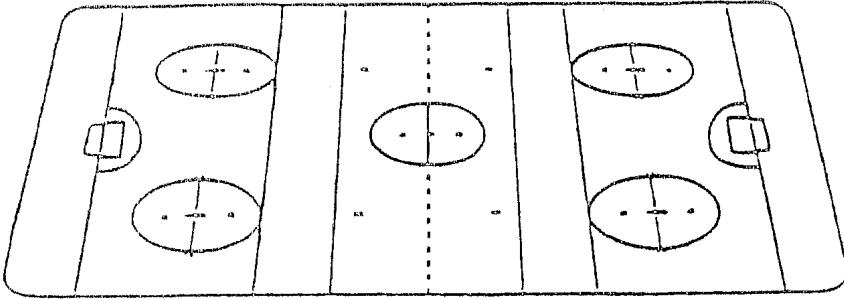


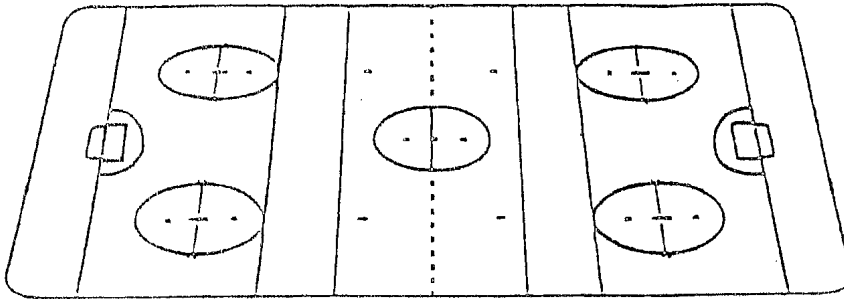
PRATICE PLAN

Team: _____ Date: _____ Time: _____
Arena: _____ 1/2 Ice Full Ice
Objectives: _____

