

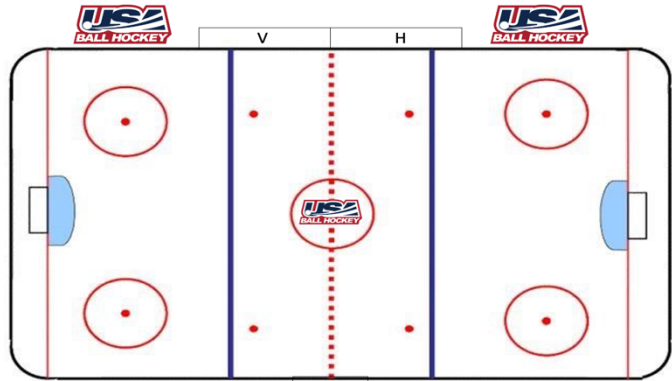
USA Ball Hockey Practice Plan



Practice Date: _____

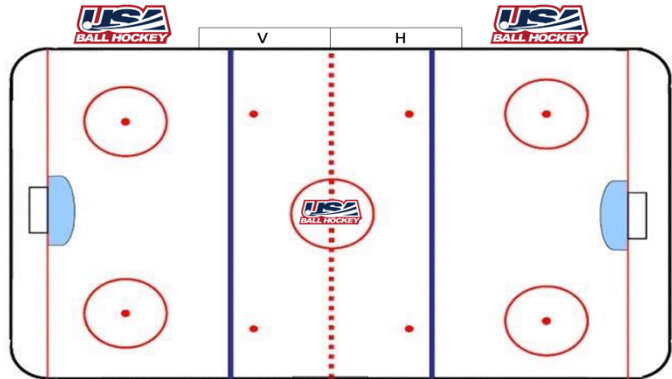
Drill: _____

Length: _____



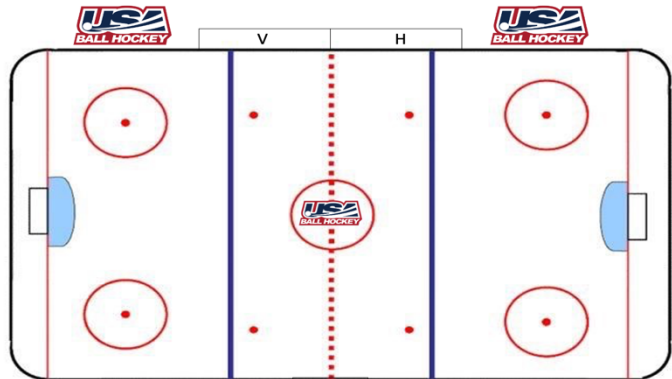
Drill: _____

Length: _____



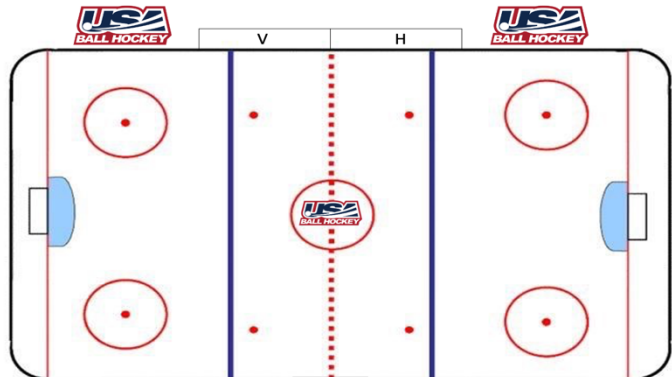
Drill: _____

Length: _____



Drill: _____

Length: _____



Notes: