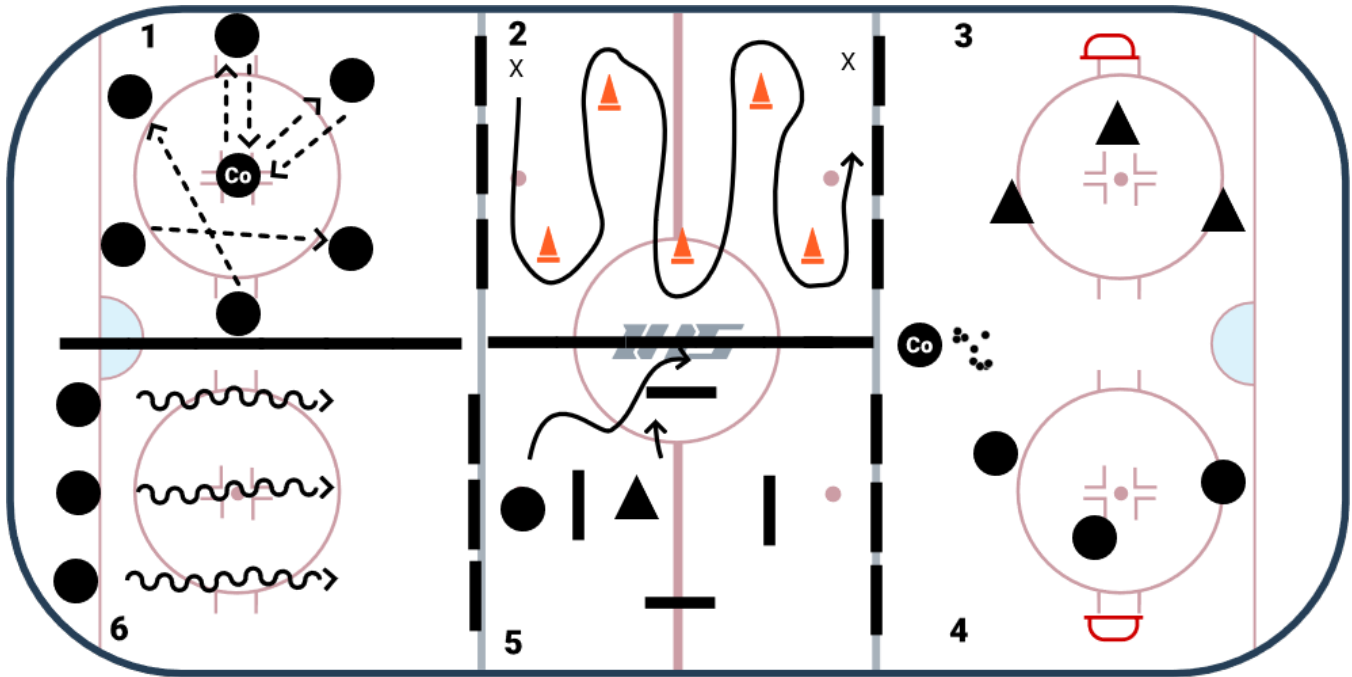


M3/M4 Practice Plan 1



Description

Station 1 - Pass from/to coach in center dot, crisp passes, 2x forehand, 2x backhand, then move to keep away from coach

Station 2 - Edges around cones, transition to stops and starts at cones, then forwards to backwards transitions

Station 3 & 4 - 3v3 game

Station 5 - Obstacle tag

Station 6 - line stickhandling, forehand, quarter, 12 o'clock, crossbody, backhand