



OMHA DEVELOPMENT COACHING PROGRAM

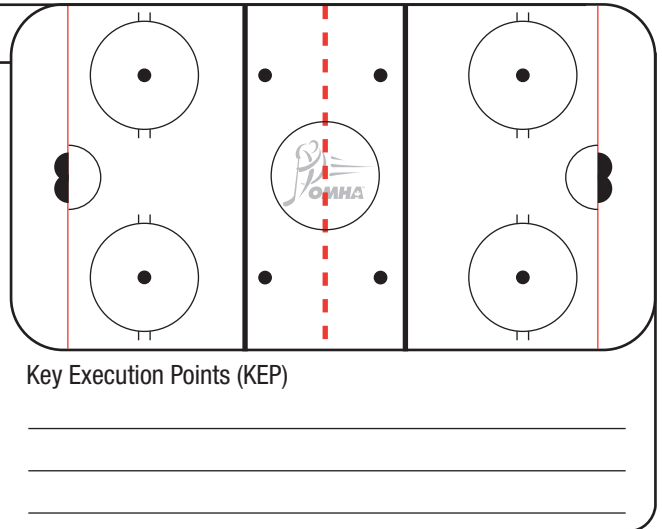
LEGEND

- ⊙ Coach
- Forwards
- △▲ Defenders
- G Goalie
- X Pylon
- Pucks
- Puck Carrying
- ⇒ Shooting
- - - Pass
- ↪ Drop Pass
- ⊥ Stop
- ↶ Backward Skate
- ||||| Lateral Movement
- Defensive Pressure

Practice No. _____ Date: _____ Theme: _____ Duration: _____ (mins.)

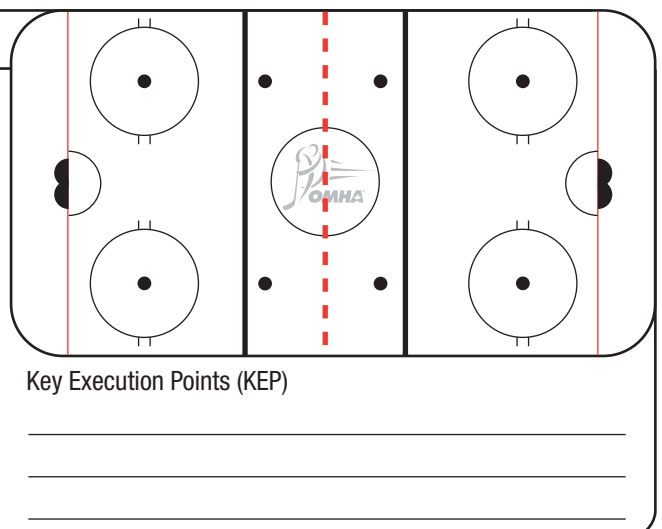
Time: _____ Drill Name: _____

Key Teaching Points (KTP)



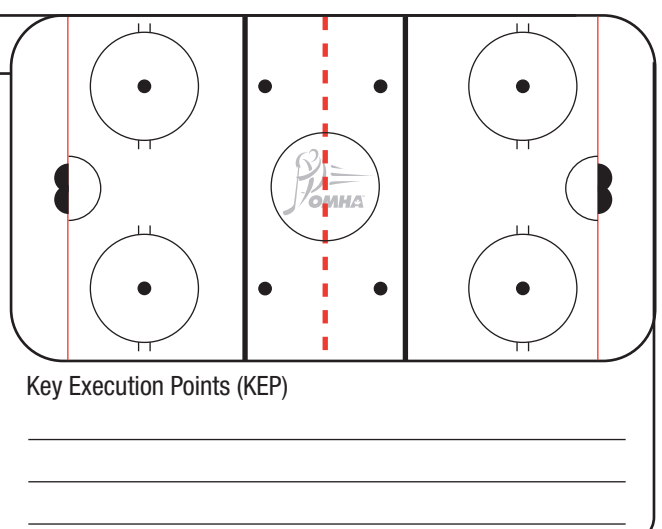
Time: _____ Drill Name: _____

Key Teaching Points (KTP)



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Key Teaching Points (KTP)



For additional pads, please contact the OMHA