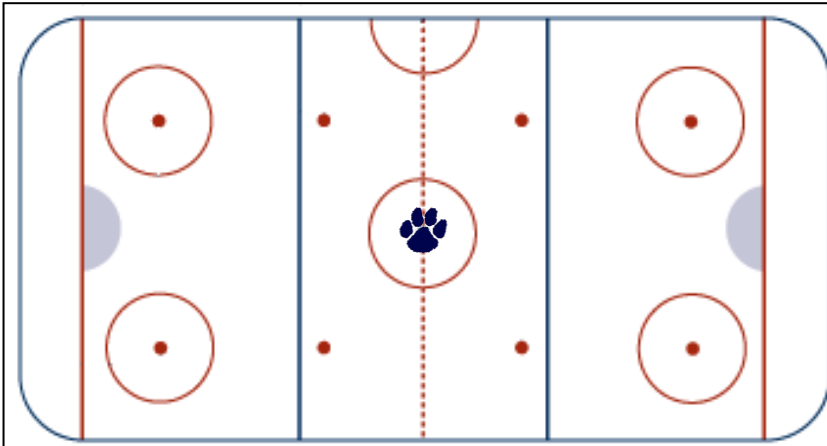


Team: _____

LEGEND:

- Ⓢ - Coach
- F - Forwards
- D - Defense
- G - Goalie
- > Passing
- Stickhandling
- ||||| Cross-overs
- Forward Skating
- ↔ Backward Skating
- || Stopping
- ⇒ Shooting

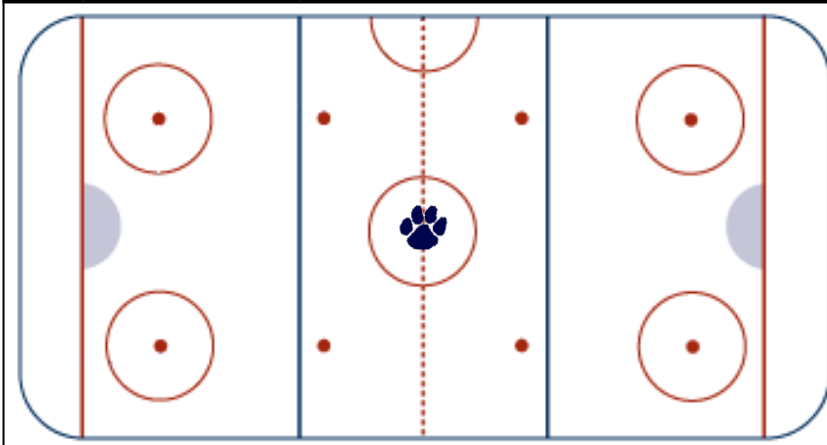


Drill name: _____

Description: _____

Key Points: _____

Duration: _____ Running time: _____

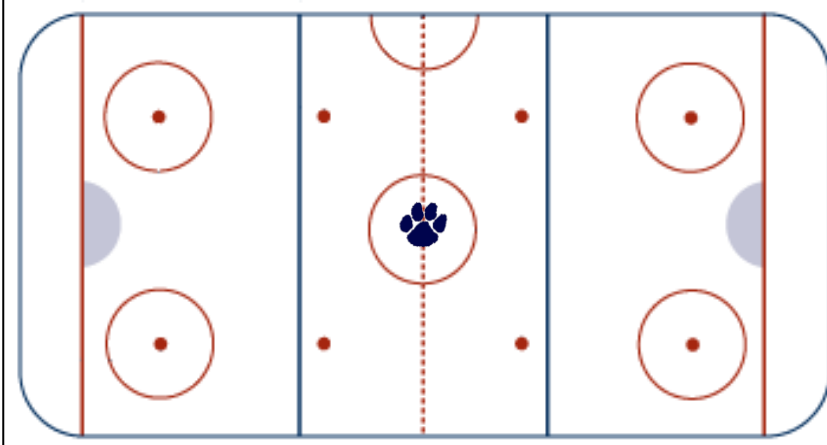


Drill name: _____

Description: _____

Key Points: _____

Duration: _____ Running time: _____

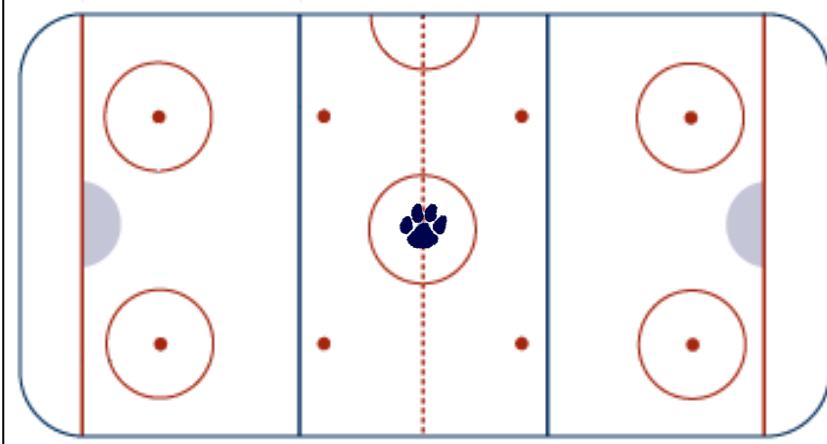


Drill name: _____

Description: _____

Key Points: _____

Duration: _____ Running time: _____



Drill name: _____

Description: _____

Key Points: _____

Duration: _____ Running time: _____

Team: _____

Date: _____

Practice time: _____

LEGEND:

