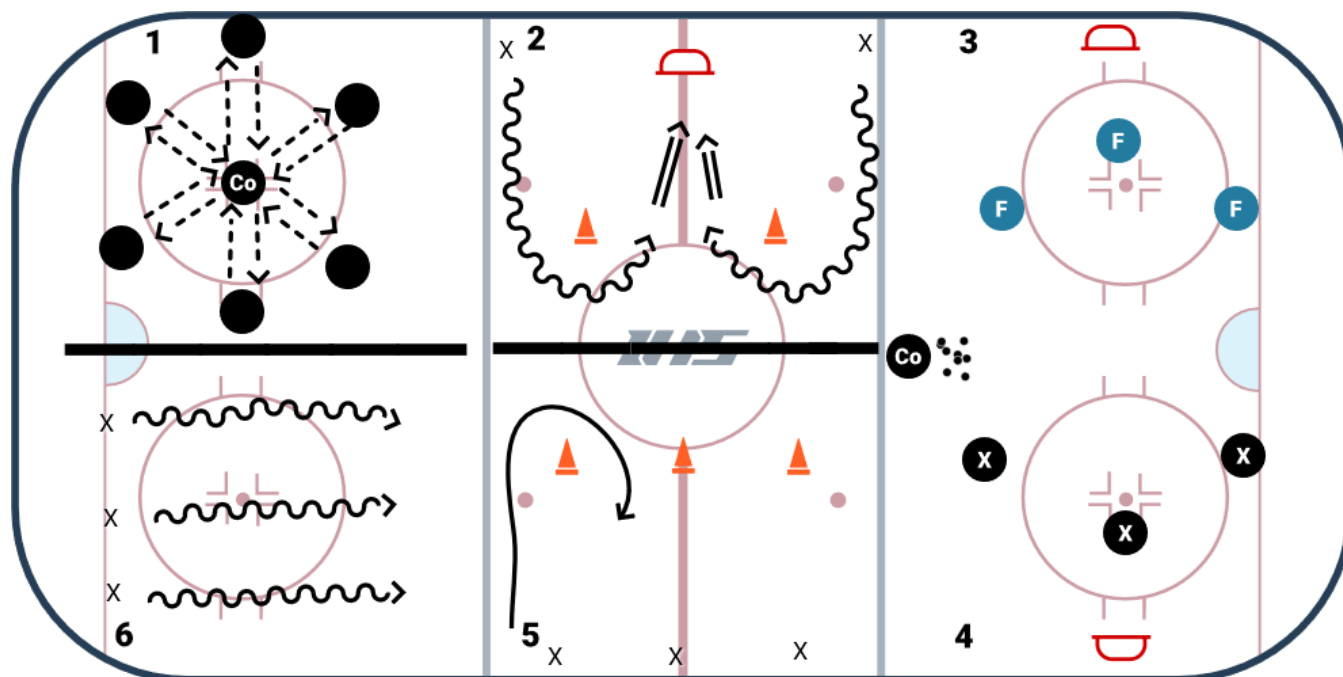


M1/M2 Practice Plan 1



Description

Station 1 - Pass back and forth with coach in center. Coach starts with the puck, crisp pass to player, player returns puck to coach. Around the clock.

Station 2 - Skating with puck around cone, shoot on goal. Everyone starts on same side, then we go every other from both sides.

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

Station 5 - Cone skating, 2 leg turns on each side, progress to 1 leg turns, skate to cone stop each way, skate to cone stop and go backwards, transitions

Station 6 - forward stickhandling, front and forehand, progress to cross body and backhand