

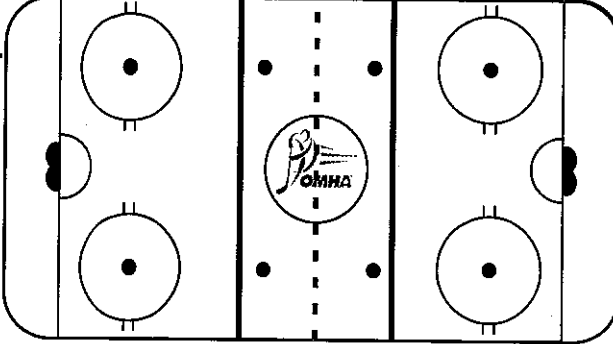


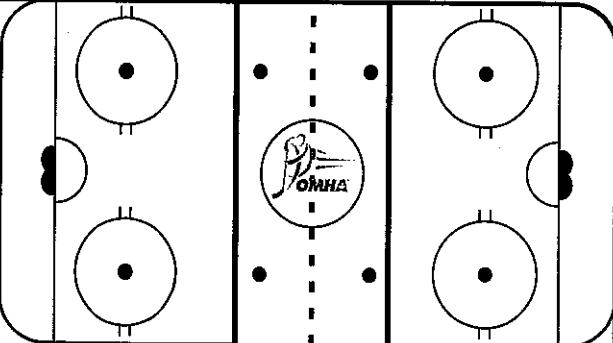
# OMHA DEVELOPMENT

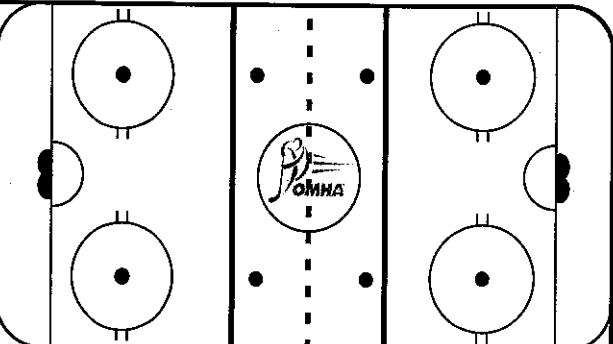
**LEGEND**

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

Practice No. \_\_\_\_\_ Date: \_\_\_\_\_ Theme: \_\_\_\_\_ Duration: \_\_\_\_\_ (mins.)

Time:	Drill Name:	
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Key Teaching Points (KTP)		Key Execution Points (KEP)
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Time:	Drill Name:	
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Key Teaching Points (KTP)		Key Execution Points (KEP)
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Time:	Drill Name:	
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Key Teaching Points (KTP)		Key Execution Points (KEP)
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# Reebok

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