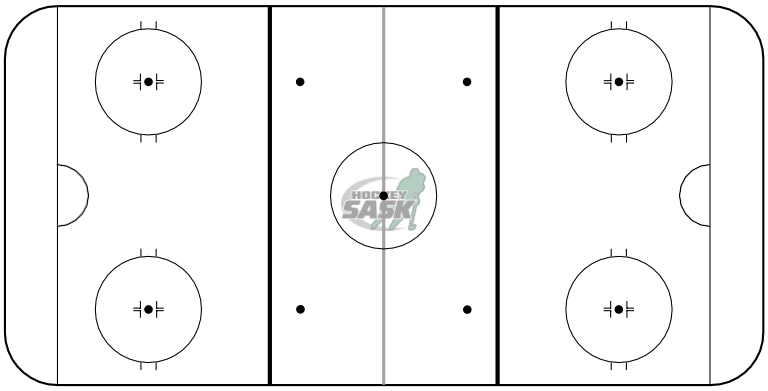
Hockey Saskatchewan
#2 - 575 Park Street
Regina, SK S4N 5B2
T: (306) 789-5101
www.hockeysask.ca

LEGEND

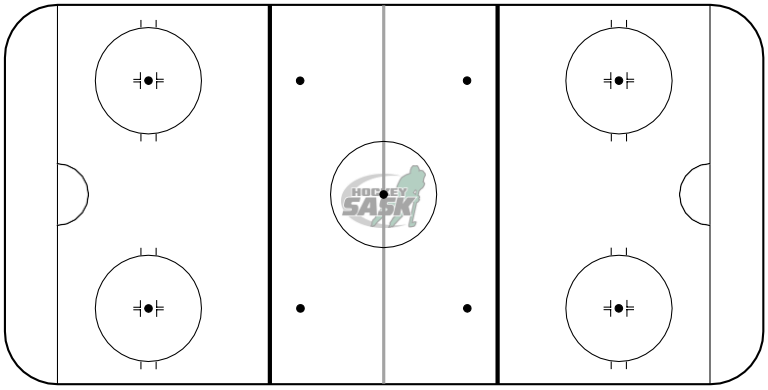
©	Coach		Puck Carrying
●○	Forwards		Shooting
▲△	Defenders	- - - →	Pass
G	Goalie	•|	Drop Pass
—||	Stop		Backward Skate
	Pylon	|||||||	Lateral Movement
	Pucks	—|	Defensive Pressure

Drill Name:_____Duration:_____



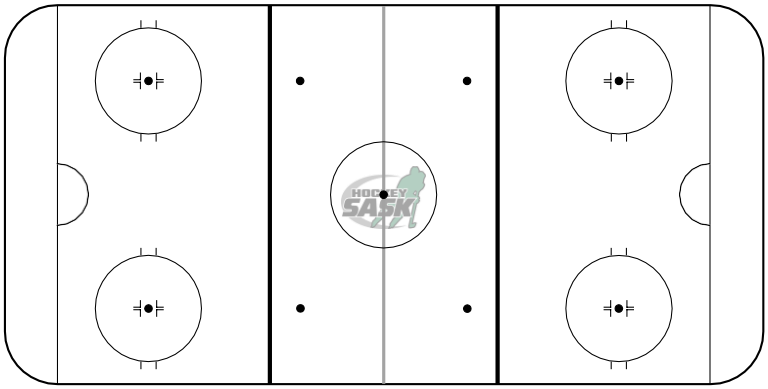
Key Teaching Points

Drill Name:_____Duration:_____



Key Teaching Points

Drill Name:_____Duration:_____



Key Teaching Points