



LEGEND

⊙	Coach	→	Puck Carrying
○ ●	Forwards	⇒	Shooting
△ ▲	Defenders	- - - →	Pass
⊙	Goalie	↘+	Drop Pass
—	Stop	↔	Backward Skate
X	Pylon		Lateral Movement
❖	Pucks	—	Defensive Pressure

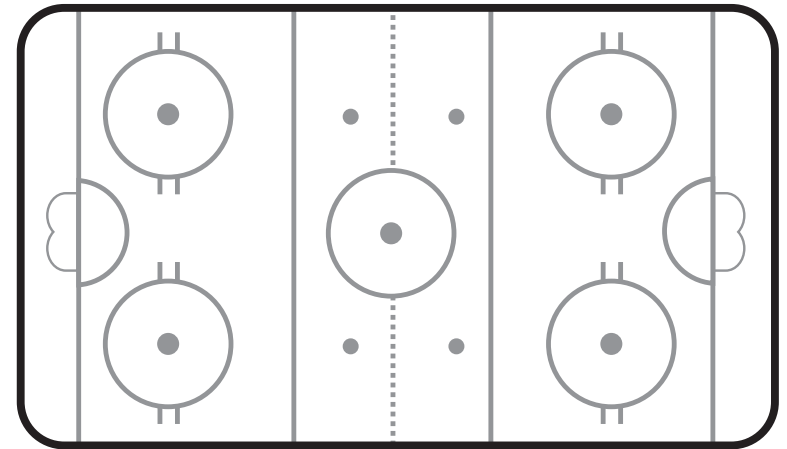
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SKILL: _____ **DURATION:** _____ (mins.)

DRILL NAME:

STEP:

Teaching Points



Execution Points
