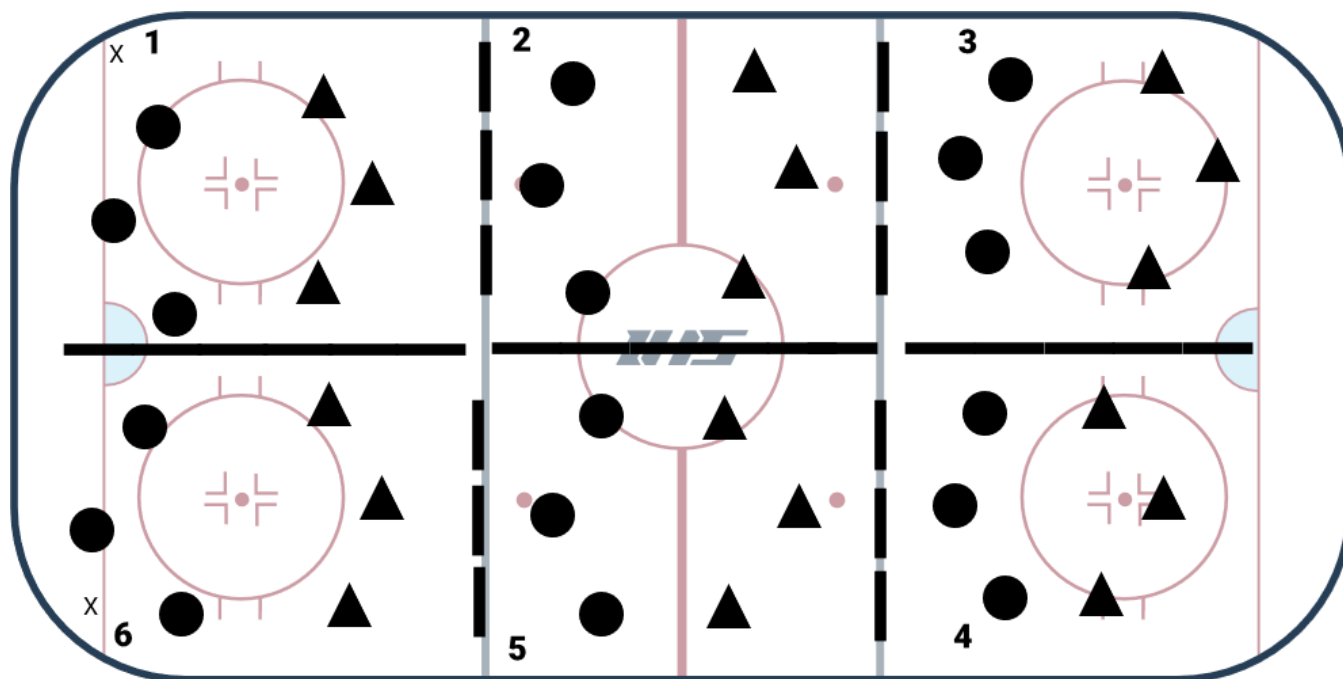


## M1/M2 Practice Plan 6



### Description

First 10-15 minutes - start with line skate as you normally would.

Next 15 minutes - break into 5-6 groups depending on numbers and play 3v3 keep away. Encourage puck movement, skating while passing, and "calling" for the puck. Emphasize puck support (3 foot passes are easier than 15 foot passes)

Remainder - 3 cross ice games