ONTARIO WOMEN'S HOCKEY ASSOCIATION

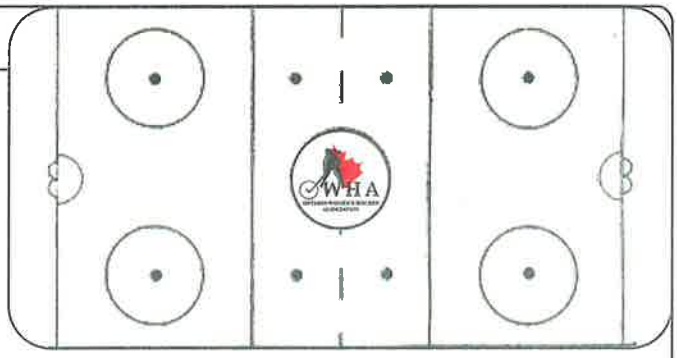
INTEGRITY & HONESTY
GOOD CITIZENSHIP
EXCELLENCE
FAIR PLAY
EQUITY
FUN

LEGEND

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

Date_____ **Practice Number**_____

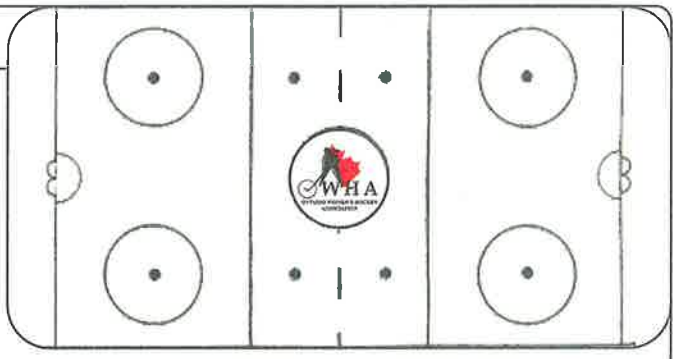
Time: | Drill Name:



Key Teaching Points (KTP)

Key Execution Points (KEP)

Time: | Drill Name:



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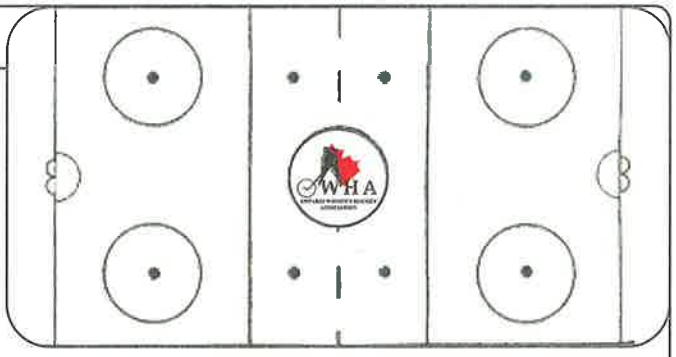

Key Teaching Points (KTP)

Key Execution Points (KEP)