



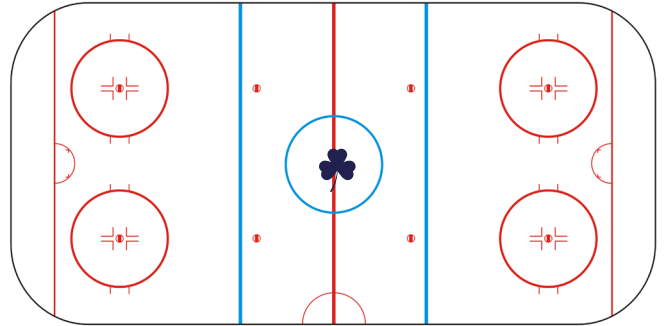
IRISH YOUTH HOCKEY LEAGUE



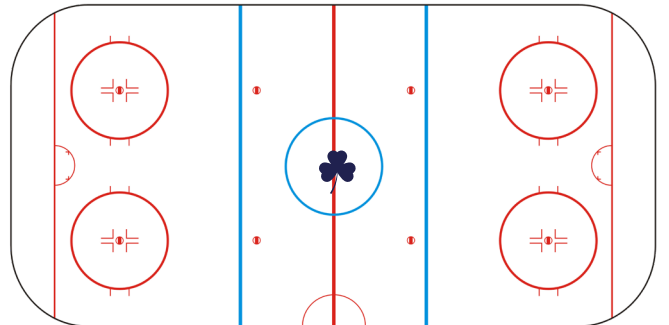
5 Essential Elements of Quality Practice Design

1. FUN
2. Lots of puck touches
3. Constant decision making
4. Looks like the game
5. Increasing levels of challenge

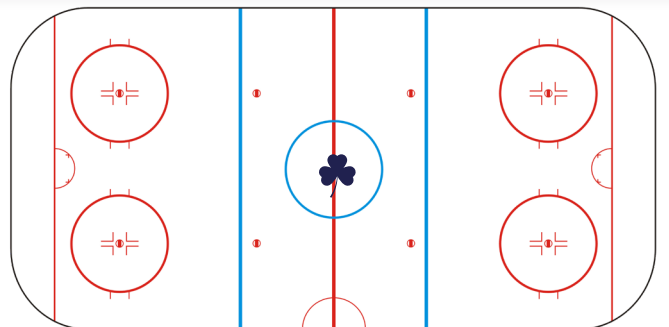
DRILL



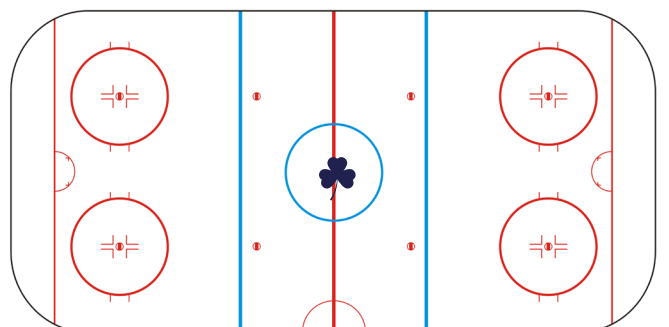
DRILL



DRILL



DRILL



Date _____ Time _____

Rink _____

Practice # _____

Notes: _____
