



HOCKEY CANADA



Practice Plan Template

TEAM: _____

PRACTICE OBJECTIVES: _____

TEAM RECORD: W _____ L _____ T _____

DATE: _____ TIME: _____

LINE UP / FORMATION

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

LEGEND	
Ⓢ	COACH
○ ●	FORWARDS
△ ▲	DEFENDERS
Ⓜ	GOALTENDERS
	STOP
X	PYLON
Ⓚ	PUCKS
→	PUCK CARRYING
⇒	SHOOTING
⋯→	PASS
↘	DROP PASS
↔	BACKWARD SKATE
	LATERAL MOVEMENT
⌋	DEFENSIVE PRESSURE

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

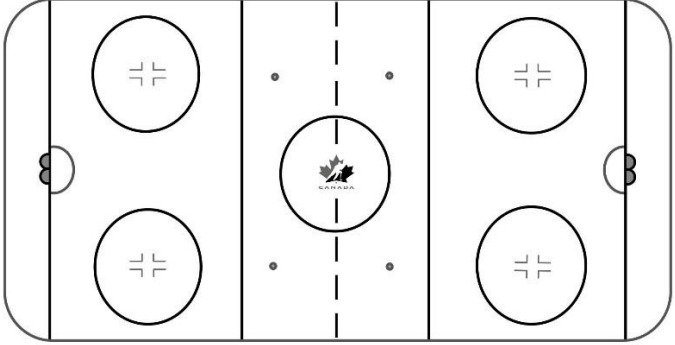
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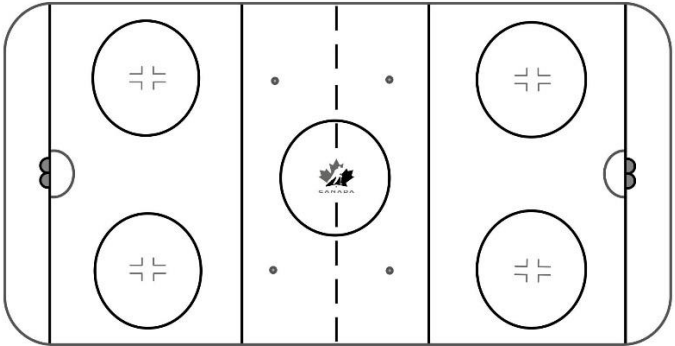


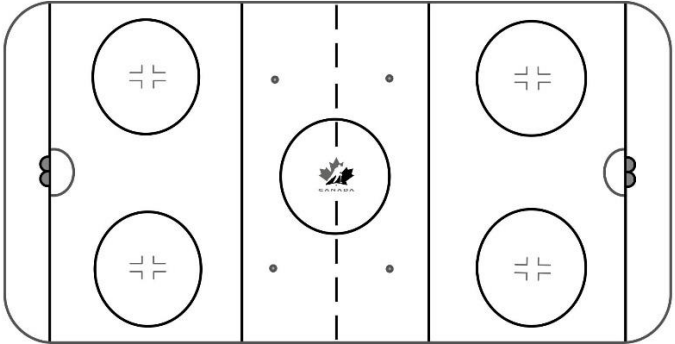
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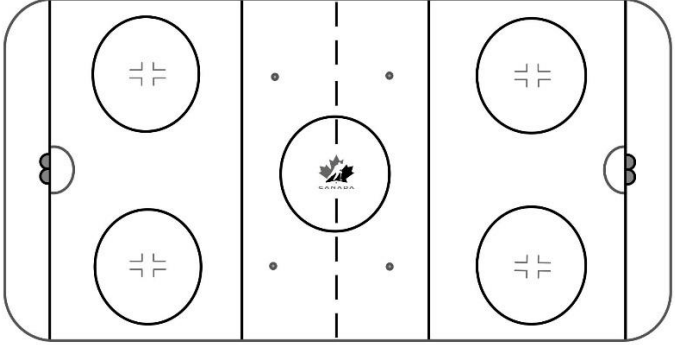
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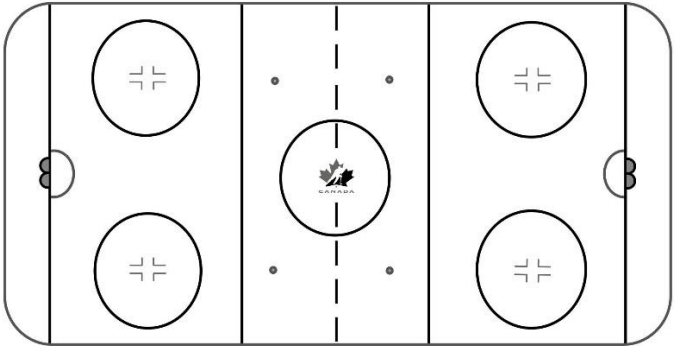


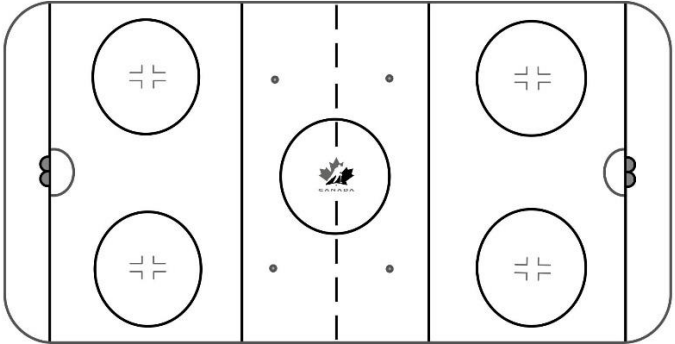
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