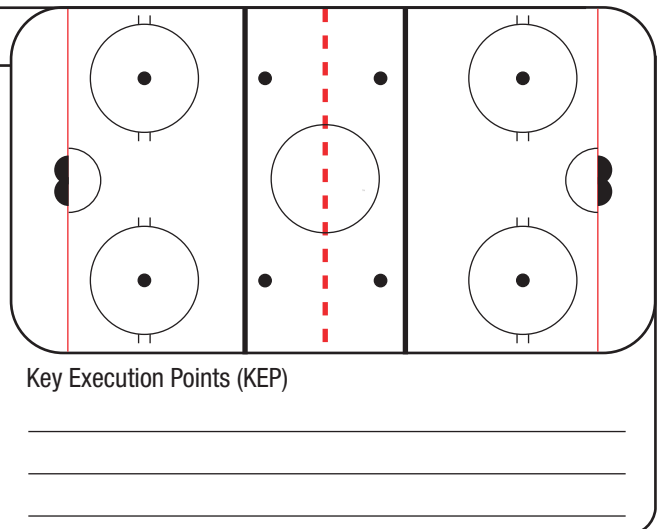




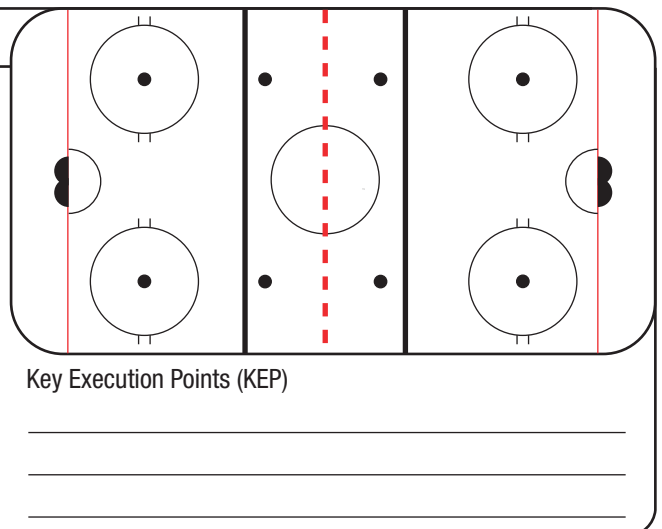
<b>LEGEND</b>	⊙	Coach		Puck Carrying
	○ ●	Forwards		Shooting
	△ ▲	Defenders		Pass
	G	Goalie		Drop Pass
	— —	Stop		Backward Skate
	X	Pylon		Lateral Movement
	●●●●	Pucks		Defensive Pressure

Practice No. \_\_\_\_\_ Date: \_\_\_\_\_ Theme: \_\_\_\_\_ Duration: \_\_\_\_\_ (mins.)

Time:	Drill Name:
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Key Teaching Points (KTP)	
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Time:	Drill Name:
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Key Teaching Points (KTP)	
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Time:	Drill Name:
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Key Teaching Points (KTP)	
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