

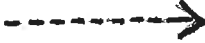










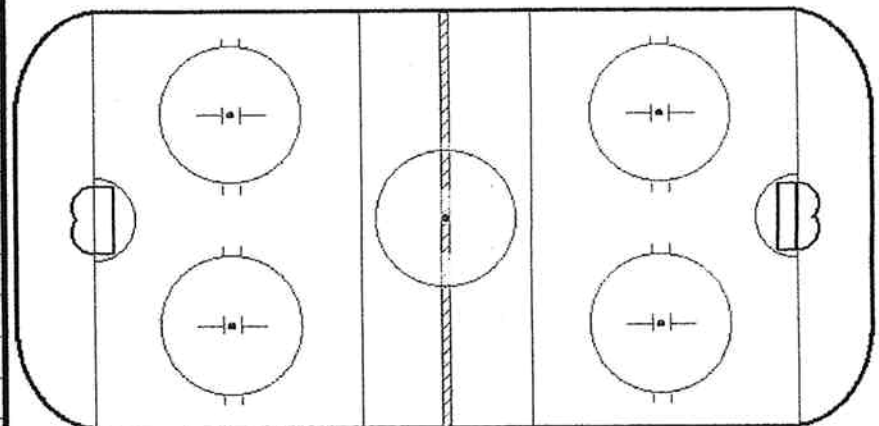
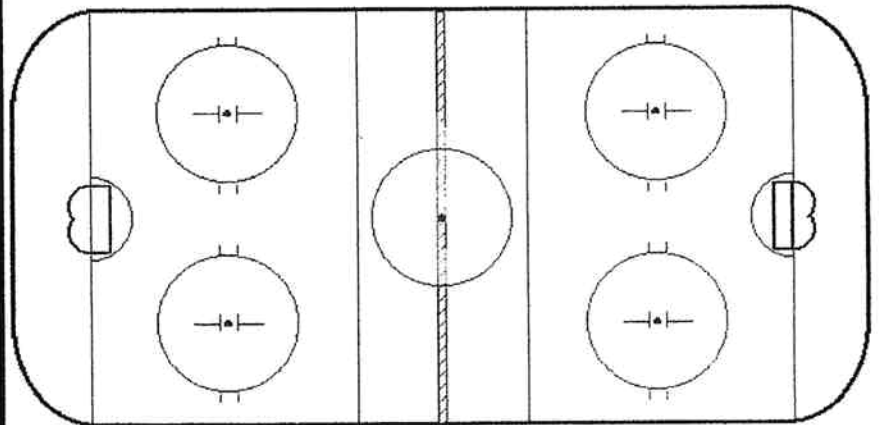
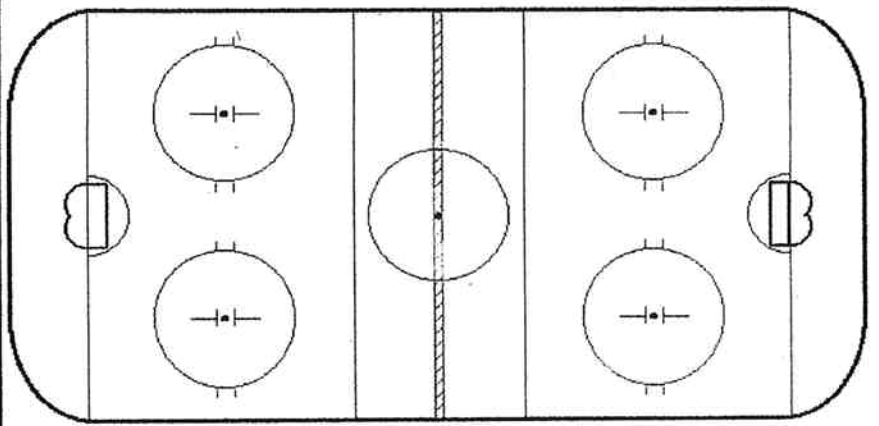
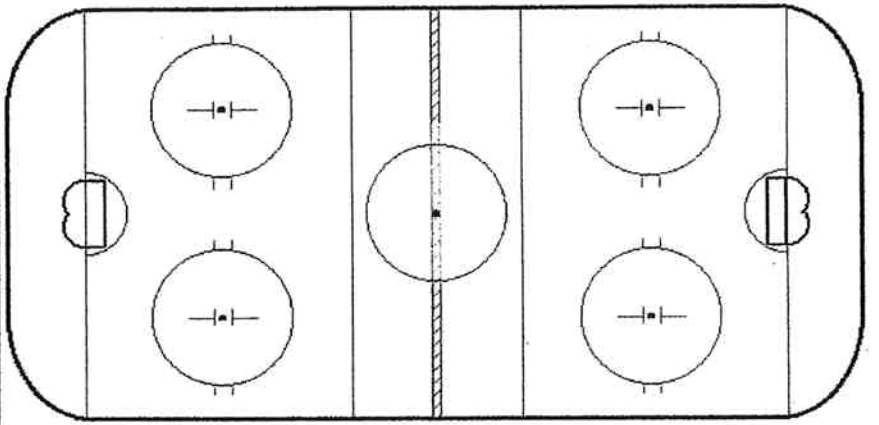
PRACTICE PLAN LEGEND

