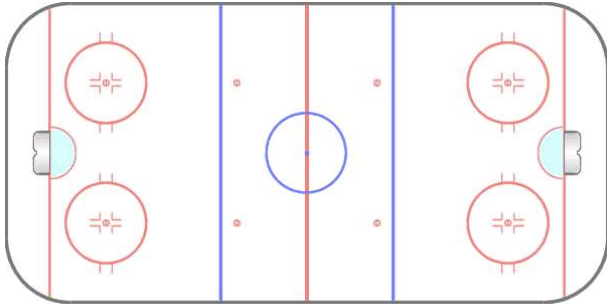




PRACTICE PLAN

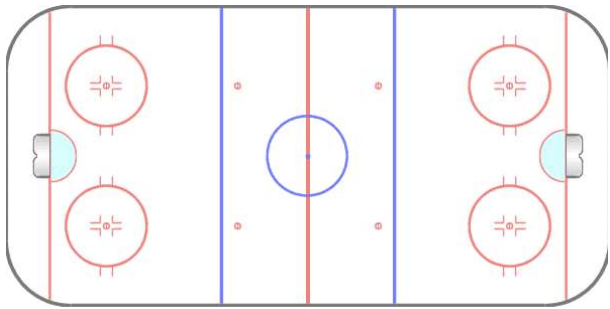
Date: _____
Time: _____
Theme: _____

⊙	Coach	→	Puck Carrying
○●	Forwards	⇒	Shooting
△▲	Defenders	→	Pass
G	Goalie	→	Drop Pass
—	Stop	↶	Backward Skate
X	Pylon		Lateral Movement
❄	Pucks	→	Defensive Pressure



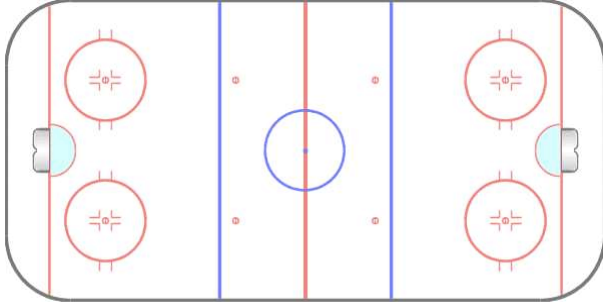
Drill Name: _____
Descriptions: _____

Objectives: _____



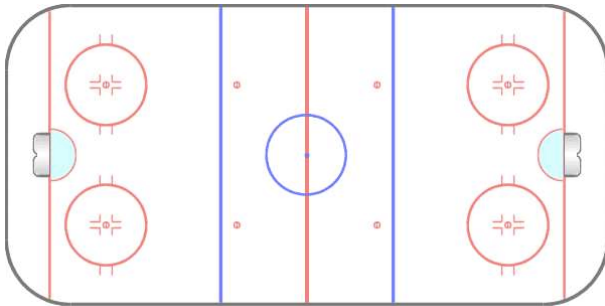
Drill Name: _____
Descriptions: _____

Objectives: _____



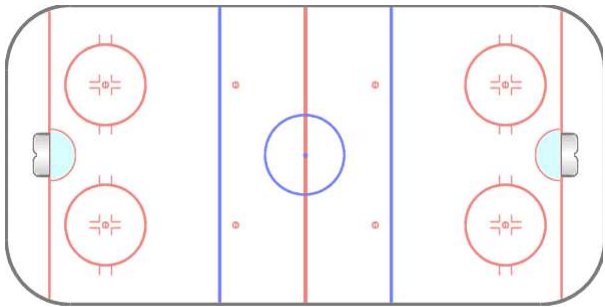
Drill Name: _____
Descriptions: _____

Objectives: _____



Drill Name: _____
Descriptions: _____

Objectives: _____



Drill Name: _____
Descriptions: _____

Objectives: _____