© - Coach

F - Forwards

D - Defense

G - Goalie

---> Passing

---> Stickhandling

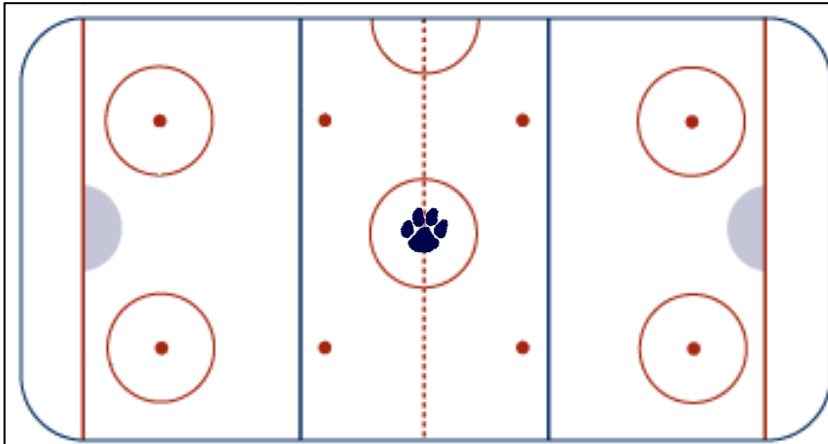
||||| Cross-overs

---> Forward Skating

---> Backward Skating

---|| Stopping

---> Shooting

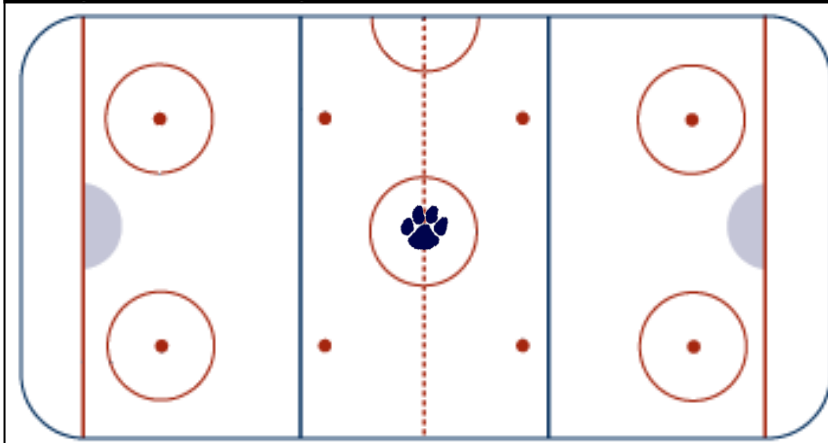


Drill name: _____

Description: _____

Key Points: _____

Duration: _____ Running time: _____

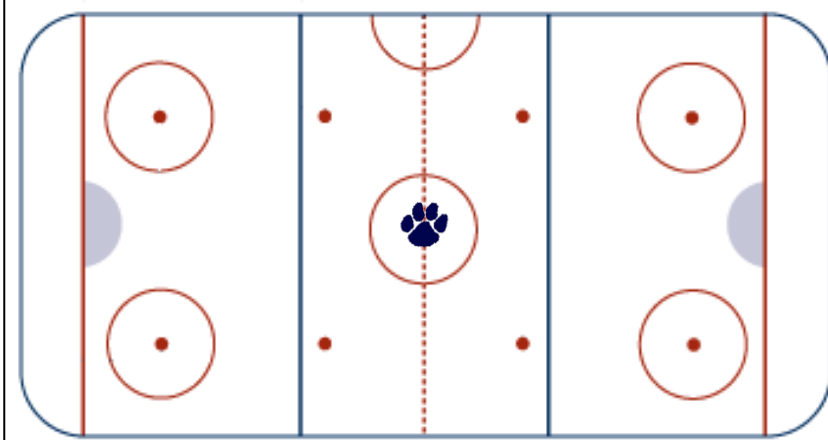


Drill name: _____

Description: _____

Key Points: _____

Duration: _____ Running time: _____

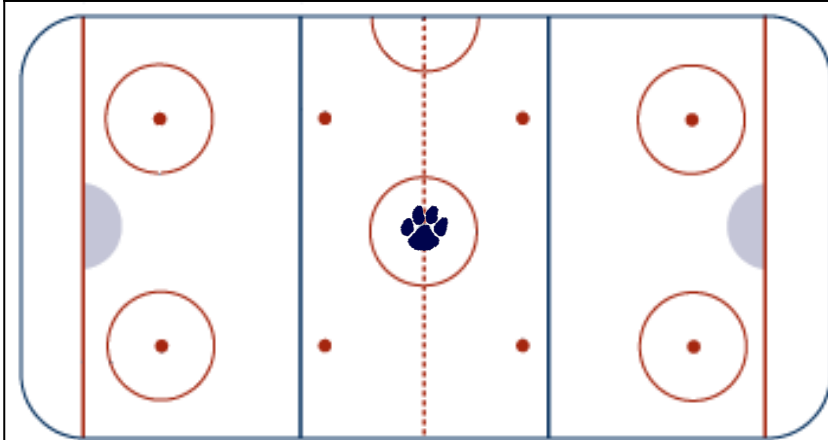


Drill name: _____

Description: _____

Key Points: _____

Duration: _____ Running time: _____



Drill name: _____

Description: _____

Key Points: _____

Duration: _____ Running time: _____