© or Coach	Coach		Forward Skating
X or X	Player		Forward Skating with Puck
D or D	Defenseman		Passing
F or F	Forward		Backward Skating
W or W	Wing		Backward Skating with Puck
LW or LW	Left Wing		Edge Control
RW or RW	Right Wing		Jumping
BC or BC	Backchecker		Shooting
△	Cones	/	Stopping, One Foot
•	Pucks	//	Stopping, Two Feet
	Cariokes		Gliding, One Foot
○	TRANSITION		Gliding, Two Feet

Practice Plan

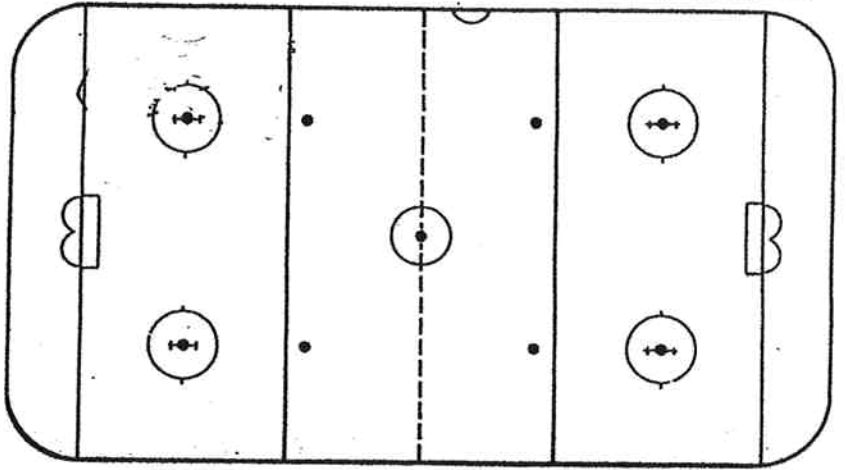
DATE: _____ TIME: _____ PLACE: _____

Blank handwriting practice lines on the left side of the page.

