



HOCKEY CANADA



Practice Plan Template

TEAM: _____

PRACTICE OBJECTIVES: _____

TEAM RECORD: W _____ L _____ T _____

DATE: _____ TIME: _____

LINE UP / FORMATION

FORWARDS	DEFENSE	GOALIES
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

LEGEND		COACH		PUCK CARRYING
		FORWARDS		SHOOTING
		DEFENDERS		PASS
		GOALTENDERS		DROP PASS
		STOP		BACKWARD SKATE
		PYLON		LATERAL MOVEMENT
	PUCKS		DEFENSIVE PRESSURE	

DRILL: ENERGIZER	COACH: _____	TIME: 5 MINUTES
GOALIE PURPOSE: _____		WORK/REST RATIO: 1 / 0
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

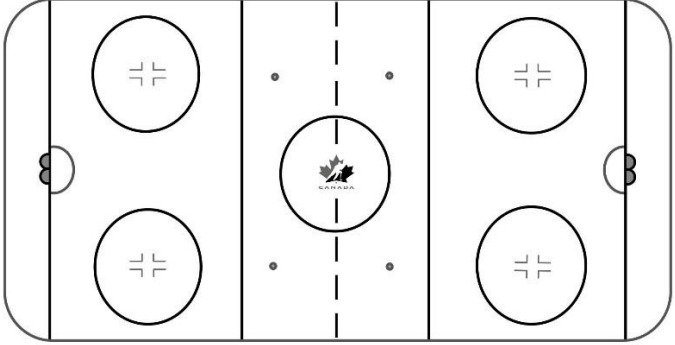
DRILL: _____	COACH: _____	TIME: _____
GOALIE PURPOSE: _____		WORK/REST RATIO: _____
DESCRIPTION:		
KEY TEACHING & EXECUTION POINTS:		

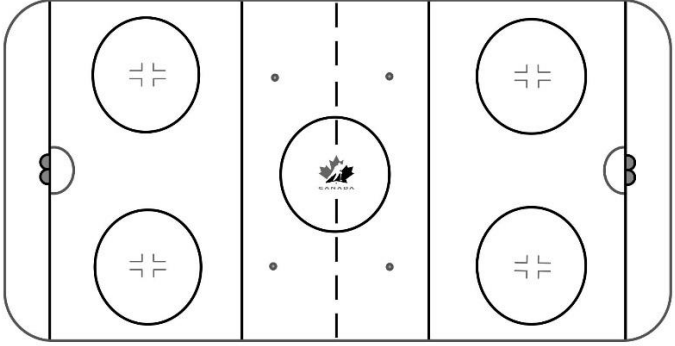


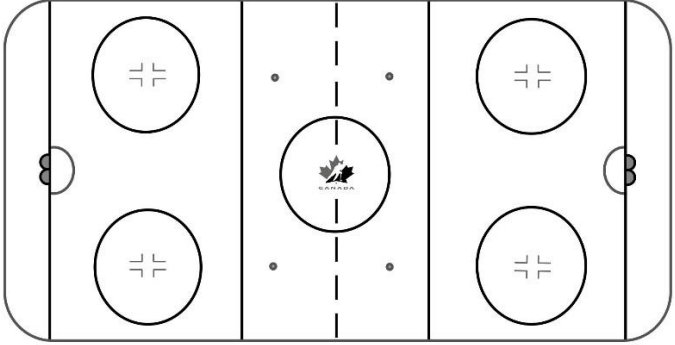
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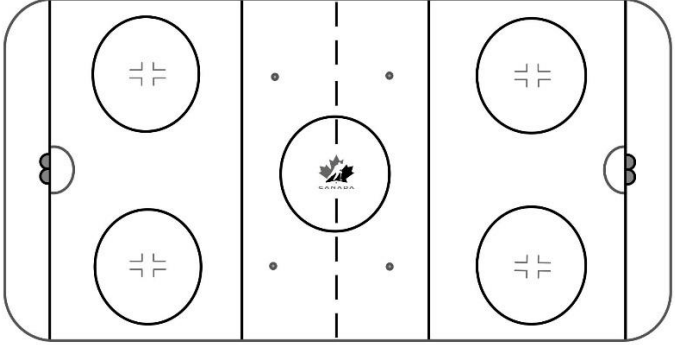
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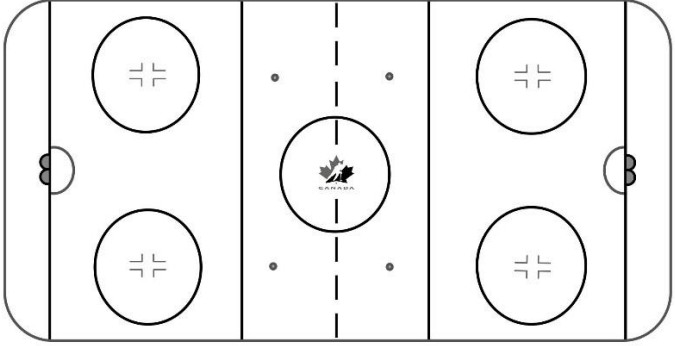


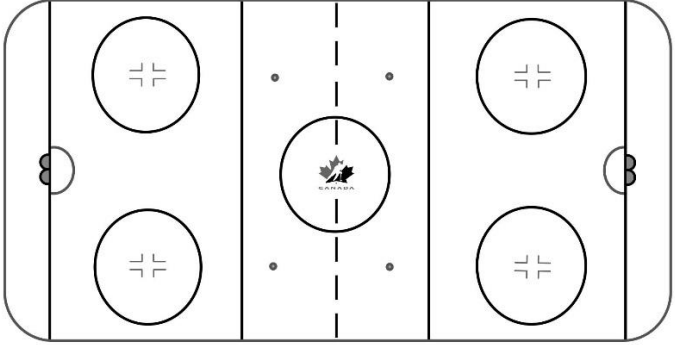
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