



1. Using the chart below, rate each activity/drill on a scale of 1-5 (1 being the lowest & 5 being the highest) based on the following guidelines:
 - a. Rate the level in which the overall activity/drill meets the criteria for each of the five elements.
 - b. Rate the level in which each activity/drill meets the criteria of the five elements for the goaltenders.
2. What changes can you make to improve your ratings above?
 - a. For the overall activity/drill?
 - b. For the goaltenders?
3. Fill in the work to rest ratio for each activity/drill in the chart below.
 - a. Is it age appropriate?
 - b. If not, what changes can you make to deliver the proper work/rest ratio for your age group?

4. What is the theme of the practice?
 - a. How do each of the activities/drills support the theme?
 - b. What is the purpose of each activity/drill?
 - c. What are the main teaching points of each activity/drill?
5. What are the key roles of the coaches involved in each activity/drill?