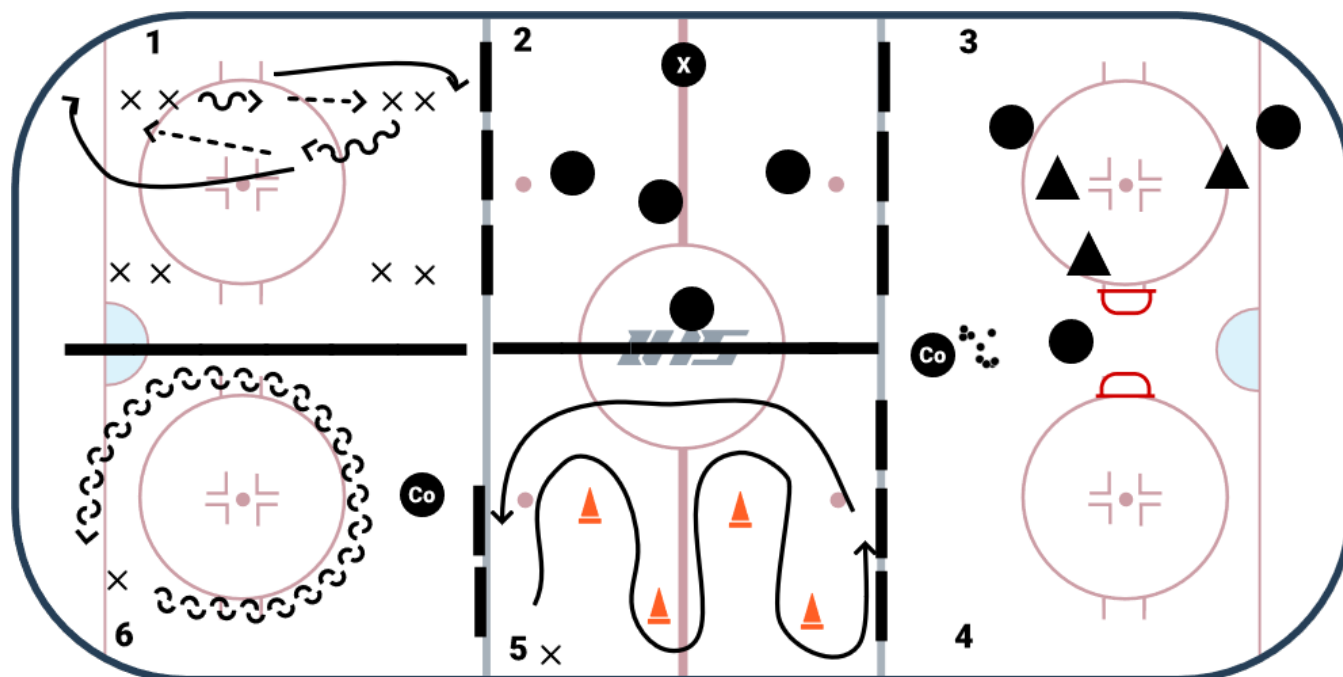


M3/M4 Practice Plan 4



Description

Station 1 - Passing relay. players line up at both ends of the zone. first player skates and passes and goes to the end of the other line. Continue

Station 2 - Freeze Tag

Station 3&4 - 3V3 Triangle set up. Align nets at hashes in slot, allow for small gap and play 3V3. Encourage each team to use the triangle drill from the last 2 practices to set up offense.

Station 5 - Power turns around cones. Add stops and starts at cones.

Station 6 - Backwards crossovers around the circles, both sides.