Coaches attending: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ # athletes [x skaters] [x goalies]

Equipment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ [period & competition phase]

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| Practice Objectives: non-goalies | Practice Objectives: goalies |

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| **Practice Part/Timing** | **Description/Teaching Points** | **Diagram/Location** |
| Introduction  7:00-7:05 | Objectives of the practice/reminders/ questions for athletes | Dressing room before practice |

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| **Practice Part/Timing** | **Description/Teaching Points** | **Diagram** |
| Warm-up  7:30-7:35  [drill title] | Drill description   * Key teaching points * Key execution points   Goalie information  [switch out full ice and half ice diagrams as needed] |  |

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| **Practice Part/Timing** | **Description/Teaching Points** | **Diagram** |
| Warm-up  7:35-7:40  [drill title] | Drill description   * Key teaching points * Key execution points * Goalie information |  |

**DON’T FORGET TO ADD HYDRATION BREAKS/STRETCHING**

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| **Practice Part/Timing** | **Description/Teaching Points** | **Diagram** |
| Main Part  7:40-7:55  [drill title] | Drill description   * Key teaching points * Key execution points * Goalie information | A picture containing diagram  Description automatically generated |

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| **Practice Part/Timing** | **Description/Teaching Points** | **Diagram** |
| Main Part  7:55-8:10  [drill title] | Drill description   * Key teaching points * Key execution points * Goalie information | A picture containing diagram  Description automatically generated |

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| **Practice Part/Timing** | **Description/Teaching Points** | **Diagram** |
| Cool-Down  8:25-8:30  [drill title] | Drill description   * Key teaching points * Key execution points * Goalie information | A picture containing diagram  Description automatically generated |

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| **Practice Part/Timing** | **Description/Teaching Points** | **Diagram/Location** |
| Conclusion  8:30-8:35 | Recap of practice/notice of upcoming events | Dressing room after practice |