



# DRILL WORKSHEET

DATE: \_\_\_\_\_ PRACTICE NUMBER: \_\_\_\_\_  
 LOCATION: \_\_\_\_\_ TIME: \_\_\_\_\_  
 FOCUS/THEME: \_\_\_\_\_

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

COMMENTS/NOTES:

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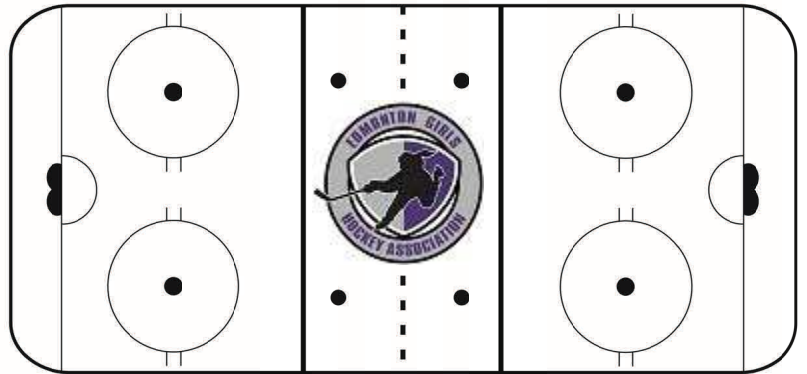


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DRILL NAME:

TIME:

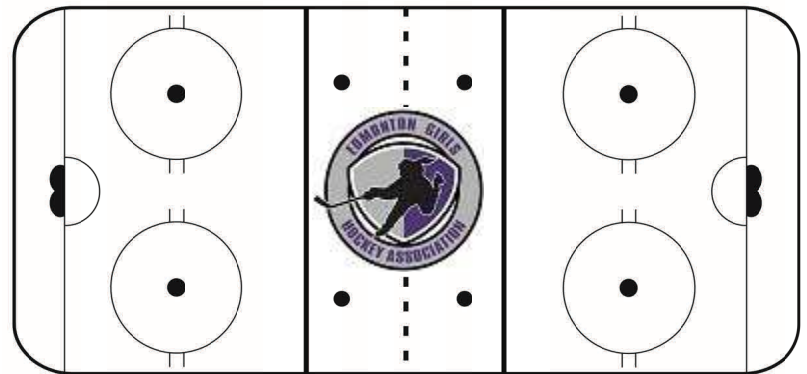
KEY TEACHING POINTS:



DRILL NAME:

TIME:

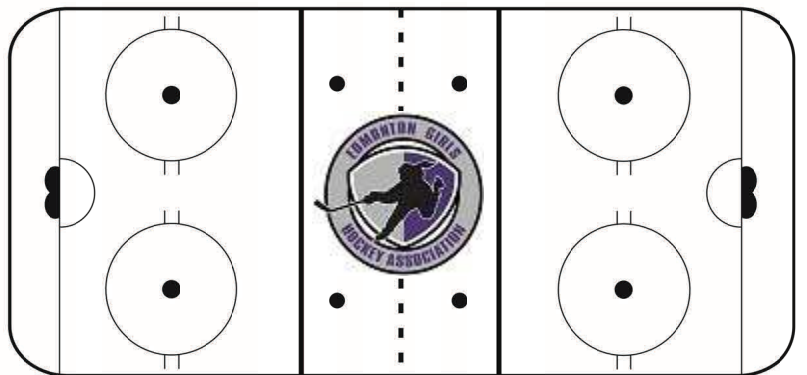
KEY TEACHING POINTS:



DRILL NAME:

TIME:

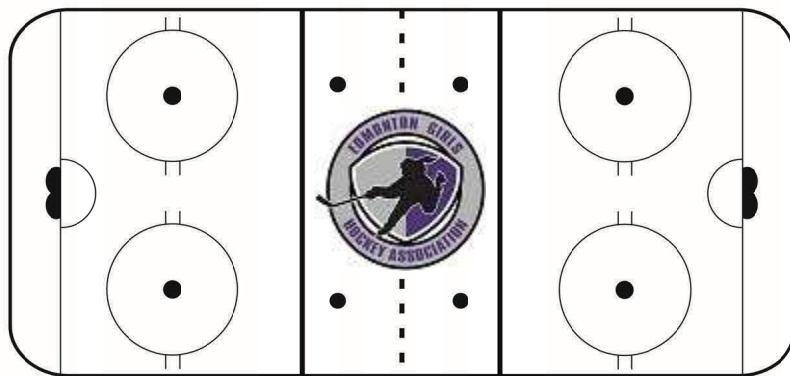
KEY TEACHING POINTS:



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TIME:

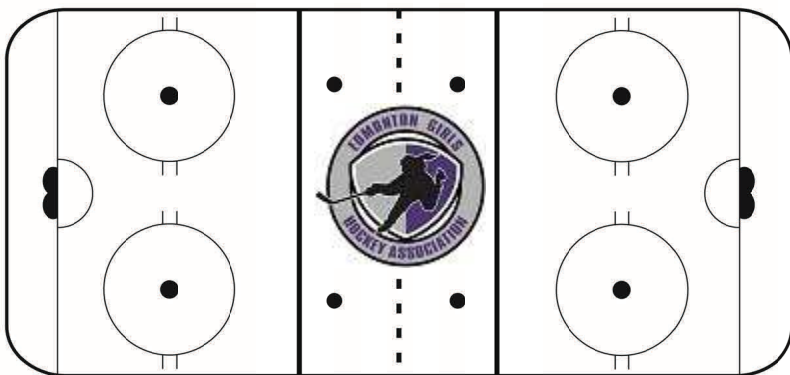
KEY TEACHING POINTS:



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TIME:

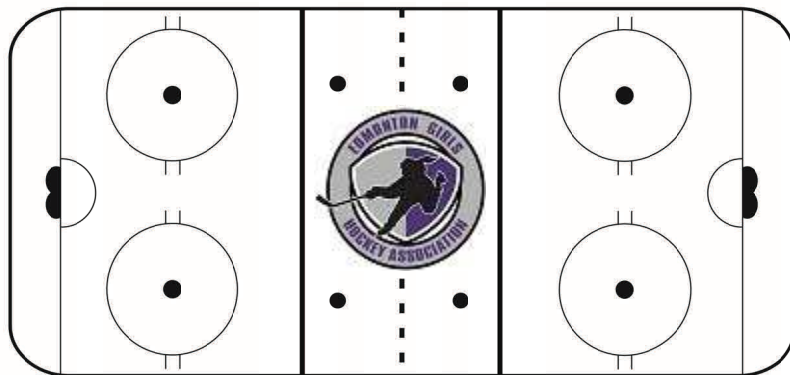
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