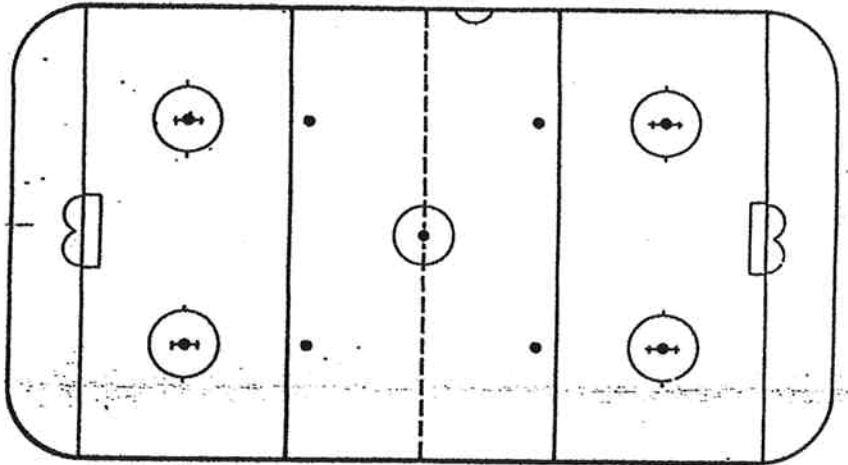


Drill Form

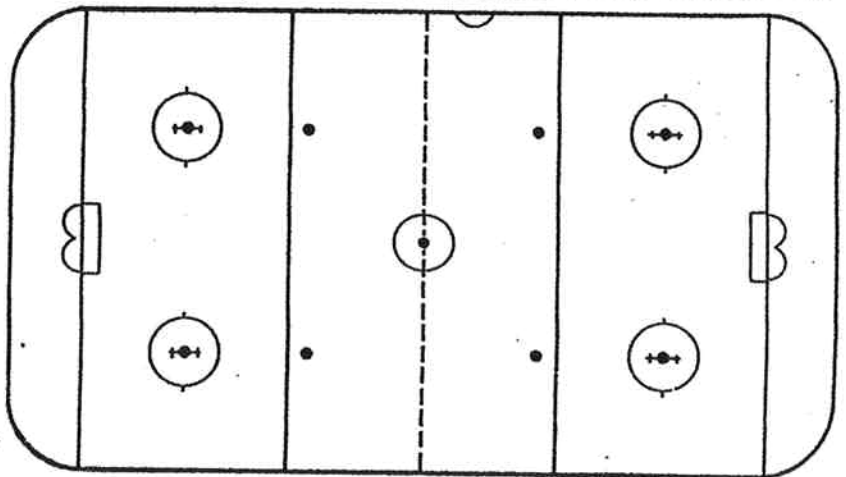
