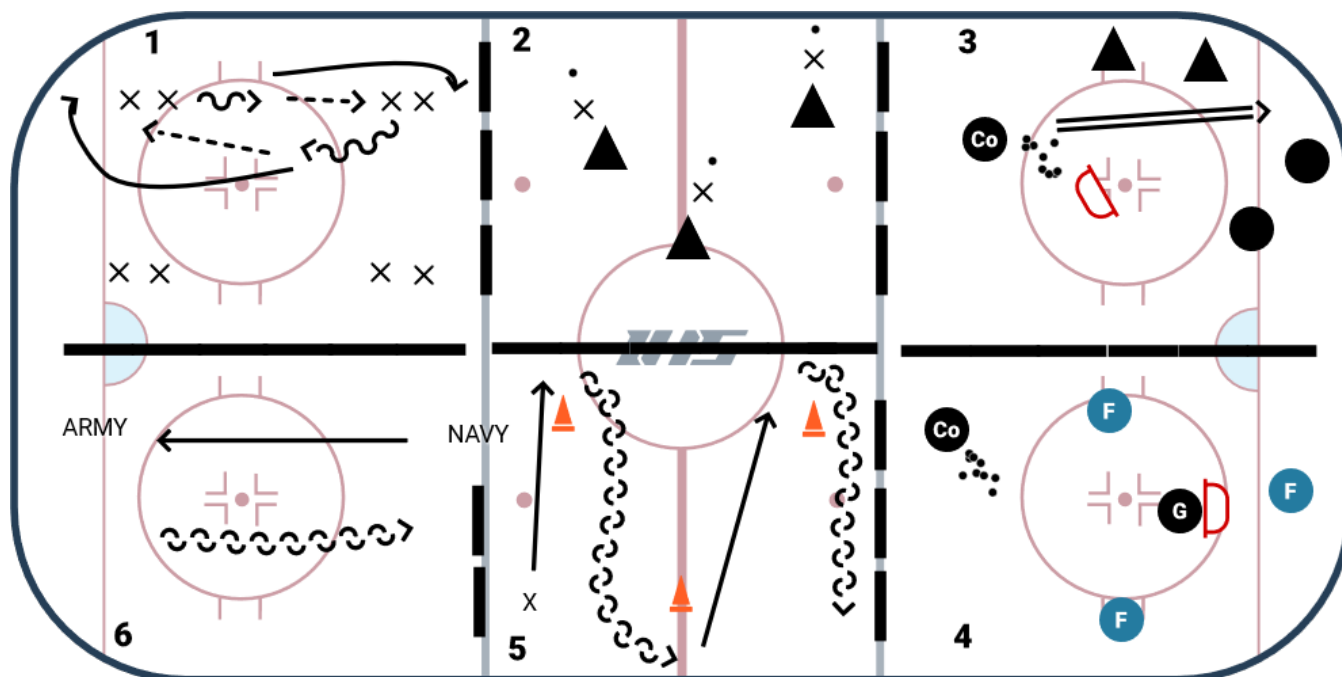


M3/M4 Practice Plan 3



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 - 1v1 protect the puck. Use your back and body to protect the puck from your opponent

Station 3 - 2v2 corner game. Coach shoots puck in corner and the players battle for it. Emphasize stick on tape or puck. Taking away the hands, lifting the stick and taking the puck. Use your back to protect the puck!

Station 4 - Triangle set up, with goalie. Players move the puck around the net and goalie to position themselves to make a play and score.

Station 5 - Transitions front to back around cones

Station 6 - ARMY/NAVY GAME! 2 bases, skate forward to Army, backward to Navy on coaches command. Coach yells "hit the deck" players drop to their stomach. Players can only get up when the coach yells "All Clear!"