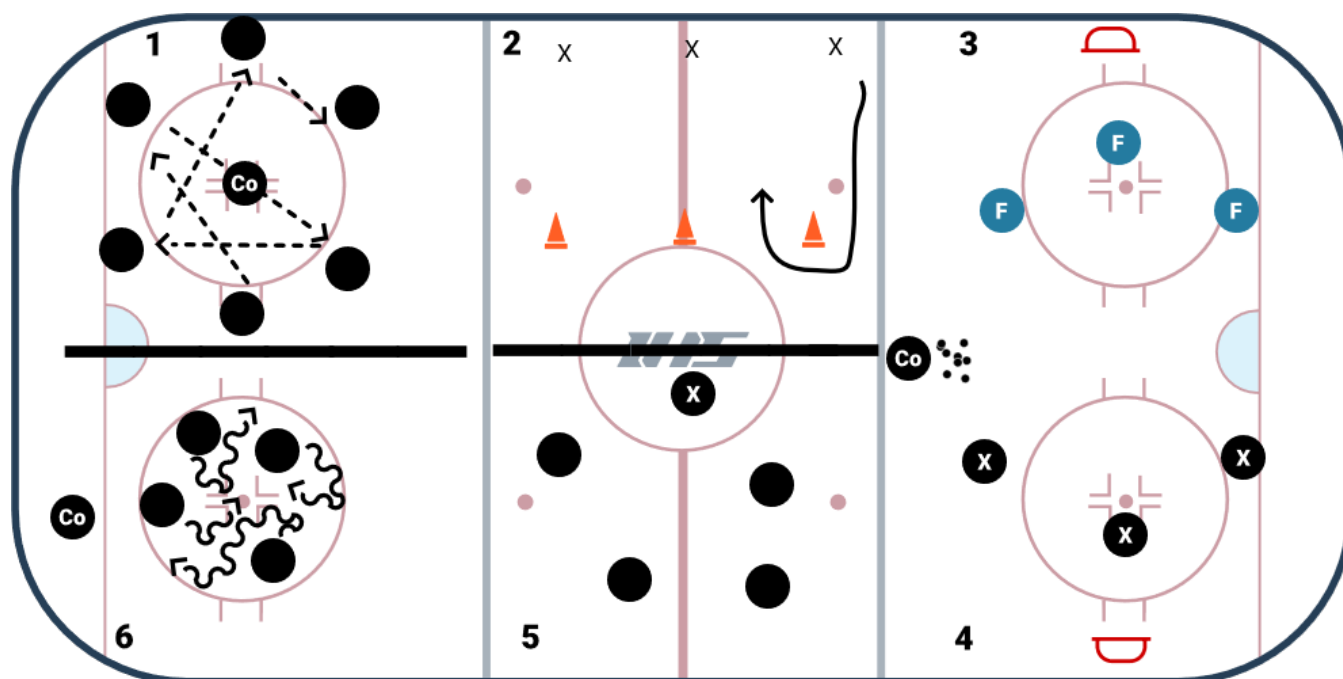


M1/M2 Practice Plan 3



Description

Station 1 - Keep away from coach! Players call for puck, LOUDLY! Players need to talk on the ice. Players pass puck back and forth to each other while keeping it away from the coach in the center. Coach starts stationary moving stick and then can move around, taking away angles but give the kids some space.

Station 2 - Cone skating, 2 leg turns on each sides, progress to 1 leg turns, skate to cone stop facing each way, skate to cone and go backwards, transitions

Stations 3 & 4 - 3v3 game or game style variant. This is for 2 rotation cycles!

Station 5 - Freeze tag. One or 2 people are it (rotate who's it) when a player is "tagged" they need to sit on the ice. A player is "thawed" when another player skates around them.

Station 6 - Protect the puck! Players start in the circle stickhandling with their puck, while trying to knock out the other players pucks out of the circle. If you are knocked out, you must skate all the way around the circle before you enter again.