

HELLO ENJO

HERE IS MY DRILLS
FOR THE CLUB 2017-2018

THANKS FOR YOUR WORK

ERIK VIKSTRÖM

HEAD COACH

SWEDEN SLEDGE HOCKEY TEAM



Övningens namn:

DRILL OF THE WEEK 2017-2018

Förklaring:

2vsl x 2

Viktiga punkter:

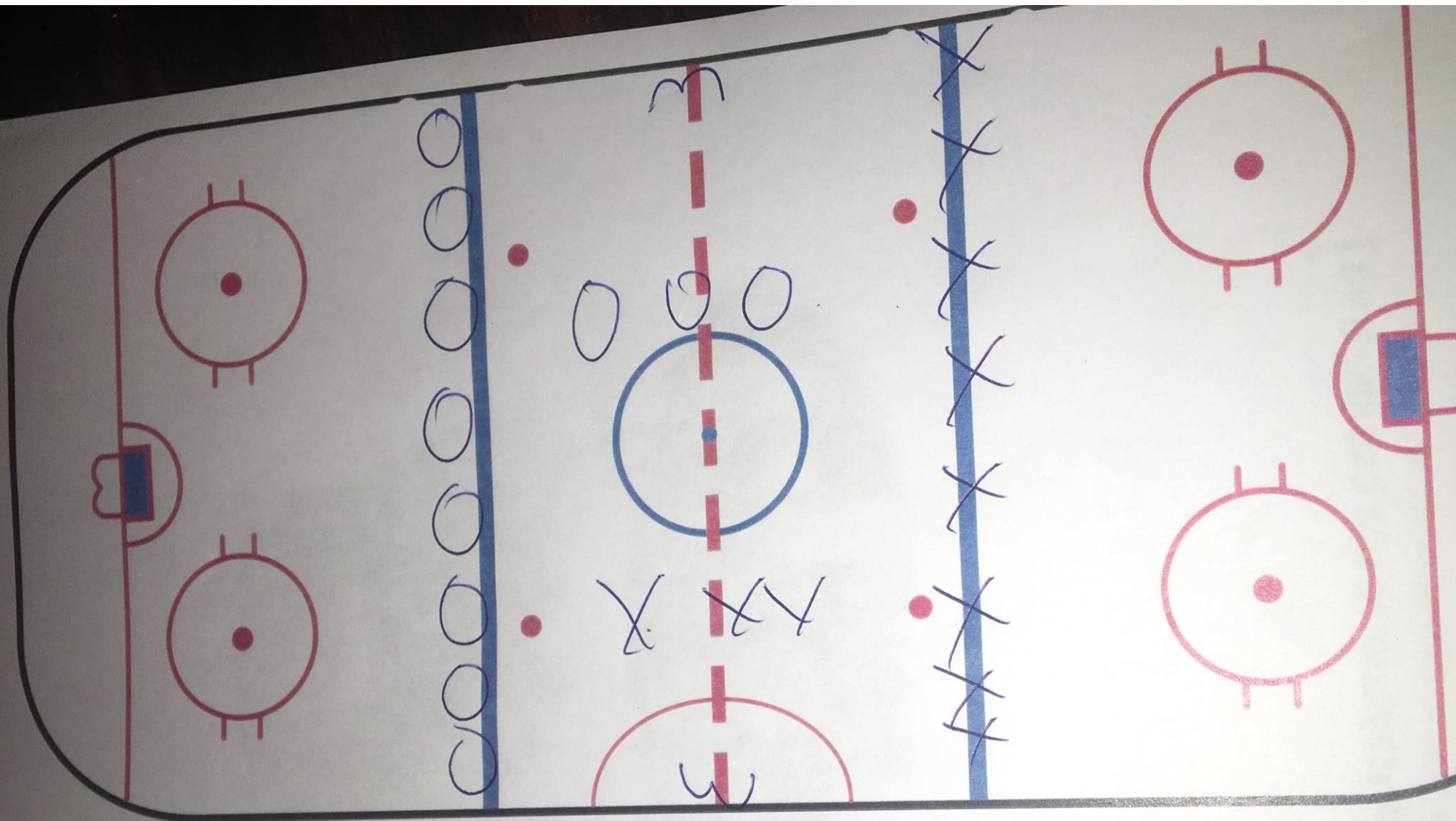
2vsl FLOW DI START, NEW PUCK FROM (C), 2vsl FROM BEHIND



Övningens namn: DRILL OF THE WEEK 2017-2018

Förklaring: PASSING DRILL
1vs1 i CIRCLE, AS OWS PASSES DURING 1vs1

Viktiga punkter:



Övningens namn: DRILL OF THE WEEK 2017-2018

Förklaring: SMALL AREA GAME
3vs3



Övningens namn:

DRILL OF THE WEEK 2017-2018

Förklaring:

1vs1 + 2vs2 + 3vs2

1vs1 Box out, 2vs2 Box out, F3 PASS TO GK, 3vs2

Viktiga punkter: