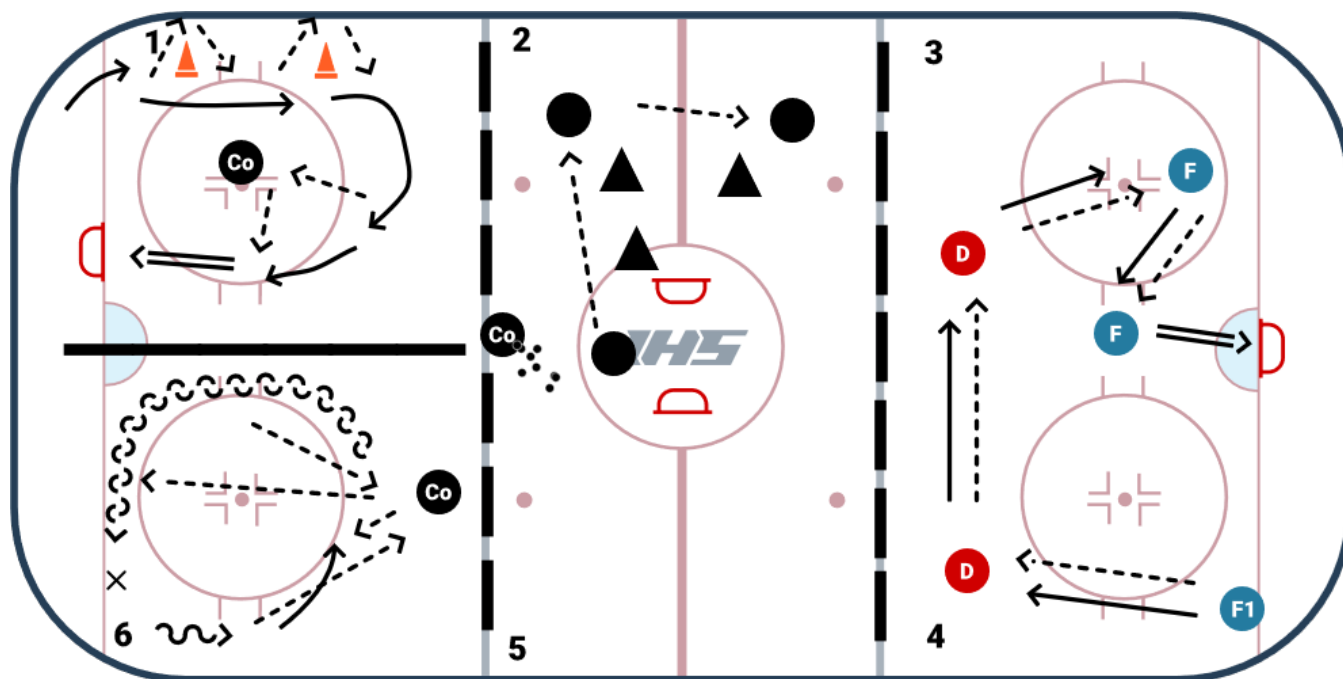


M3/M4 Practice Plan 7



Description

Station 1 - Indirect passing to give and go. Player skates with puck, passes off boards to avoid cones, cuts in and gives and gos with the coach for a shot on goal.

Station 2 & 5 - 3V3 Triangle set up. Align nets at hashes near center ice. Encourage each team to use the triangle drill from previous practices to spread out opponent. Emphasize puck movement and getting open when you don't have the puck!

Station 3 & 4 - Offensive zone pass and move to fill in spot. Intro to basic positioning for offensive zone. Puck starts at F1, change corners each whistle.

Station 6 - Turn the clock with pucks - always face coach, start forwards, transition to backwards work to make clean passes to your coach.