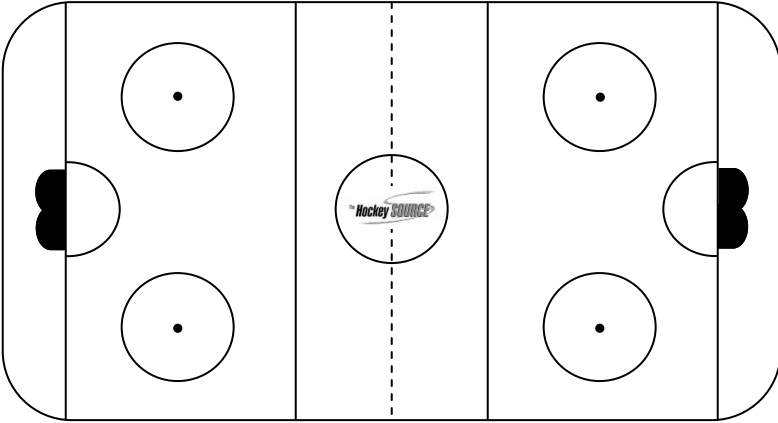


DRILL SHEET

- LEGEND:**
- Ⓢ - Coach
 - F - Forwards
 - D - Defense
 - G - Goalie
 - > Passing
 - ~> Stickhandling
 - ||||| Cross-overs
 - Forward Skating
 - ~> Backward Skating
 - || Stopping
 - ⇒ Shooting

Date: _____ Team: _____ Practice Time: _____

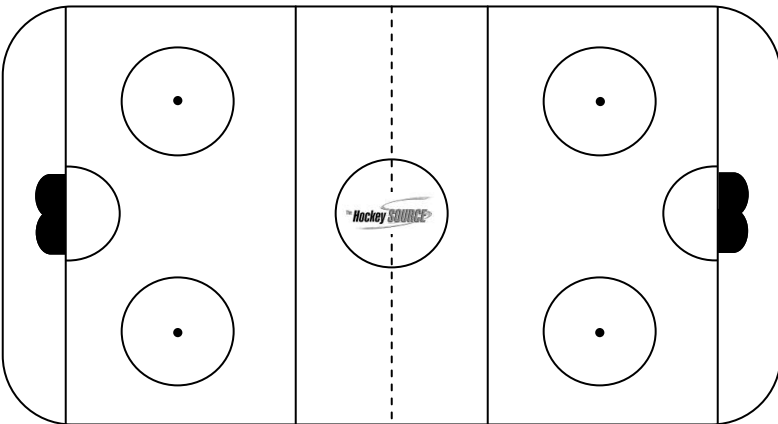


Drill Name _____

Description _____

Key points _____

Duration (min): _____ Running time (min) _____

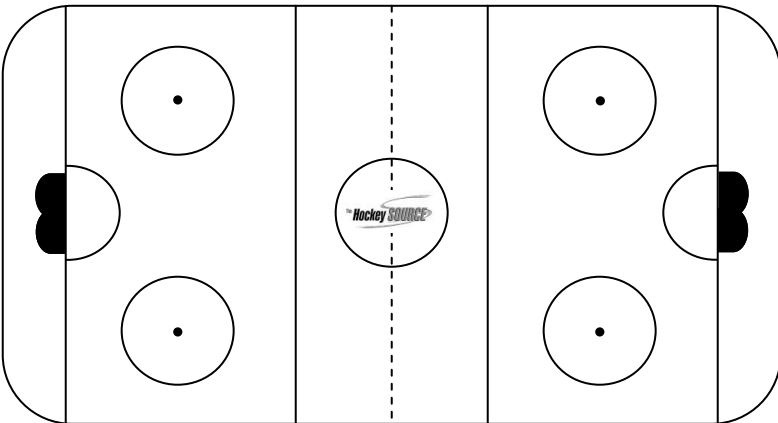


Drill Name _____

Description _____

Key points _____

Duration (min): _____ Running time (min) _____

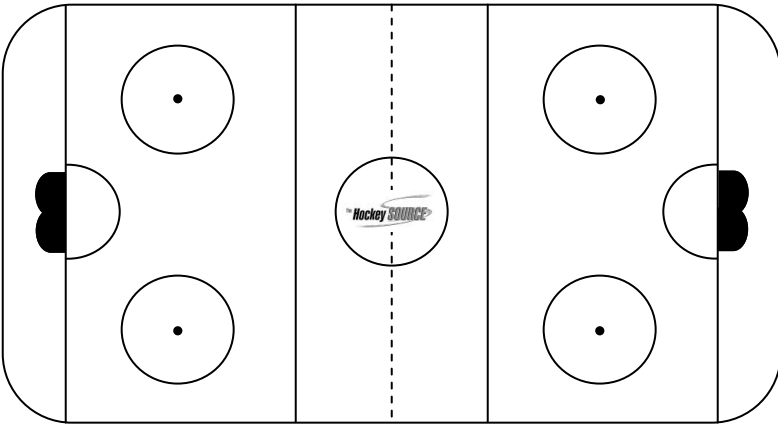


Drill Name _____

Description _____

Key points _____

Duration (min): _____ Running time (min) _____



Drill Name _____

Description _____

Key points _____

Duration (min): _____ Running time (min) _____