Drill Name _____



Drill Name _____

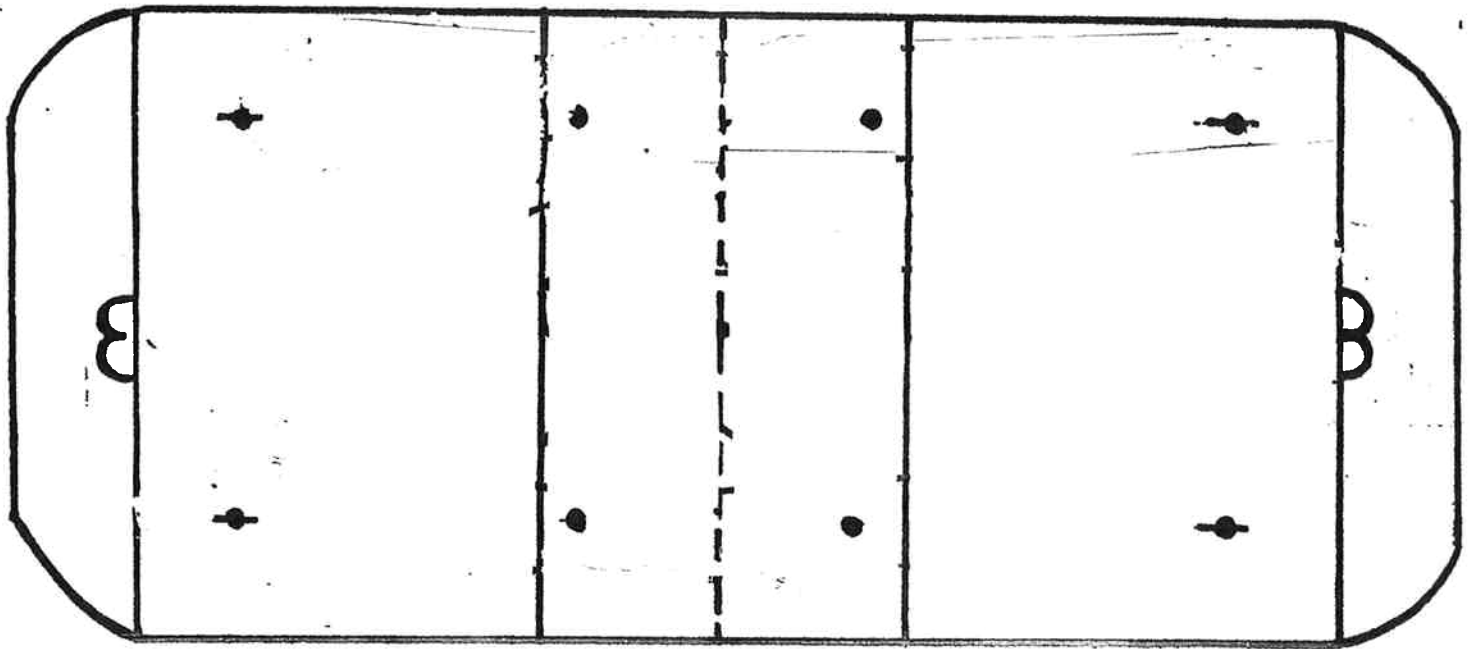


Drill Name _____

