



West Madison Polar Caps

Youth Hockey Practice Plan

Skate	Tire
Pass	Cone
Stop	Skater / Defense
Carry Puck	Offense
Backward	Goalie
Lateral Skate	Coach
Shooting	

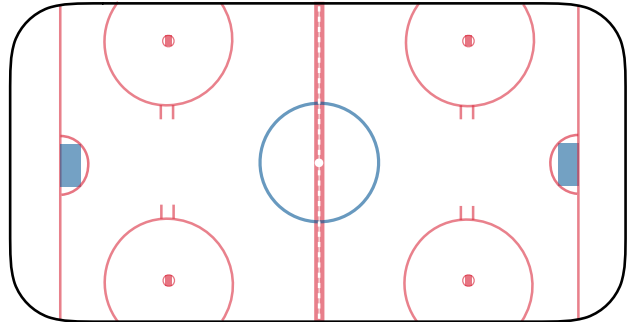
Studio

Coach: _____ Team: _____

Date: _____ Focus: _____ Start: _____ Duration: _____ min

Drill: _____ Skill: _____ Time: _____

Description

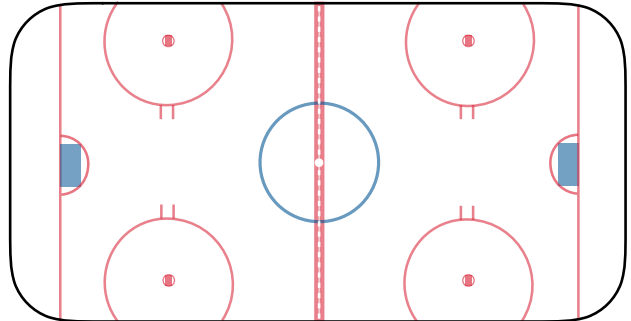


Coaching Keys

Equipment

Drill: _____ Skill: _____

Description

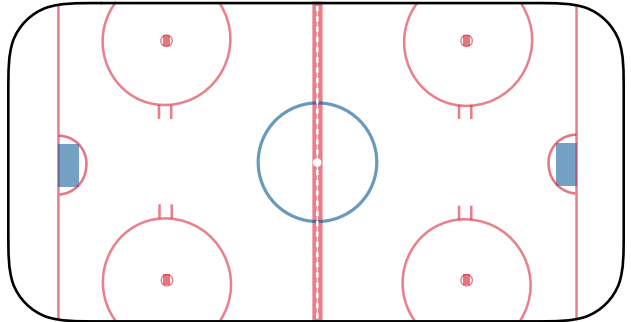


Coaching Keys

Equipment

Drill: _____ Skill: _____

Description



Coaching Keys

Equipment