



# 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:

---



---

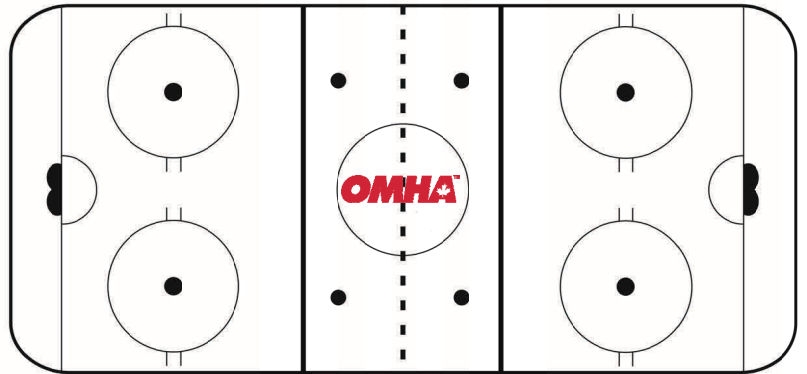


---

DRILL NAME:

TIME:

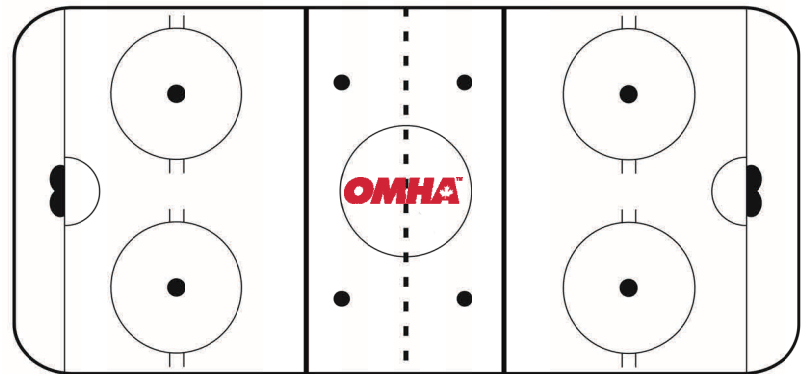
KEY TEACHING POINTS:



DRILL NAME:

TIME:

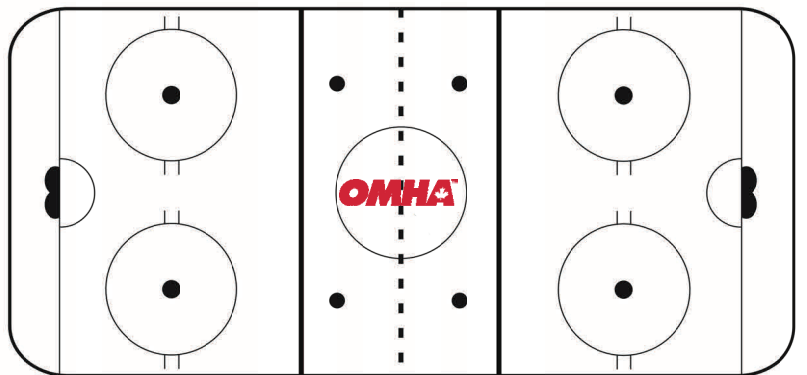
KEY TEACHING POINTS:



DRILL NAME:

TIME:

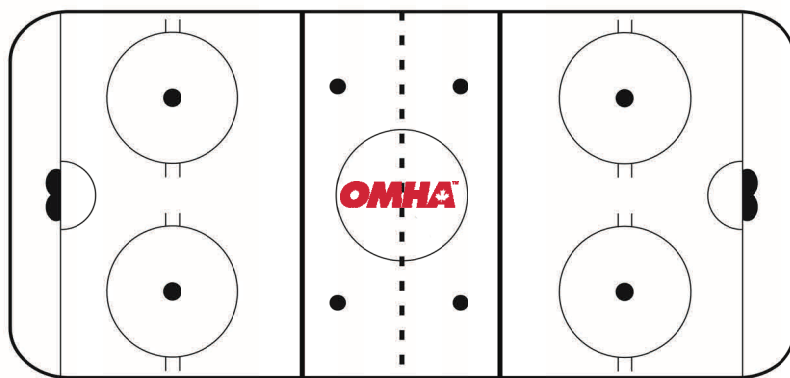
KEY TEACHING POINTS:



DRILL NAME:

TIME:

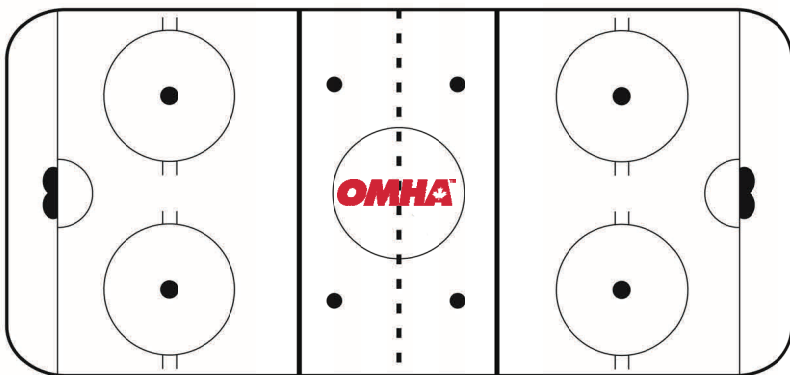
KEY TEACHING POINTS:



DRILL NAME:

TIME:

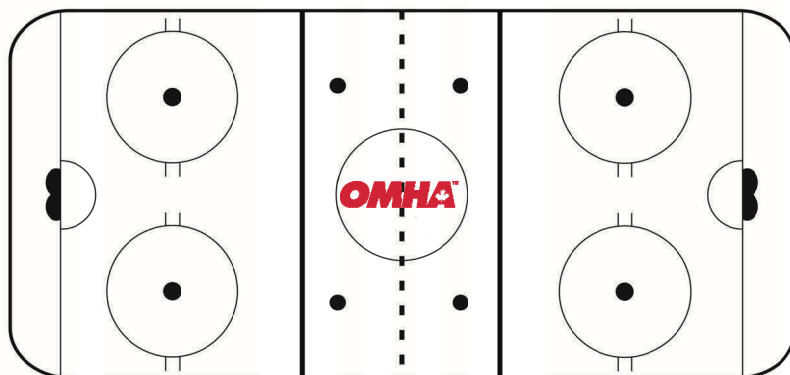
KEY TEACHING POINTS:



DRILL NAME:

TIME:

KEY TEACHING POINTS:



DRILL NAME:

TIME:

KEY TEACHING POINTS:

