

## **DRILL SHEET**

LEGEND: © - Coach

- - → Passing Stickhandling Shooting

——|| Stopping

F - Forwards D - Defense IIIIIII Cr

111111111	Cross-overs
	Forward Skating
VVV►	Backward Skating

Date:	Team:	Practice Time: _	G - Goalie
	- Hockey SQUICE		Prill Name
			orill Name Description
	* Hockey SUMISE		rey points uration (min): Running time (min)
	• Hockey STUMES		Pescription  Tey points  Tey points  The properties (min)
	- Hackey SOURCE		rill Name Description  Ey points  uration (min): Running time (min)