



ABC's  
Model Practice

Swedish Practice  
from Stockholm  
Anders Ottosson

Date: \_\_\_\_\_ | Time: \_\_\_\_\_ | Venue: \_\_\_\_\_

Lines: \_\_\_\_\_ | Notes: \_\_\_\_\_

Video link with Anders explaining the practice is below. | This practice was filmed in Sweden.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080726154046510> | Anders is a mentor coach who works for the Swedish Ice Hockey Association.

\_\_\_\_\_ | He came to Stockholm to meet me when I had my college women there for some games.

\_\_\_\_\_ | Anders was asked by the coach of the 13 year old team to run a skills practice.

\_\_\_\_\_ | I filmed the practice and his explanation of the activities.

\_\_\_\_\_ | Notice how games and transition games always follow skill drills.



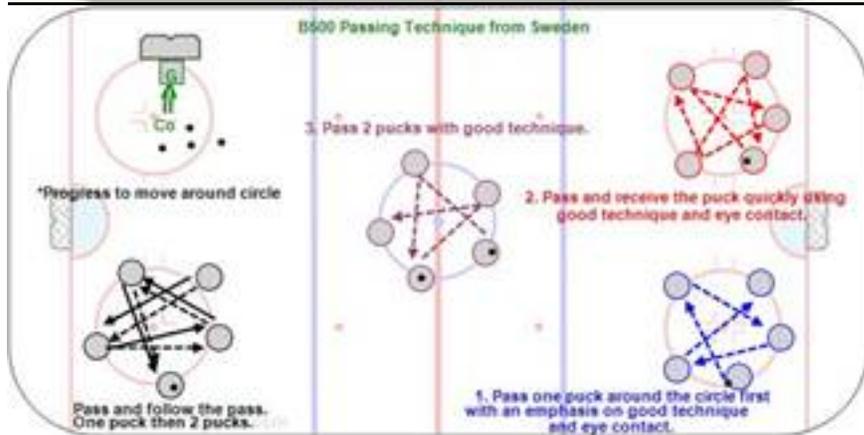
D2 Cross Ice Game-Sweden

Key Points:

Start practice with a game. Use full sized or small nets, tires, pylons for goals.

Description:

Play a cross ice game to warm up. Encourage the players to want the puck and try moves to create space for themselves.



B500 Swedish Stickhandling in Circles

Key Points:

Make moves all around the body. Protect the puck, keep the head up.

Description:

1. One unit of 5 in each circle.
2. On the whistle go full speed.
3. Rotate clockwise to another circle.
4. Coaches work with the goalies.
5. Do all moves, dekes, escape moves changing the task at each circle.



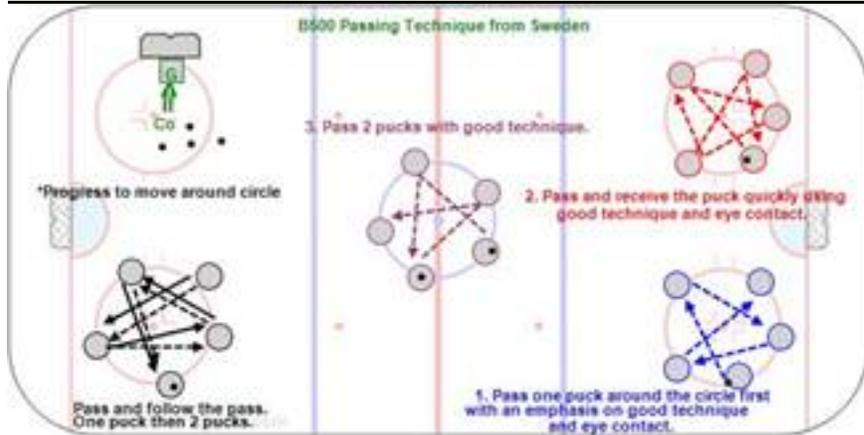
## D200 Swedish Cross Ice Game of 1-1

### Key Points:

Players use the moves in a game situation that they just practiced in drills. Encourage the players to be creative and remember that the key to stickhandling is to protect use the body to protect the puck. Sell the fakes to make the defender straighten his/her knees or turn or lunge for the puck and use this instant to go around them and then block their recovery with your body.

### Description:

1. Use regulation and small nets as well as small tires. In this situation have 4 cross ice games at once, one at each end and two in the neutral zone. This varies with the amount of players.
2. Play 30-40" and then switch on the whistle.
3. Variations are possible. Play round robin or king's court tournaments.
4. Add jokers, i.e. resting player at defending goal line and regroup when you get the puck
5. Joker at the offensive goal line and require a give and go pass before scoring.



