

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 _____

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Drill Name _____

Description _____

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Key points _____

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