



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)		

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