## B500 Passing Technique from Sweden

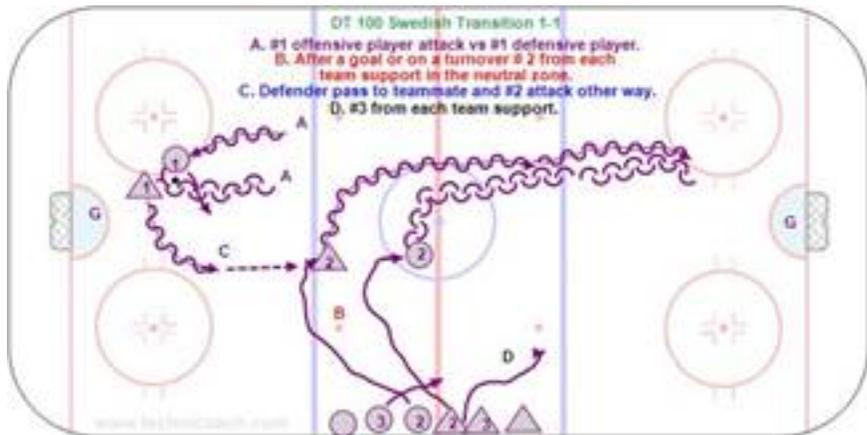
### Key Points:

Eye contact and pass with a push of the bottom hand and pull with the top hand. The puck rotates from the heel to the toe and hands away from the body. This same motion is used when shooting. Receiving a pass is the opposite motion to absorb the puck.

### Description:

1. Pass one puck around the circle first with an emphasis on good technique and eye contact.
  2. Pass and receive the puck quickly using good technique and eye contact.
  3. Pass 2 pucks with good technique.
  4. Coach work with goalies at the far end.
- \*This can progress to pass and follow the pass or all players moving around the circle.

### DT 100 Swedish Transition 1-1



#### Key Points:

Players lined up in the neutral zone give passive support.

Practice making good moves to beat the defender. Defender stay on the defensive side all of the time.

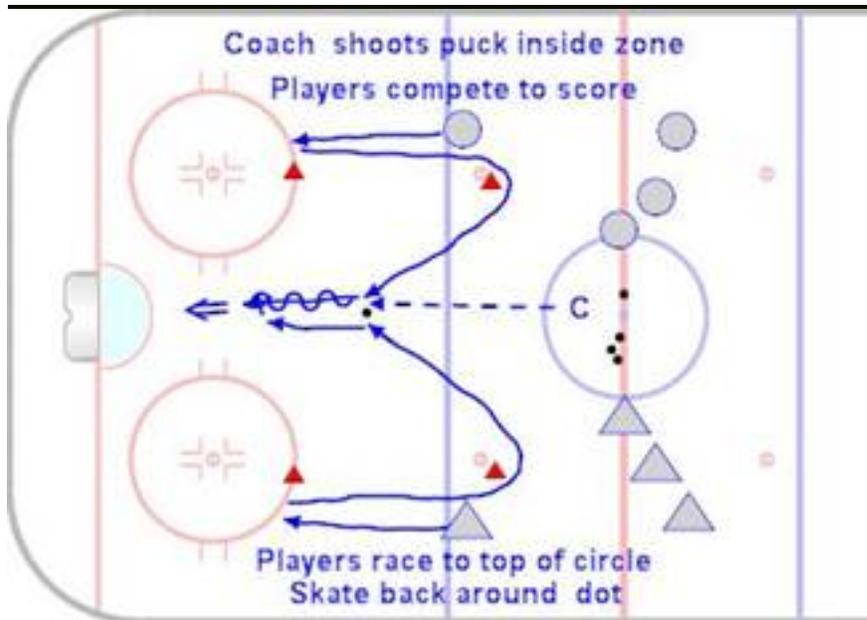
#### Description:

A. #1 offensive player attack vs #1 defensive player.

B. After a goal or on a turnover # 2 from each team support in the neutral zone.

C. Defender pass to teammate and #2 attack other way.

D. #3 from each team support.



### E1 Shootout Race

#### Key Points:

Players do tight turns and protect the puck. No penalties.

#### Description:

1. Players line up in the neutral zone and the coach has pucks to dump inside blueline.

2. Players start from the blueline and race to the top of the circle, tight turn, back around the nzone faceoff dot and then compete for the puck.

3. No penalties but fight hard.

4. Goals come from the original shot or a quick shot following any rebound in the slot.