



# OMHA DEVELOPMENT

|               |      |           |  |                    |
|---------------|------|-----------|--|--------------------|
| <b>LEGEND</b> | ⊙    | Coach     |  | Puck Carrying      |
|               | ○ ●  | Forwards  |  | Shooting           |
|               | △ ▲  | Defenders |  | Pass               |
|               | G    | Goalie    |  | Drop Pass          |
|               | —  — | Stop      |  | Backward Skate     |
|               | X    | Pylon     |  | Lateral Movement   |
|               | ⊙    | Pucks     |  | Defensive Pressure |
|               |      |           |  |                    |
|               |      |           |  |                    |
|               |      |           |  |                    |

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

|                                                 |             |
|-------------------------------------------------|-------------|
| Time:                                           | Drill Name: |
| <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |             |
| Key Teaching Points (KTP)                       |             |
| <hr/> <hr/> <hr/> <hr/>                         |             |

Key Execution Points (KEP)

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|-------------------------------------------------|-------------|
| Time:                                           | Drill Name: |
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| Key Teaching Points (KTP)                       |             |
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Key Execution Points (KEP)

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|-------------------------------------------------|-------------|
| Time:                                           | Drill Name: |
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| Key Teaching Points (KTP)                       |             |
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Key Execution Points (KEP)

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# Reebok

For additional pads, visit the OMHA Store at [www.omha.net](http://www.omha.net)