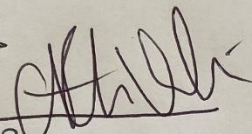


HELLO ENJO

HERE IS MY DRILLS FOR THE
2021-2022 SEASON OFF D.W.C.

BIG THANKS FOR YOUR WORK WHIT
THIS!



EDIL VIESTROM
IF ISBORLEVEN

11 FOCUS ON THE PROCESS/
OF WHAT IT TAKES TO BE
SUCCESSFUL 11

✓ NICK SABAN

Datum: _____ Tid: _____ Träningsnummer: 1/3

Plats: DW L CLUB 2021-2022

Tränare: ERIK VIKSTRÖM

Målvakt

Målvakt

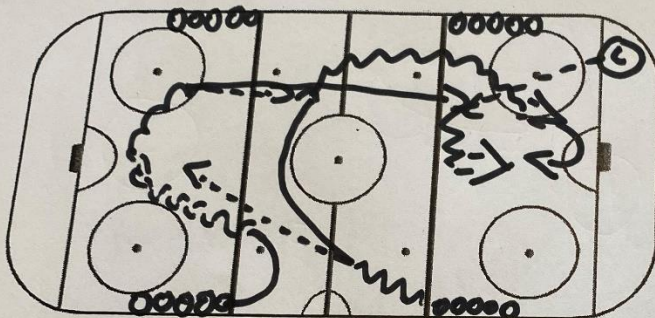
Målvakt

1:a Femman

2:a Femman

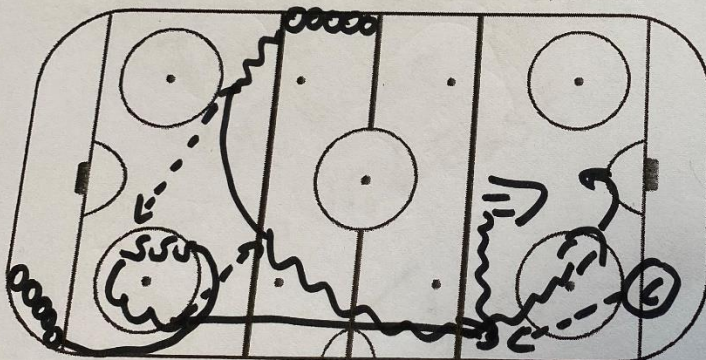
3:e Femman

4:e Femman



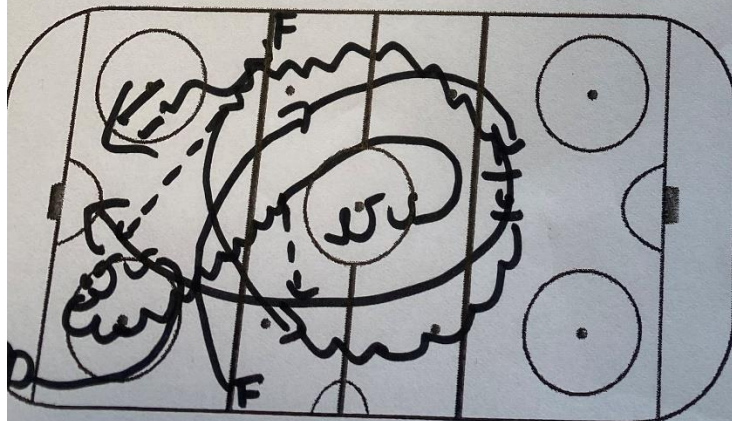
1 WARM UP

2 SHOTS



2 WARM UP

2 SHOTS



3 2v1

"FLOW"

