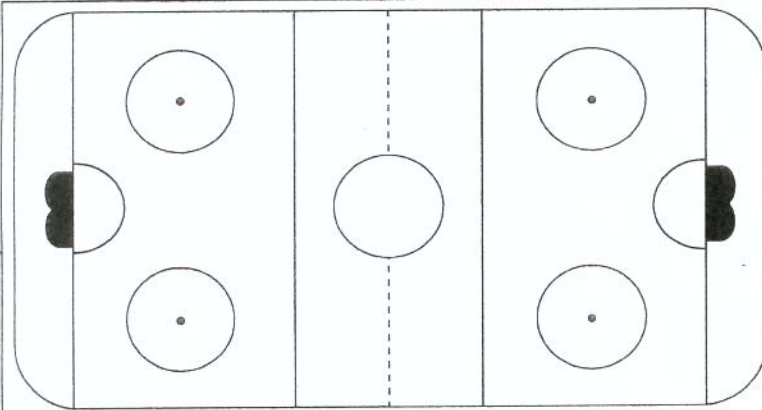




DRILL SHEET

- LEGEND:**
© - Coach
F - Forwards
D - Defense
G - Goalie
---> Passing
~> Stickhandling
||||| Cross-overs
-> Forward Skating
~> Backward Skating
|| Stopping
=> Shooting

