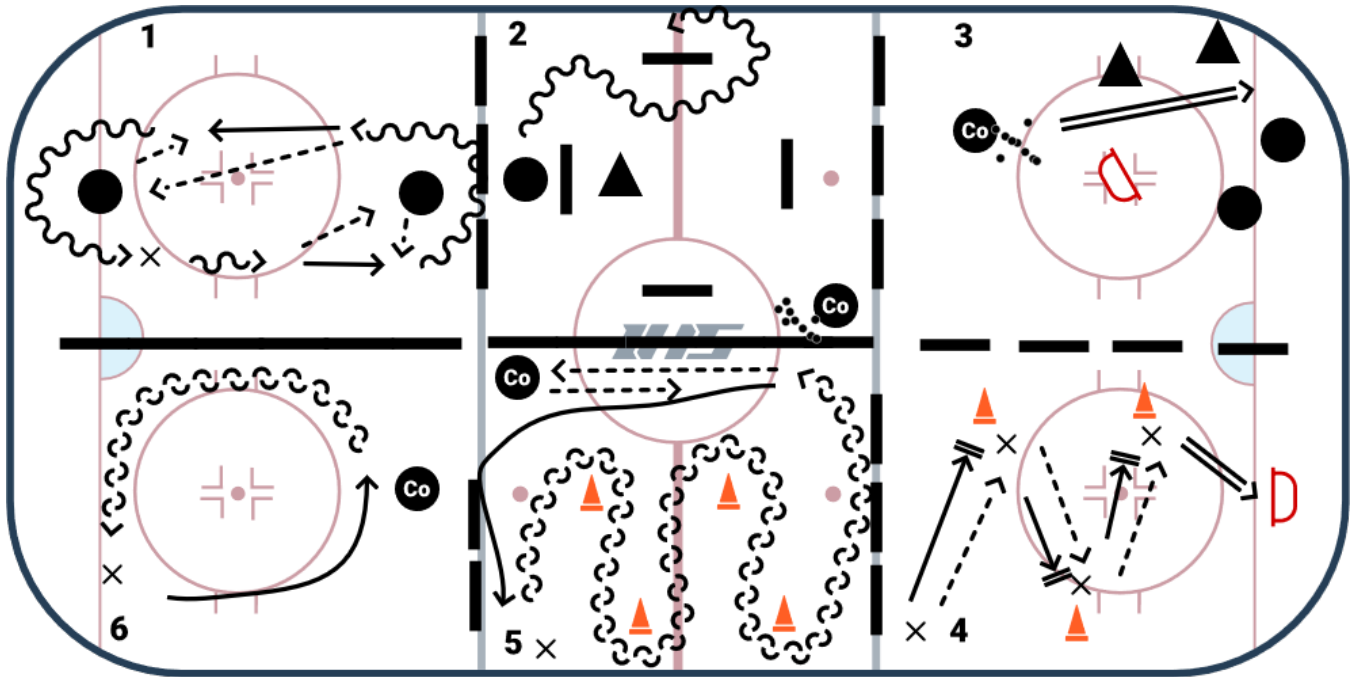


M3/M4 Practice Plan 6



Description

Station 1 - Oval Passing Drill - can modify to figure 8 passing drill if advanced.

Station 2 - Obstacle tag with pucks. 3 players have pucks, 2 do not. Knock your opponents puck away and they need to get open for a pass/new puck from the coach.

Station 3 - 2v2 corner battle. Modify with 3v2, 2v1 or activation.

Station 4 - Pass and move to position. Start at blue line, pass to first player at cone and move in to take their place. Change one spot each time, finish with shot on net.

Station 5 - Power turns with pucks around cones. Pass to coach in corner receive pass back and get back in line.

Station 6 - Turn the clock - always face coach, start forwards, transition to backwards. Crossovers