Datum: _____

Tid: _____

Träningsnummer: **2/3**

Plats: _____

Tränare: _____

DWC CLUB 2021-2022
ERIK VIKSTRÖM

Målvakt

Målvakt

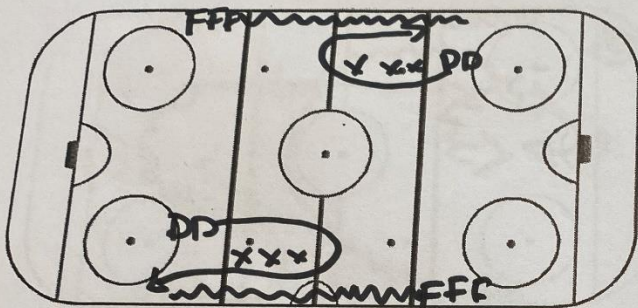
Målvakt

1:a Femman

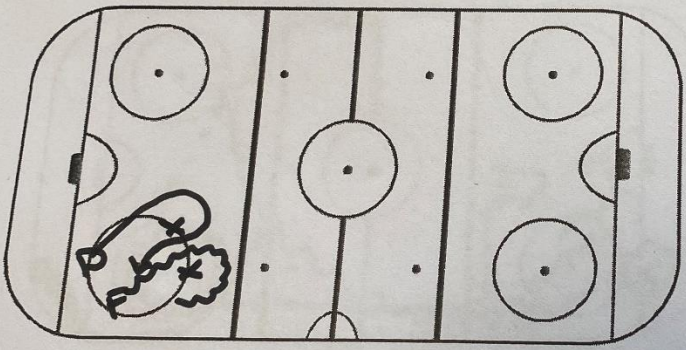
2:a Femman

3:e Femman

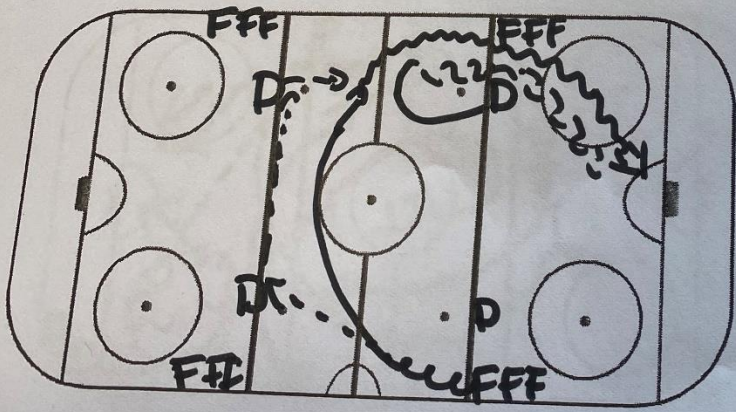
4:e Femman



1 ANGLING



2 IvsI "RACE"



3 D-D IvsI

Datum: _____

Tid: _____

Träningsnummer: **3/3**

Plats: _____

DWC CLUB 2021-2022

ERIK VIKSTRÖM

Tränare: _____

Målvakt

Målvakt

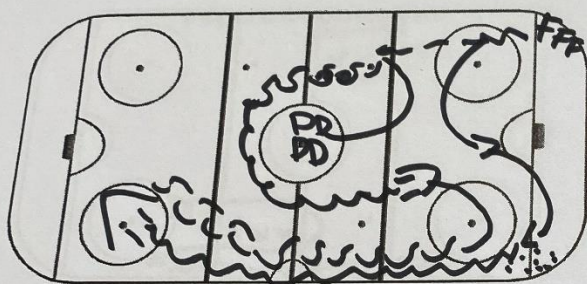
Målvakt

1:a Femman

2:a Femman

3:e Femman

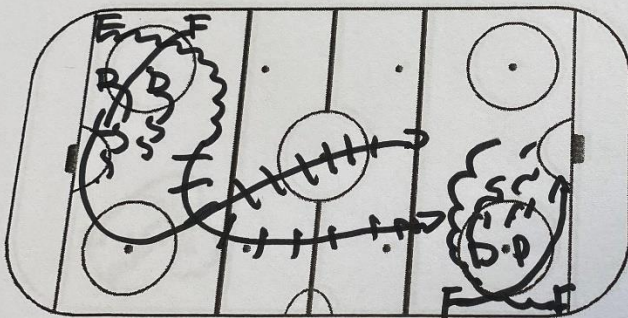
4:e Femman



1 1v1

D-SHOOT

1v1

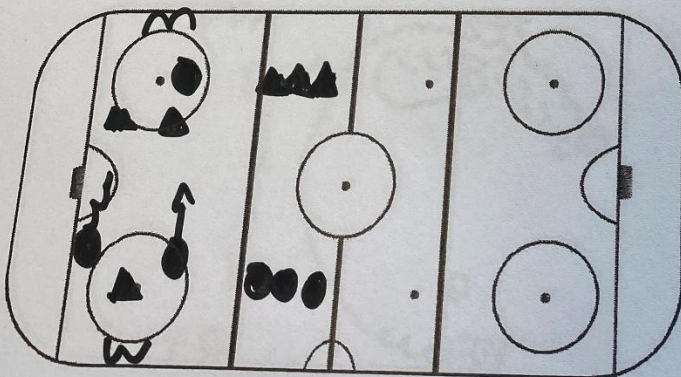


2 2v2 BACKCHECK

AFTER 2v2

BACKCHECK

FOR. FORWARDS



3 S.A.G

"JOKERS"

WHEN YOU HAVE
THE PICK, YOUR
JOKER IS THE 3.D
PLAYER

= PICK = 3v2