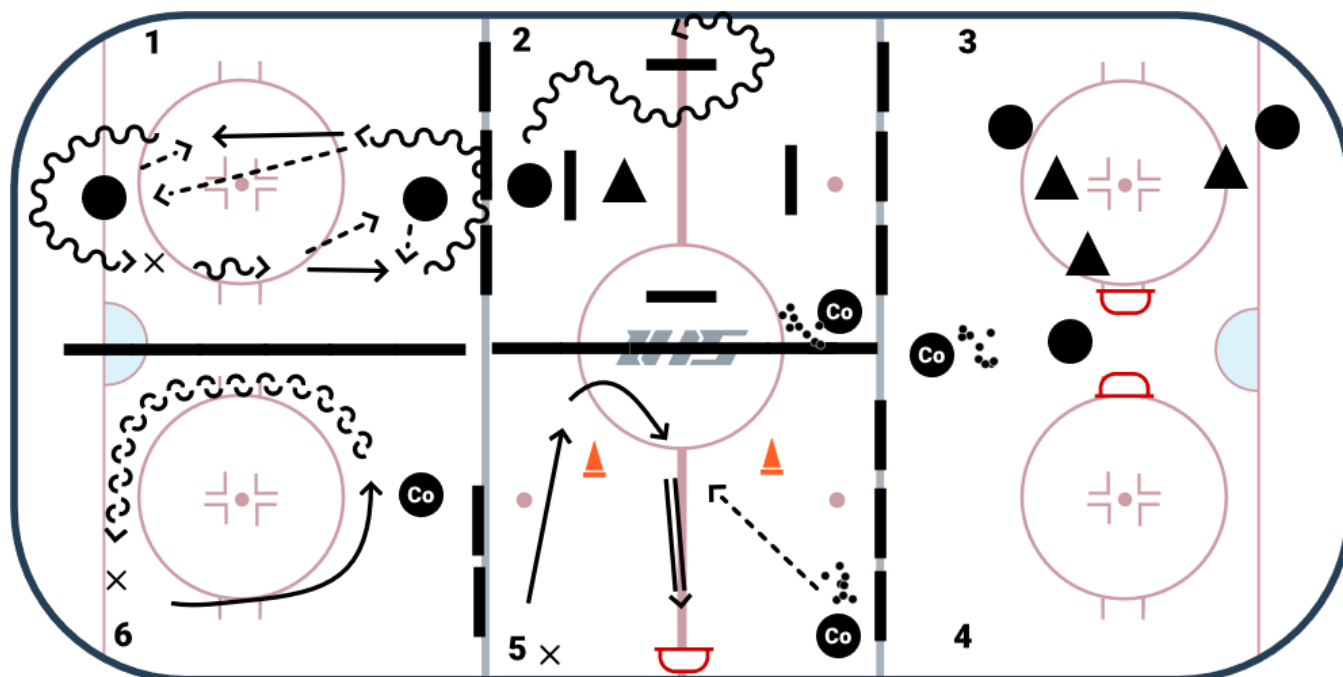


## M3/M4 Practice Plan 5



### Description

Station 1 - Oval Passing Drill

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&4 - 3V3 Triangle set up. Align nets at hashes in slot, allow for small gap and play 3V3. Encourage each team to use the triangle drill from the last 2 practices to set up offense.

Station 5 - Power turns around cones. Add stops and starts at cones.

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