

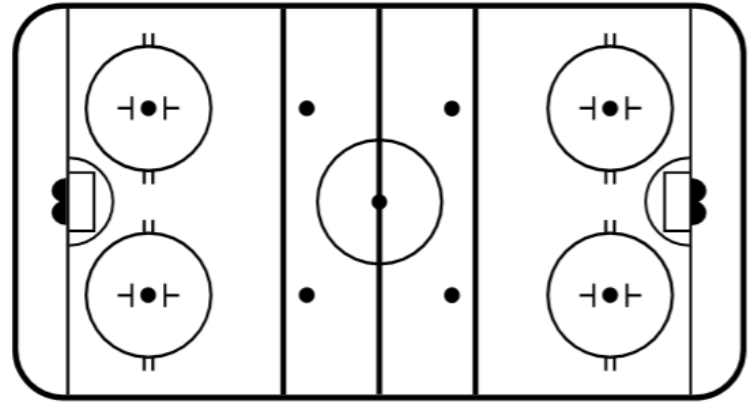
# PRACTICE PLAN

www.braggcreekbears.ca/coachescorner



LEGEND			
Ⓢ	Coach	→	Puck Carrying
○ ●	Forwards	⇒	Shooting
△ ▲	Defenders	---	Pass
G	Goalie	↘	Drop Pass
—	Stop	↶	Backward Skate
X	Pylon		Lateral Movement
⊗	Pucks	—	Defensive Pressure

TIME	DRILL



KEY TECHNICAL POINTS

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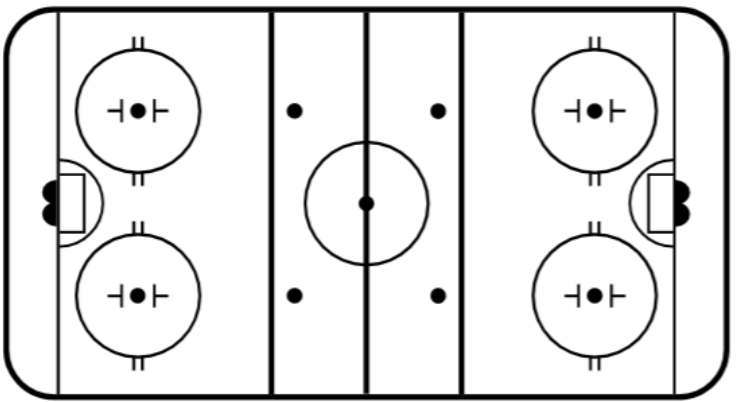
KEY EXECUTION POINTS

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TIME	DRILL



KEY TECHNICAL POINTS

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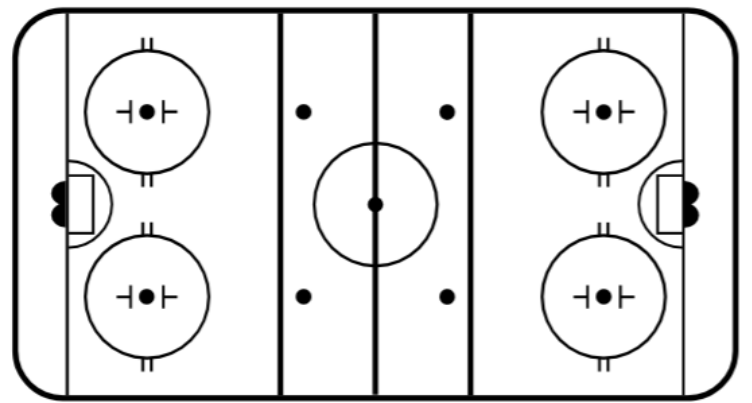
KEY EXECUTION POINTS

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TIME	DRILL



KEY TECHNICAL POINTS

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KEY EXECUTION POINTS

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