



West Madison Polar Caps

Youth Hockey Practice Plan

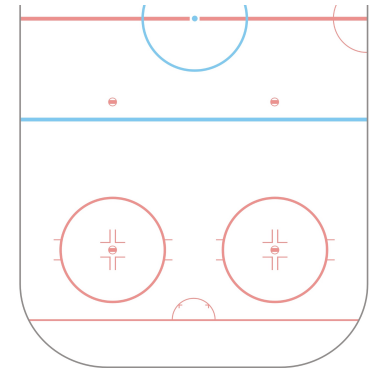
Skate	Tire
Pass	Cone
Stop	Skater / Defense
Carry Puck	Offense
Backward	Goalie
Lateral Skate	Coach
Shooting	

1/2 Sheet

Coach: _____ Team: _____

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

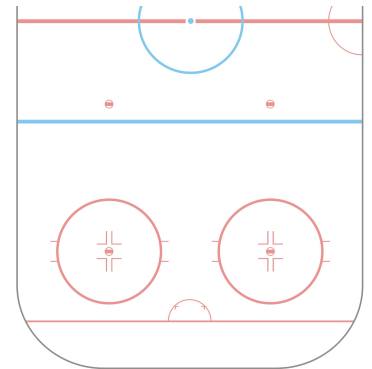
Drill: _____ Skill: _____ Time: _____



Coaching Keys

Equipment

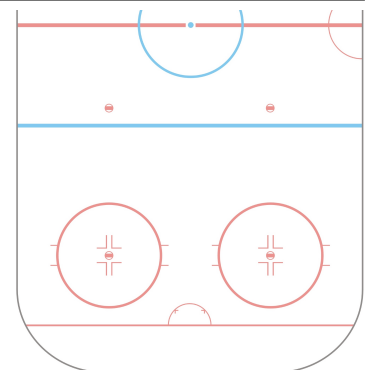
Drill: _____ Skill: _____ Time: _____



Coaching Keys

Equipment

Drill: _____ Skill: _____ Time: _____



Coaching Keys

Equipment