



DEVELOPMENT

COACHING PROGRAM

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

Practice No. _____ Date: _____ Theme: _____ Duration: _____ (mins.)

Time:	Drill Name:	
Key Teaching Points (KTP)		Key Execution Points (KEP)

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