Date: _____ Team: _____ Practice Time: _____

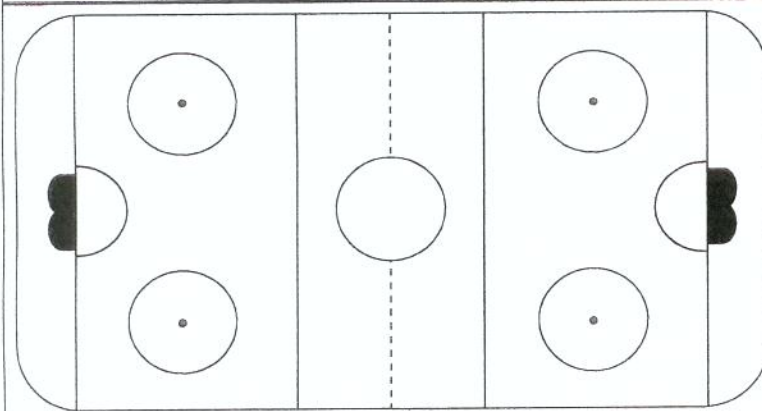


Drill Name _____

Description _____

Key points _____

Duration (min): _____ Running time (min) _____

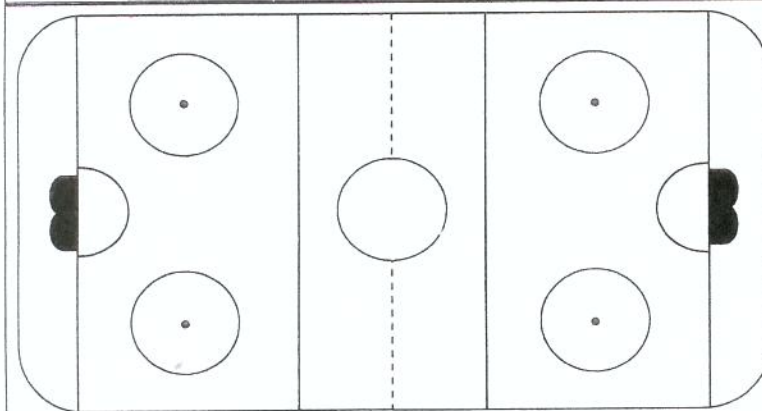


Drill Name _____

Description _____

Key points _____

Duration (min): _____ Running time (min) _____

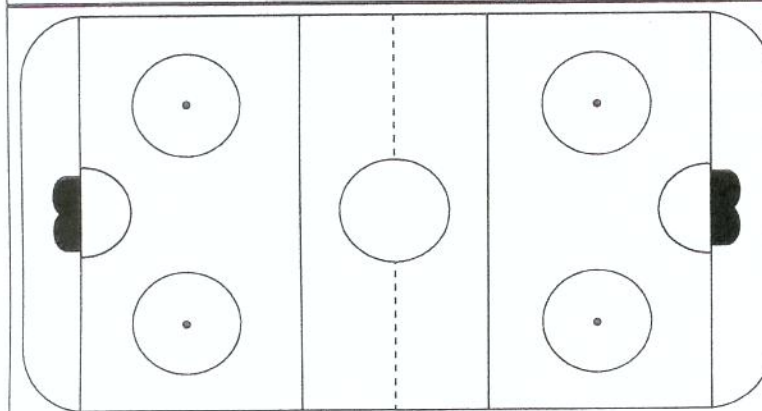


Drill Name _____

Description _____

Key points _____

Duration (min): _____ Running time (min) _____



Drill Name _____

Description _____

Key points _____

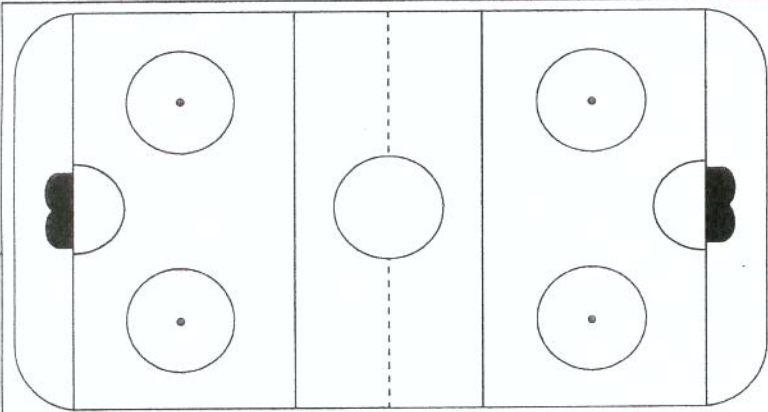
Duration (min): _____ Running time (min) _____



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Date: _____ Team: _____ Practice Time: _____

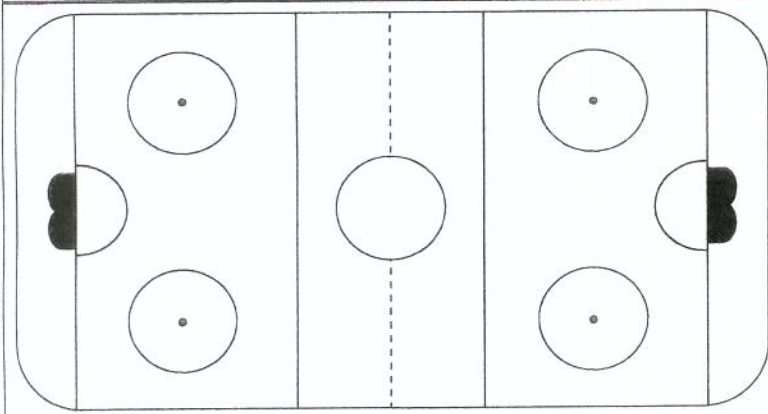


Drill Name _____

Description _____

Key points _____

Duration (min): _____ Running time (min) _____

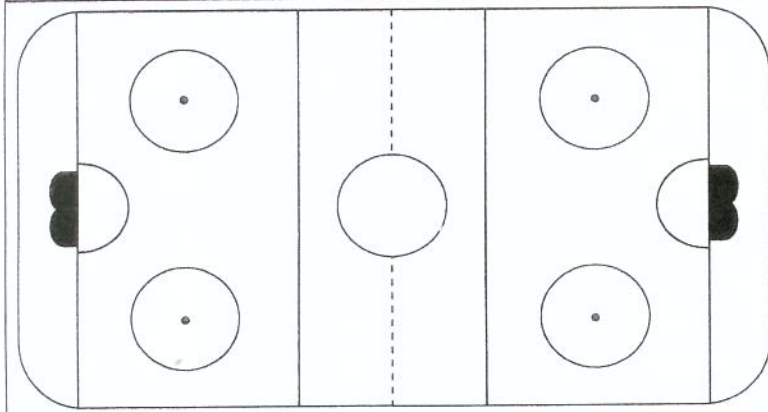


Drill Name _____

Description _____

Key points _____

Duration (min): _____ Running time (min) _____

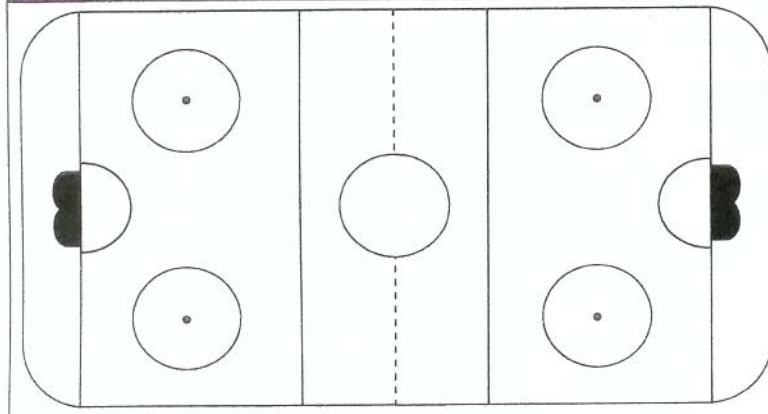


Drill Name _____

Description _____

Key points _____

Duration (min): _____ Running time (min) _____



Drill Name _____

Description _____

Key points _____

Duration (min): _____ Running time (min) _____