Hockey Alberta

No. 1, 7875 - 48th Avenue, Red Deer, Alberta T4P 2K1
Phone: (403) 342-6777 Fax: (403) 346-4277
Website: www.hockeyalberta.ca

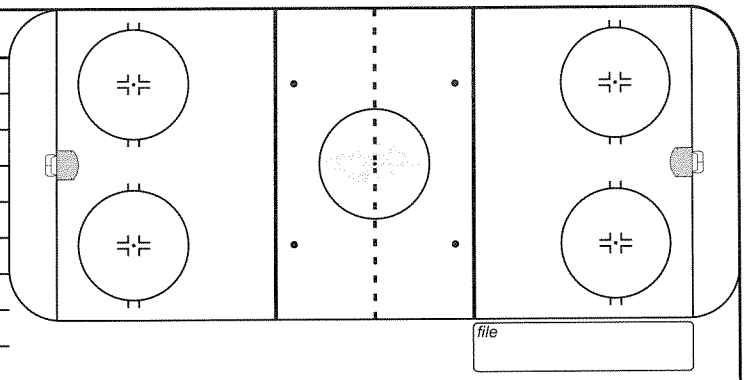
LEGEND

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

CANADA

Date: _____ **Duration:** _____ **(minutes)**

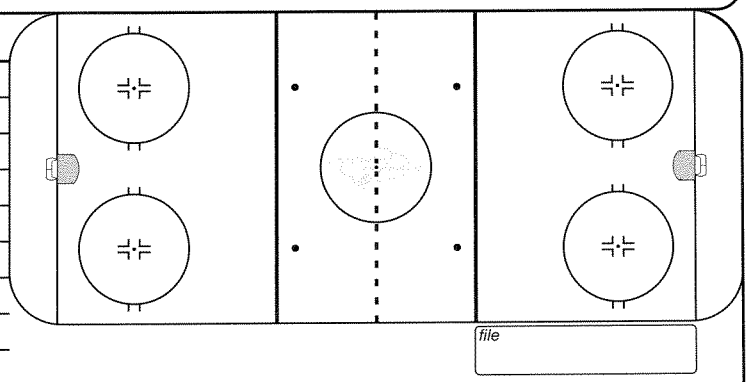
Time: Drill Name:



Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: Drill Name:



Key Teaching Points (KTP)

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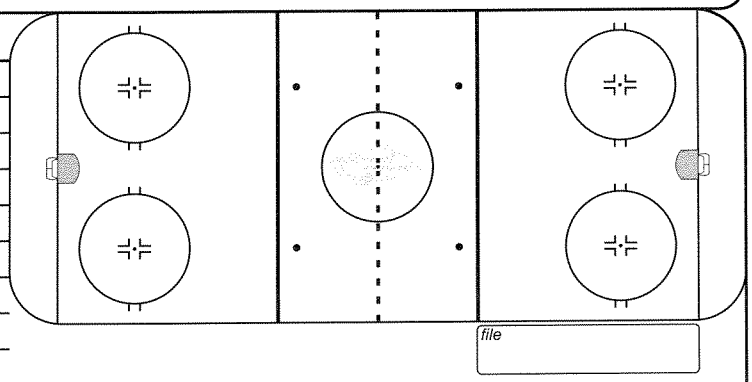
Time: Drill Name:



Key Teaching Points (KTP)

Key Execution Points (KEP)

ALBERTA SPORT, RECREATION PARKS & WILDLIFE FOUNDATION
Enhancing Alberta's Communities

CCM

Source for sports.