



# OMHA DEVELOPMENT

## COACHING PROGRAM

<b>LEGEND</b>	⊙ Coach	→ Puck Carrying	
	○ Forwards	→ Shooting	
	△ Defenders	- - - Pass	
	G Goalie	↘ Drop Pass	
	—  — Stop	↘ Backward Skate	
	X Pylon	Lateral Movement	
	⊙ Pucks	— — Defensive Pressure	

Practice No. \_\_\_\_\_ Date: \_\_\_\_\_ Theme: \_\_\_\_\_ Duration: \_\_\_\_\_ (mins.)

Time: \_\_\_\_\_ Drill Name: \_\_\_\_\_

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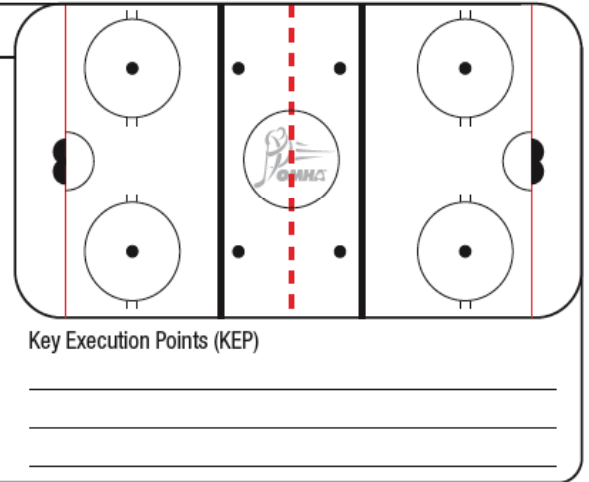
Key Teaching Points (KTP)

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Time: \_\_\_\_\_ Drill Name: \_\_\_\_\_

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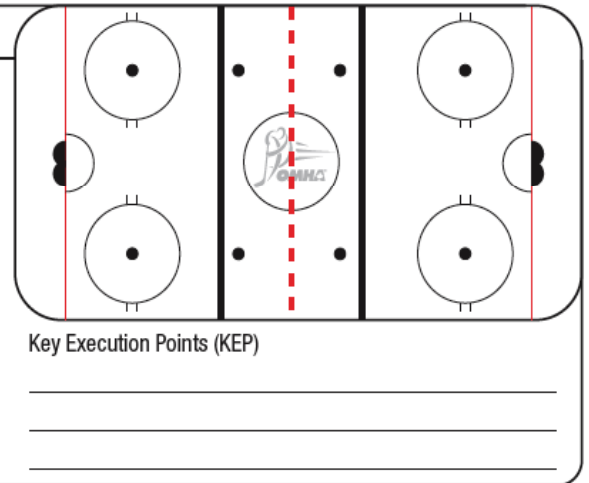
Key Teaching Points (KTP)

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Time: \_\_\_\_\_ Drill Name: \_\_\_\_\_

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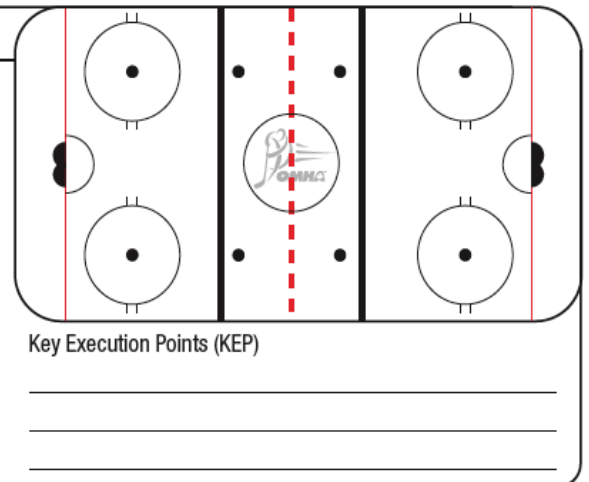
Key Teaching Points (KTP)

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For additional pads, please contact the OMHA



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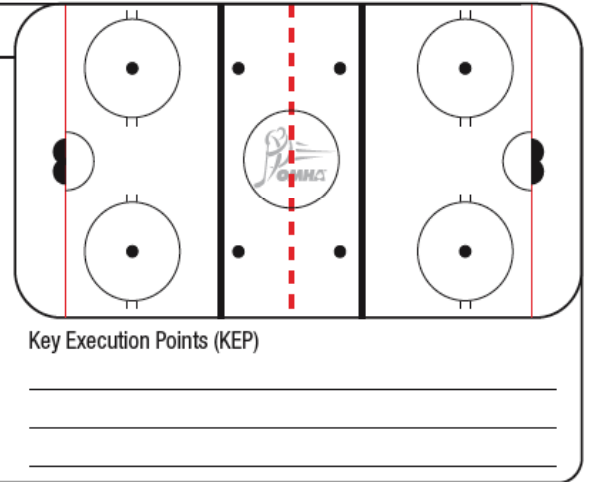
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Time: \_\_\_\_\_ Drill Name: \_\_\_\_\_

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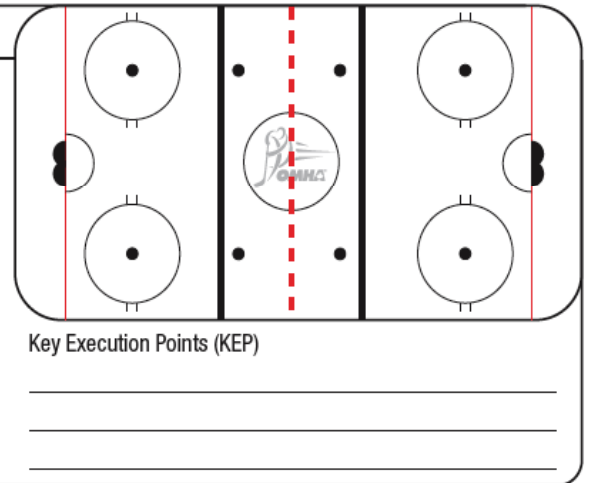
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Time: \_\_\_\_\_ Drill Name: \_\_\_\_\_

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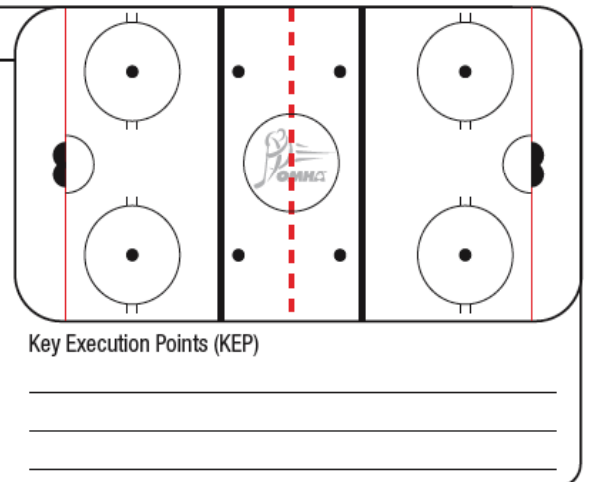
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