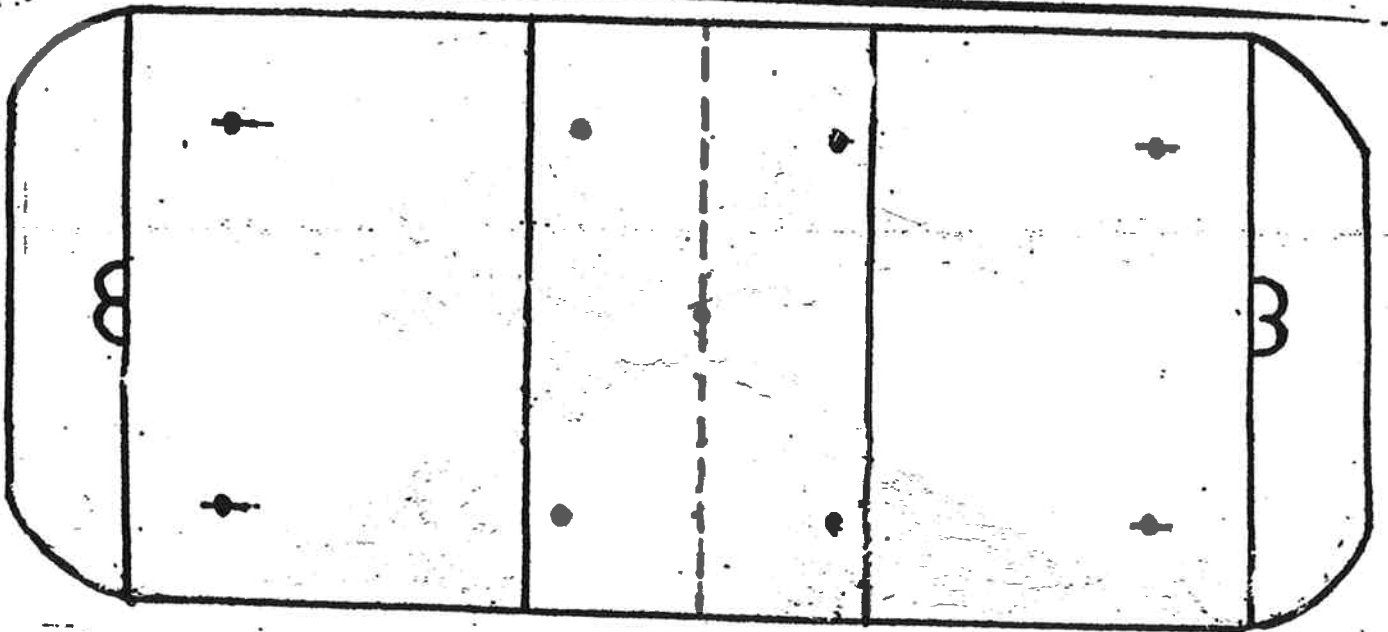
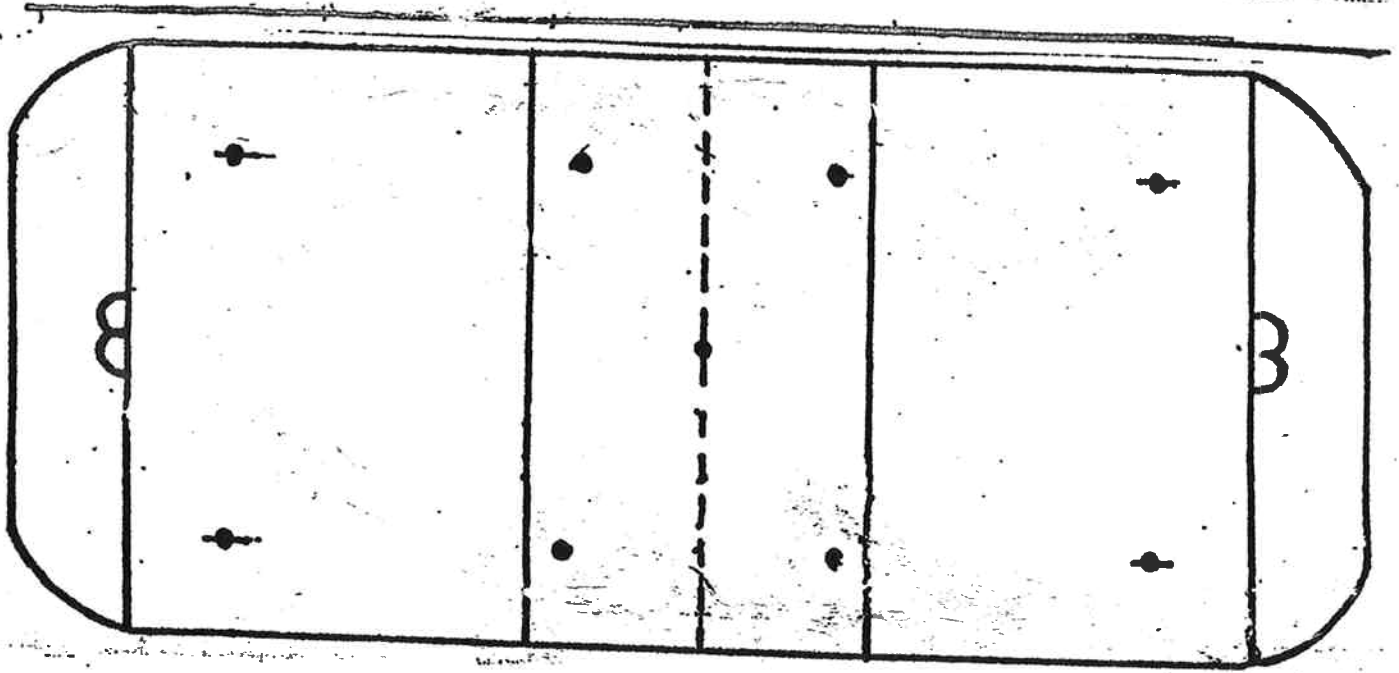


Name of Drill:

Description:

