



West Madison Polar Caps

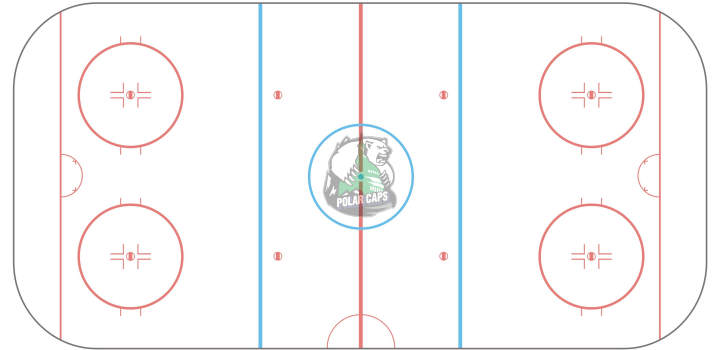
Youth Hockey Practice Plan

Skate	Tire
Pass	Cone
Stop	Skater / Defense
Carry Puck	Offense
Backward	Goalie
Lateral Skate	Coach
Shooting	

Coach: _____ Team: _____

Date: _____ Focus: _____ Start: _____ Duration: _____ min

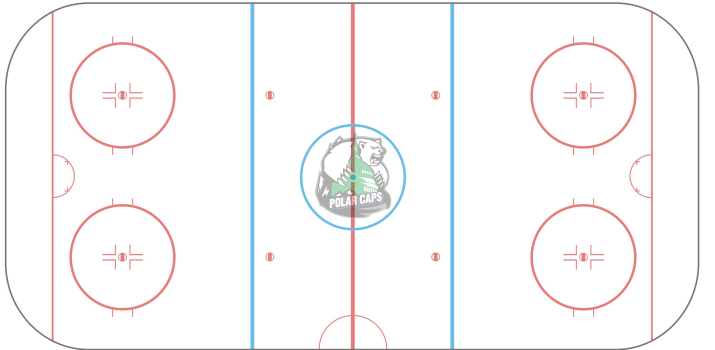
Drill:	Skill:	Time:
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Coaching Keys

Equipment

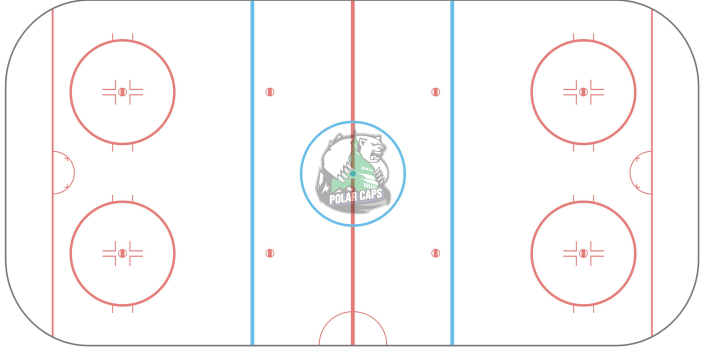
Drill:	Skill:	Time:
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Coaching Keys

Equipment

Drill:	Skill:	Time:
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Coaching Keys

Equipment
