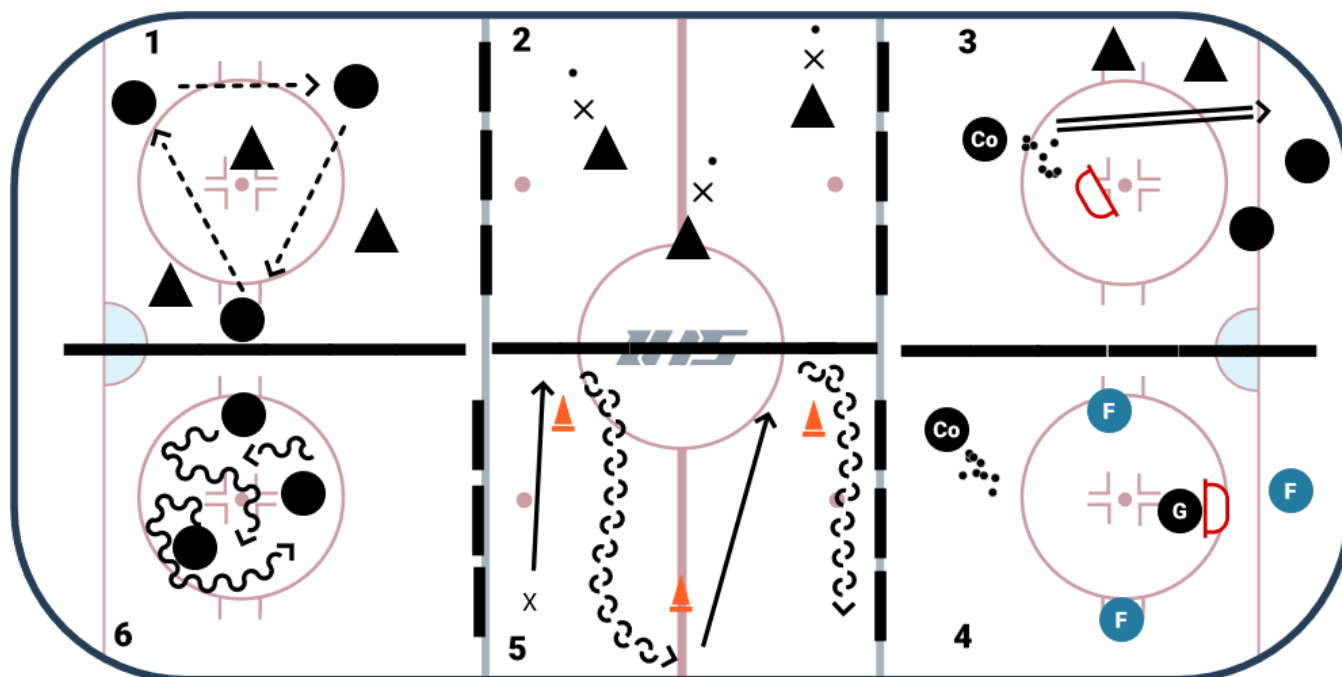


## M3/M4 Practice Plan 2



### Description

Station 1 - 3V3 keep away, no goals! Object is to keep the puck away from the other team. Players should be calling for the puck and providing good puck support, no 15 foot passes!

Station 2 - 1v1 protect the puck. Use your back and body to protect the puck from your opponent

Station 3 - 2v2 corner game. Coach shoots puck in corner and the players battle for it. Emphasize stick on tape or puck. Taking away the hands, lifting the stick and taking the puck. Use your back to protect the puck!

Station 4 - Triangle set up, with goalie. Players move the puck around the net and goalie to position themselves to make a play and score.

Station 5 - Transitions front to back around cones

Station 6 - Protect the puck! played inside the circle, protect your puck while you knock out another players!