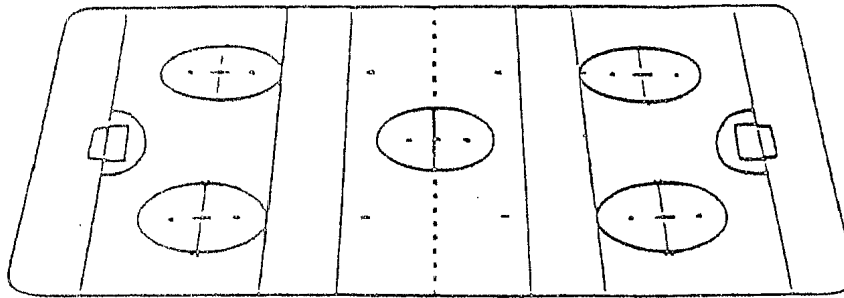
Description: WARM-UP Duration: _____



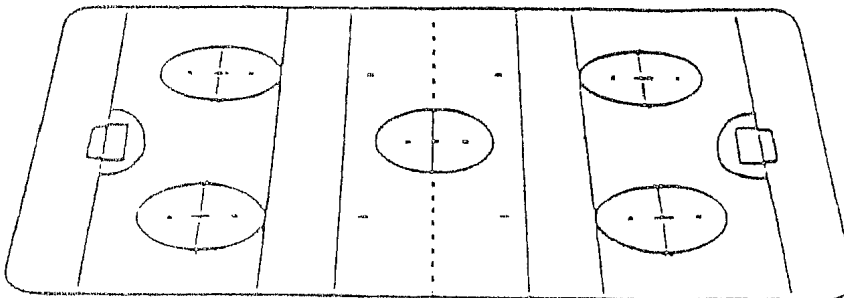
Description: _____ Duration: _____



Description: _____ Duration: _____

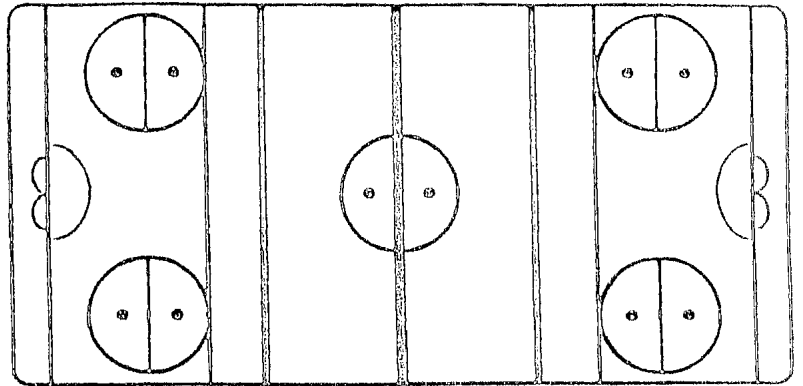
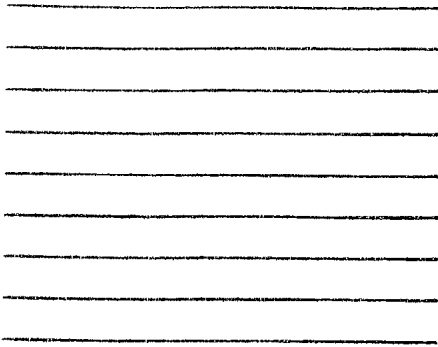


Description: _____ Duration: _____

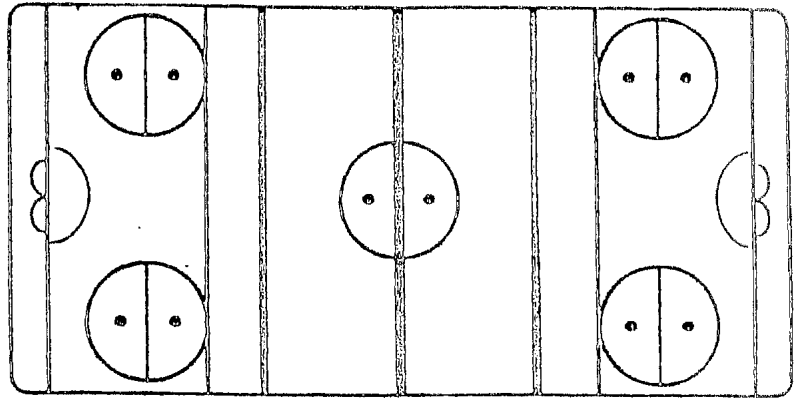
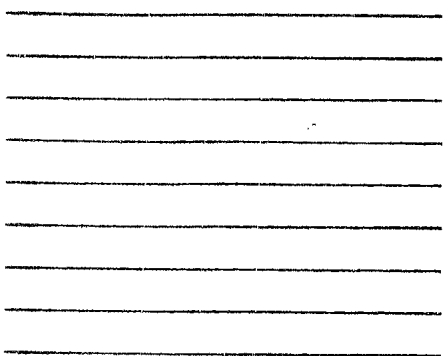


DRILLS

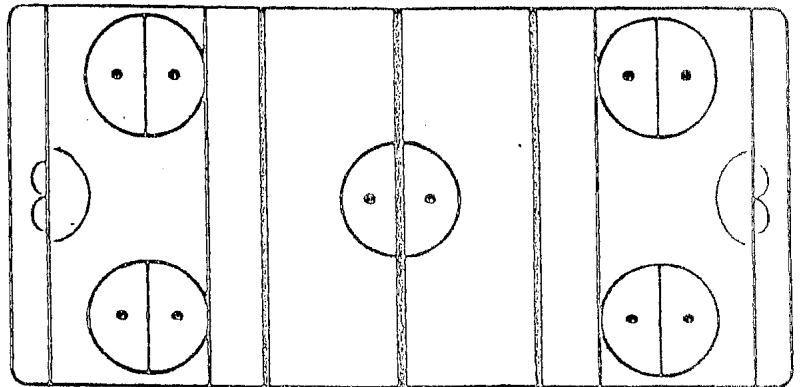
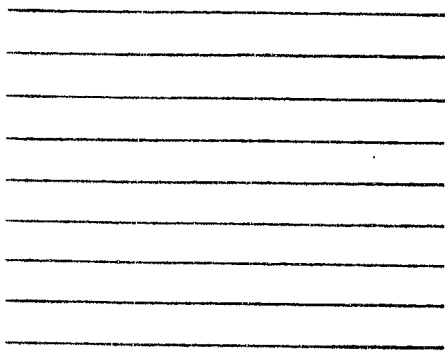
1.



2.



3.



4.