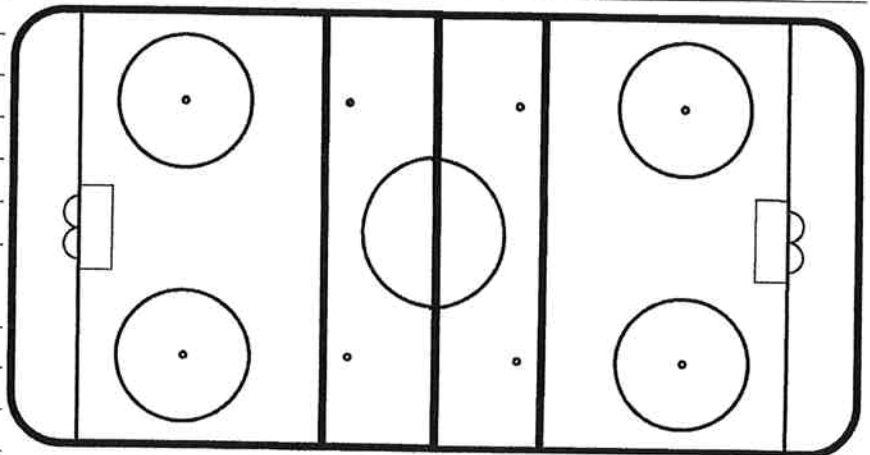


Comments:



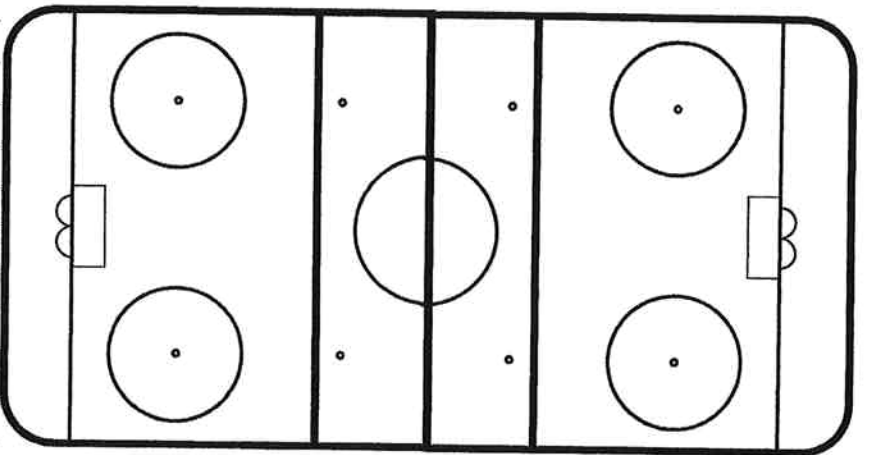
System/Drill _____

Description _____



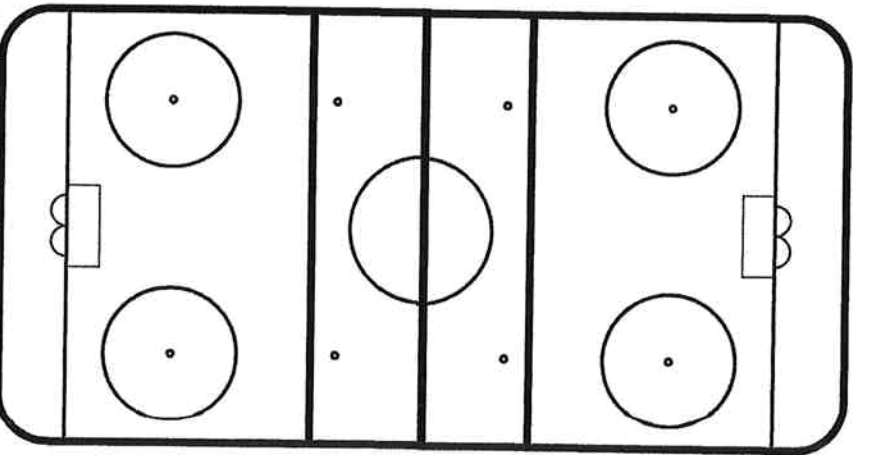
Notes/Comments _____

Description _____



Notes/Comments _____

Description _____



Notes/Comments _____