

Tigers Drill Sheet

LEGEND:

Ⓒ Coach

Ⓐ Assistant Coach

ⒸⒸ Goalie Coach

○ Player

G Goalie

▲ Pylon/Cone

└ Stick

• Puck

→ Forward Skating

↻ Backward Skating

┆┆ Stopping

||||| Cross-overs

⌒ Jumping

⊙ Pivot

- - - → Pass

⤿ Stickhandling

⇒ Shooting

