

Hi Enio

Big thanks for your work with this group!

I read only Swedish books but if anyone read Swedish? I can recommend Sven-Göran Ericsson's book about his career.

My favorite quote is

"The only person you are destined to become is the person you decide to be"

Regards

Bjarne Lundh

Coach Mariestad Bois Sweden

Certified Player Agent CHS Sweden

Drill groupe 2015-2016

Prepared by:

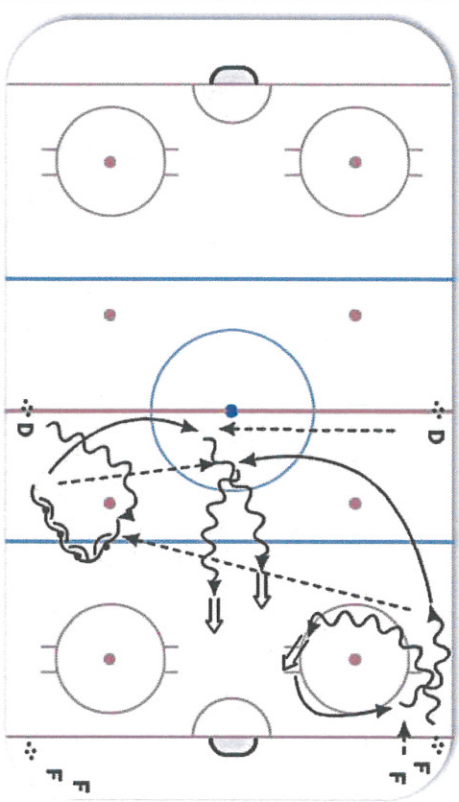


Date:	<u>09/21/15</u>	Group:	<u>Drill group</u>
Length:	<u>0 mins</u>		
Start Time:	<u>7:00pm</u>	Focus:	<u></u>
End Time:	<u>7:00pm</u>	Level:	<u>MITE</u>

Length	Drill Name	Category	Notes
10	Uppvärmnings övning back-Forw	Warmup	
10	Baklänges med stopp och start	Skating	
10	Winder Continuous 3 On 2's - COPY	Systems	Continuous with players coming off bench in 5 man units.
10	2 on 0 Mid Ice Pass and Battle drill - COPY	Small Game	

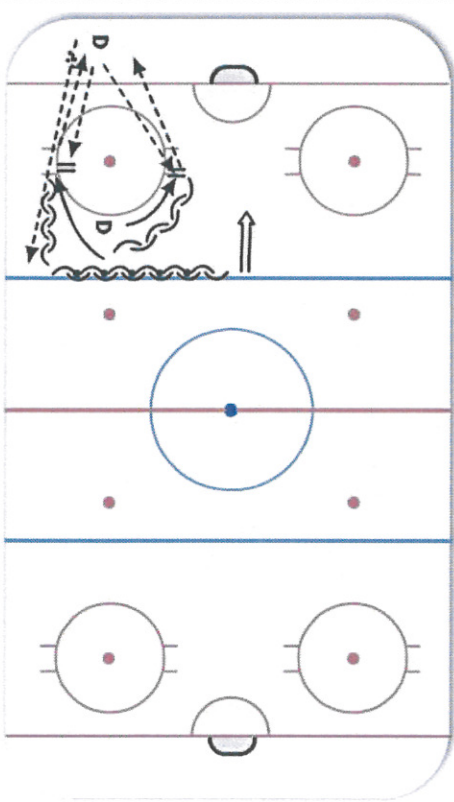
Notes: Its very hard for me to recommend a book since I read in swedish and most persens in the group is Can or Usa coaches. But i can recommend the book about a famous swedish soccer coach Sven Göran Svennis memoarer.

Drill Title: Uppvärmnings övning back-Forw



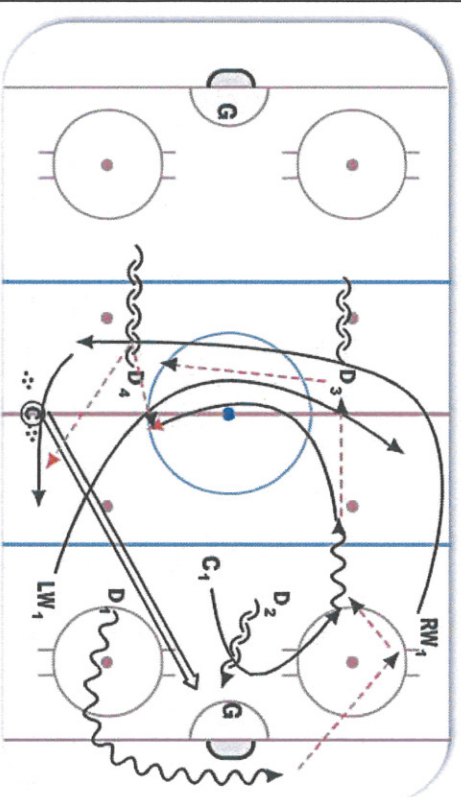
Key Points:

Drill Title: Baklänges med stopp och start



Key Points: max fart efter stopp i baklängesåknningen Hota på blå linjen med höftöppningar

Drill Title: Winder Continuous 3 On 2's - COPY

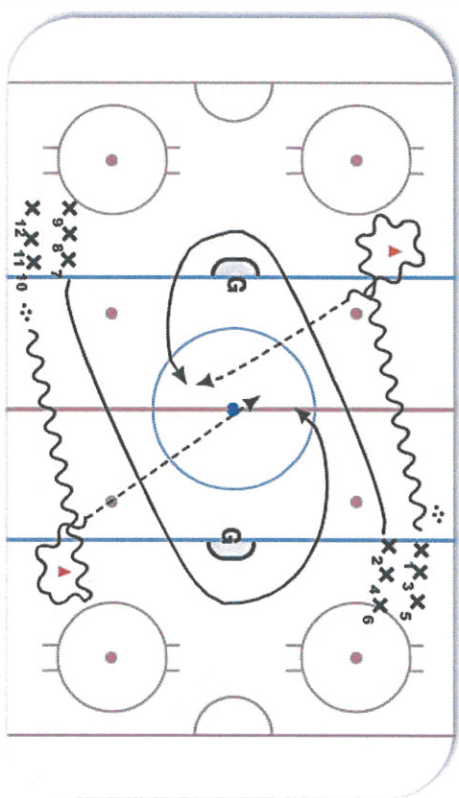


Coach Shoots puck in. Goalie either stops and sets up for D or stops rim behind net. Players breakout 5 on 2. Regroup in Neutral Zone and go back 3-2 hard.

Then coach dumps into other end. Same thing.

Key Points: Continuous Movement Fill Lanes Quick Passes

Drill Title: 2 on 0 Mid Ice Pass and Battle drill - COPY



Small game/competition. On the whistle players on the wall leave with a puck out of both ends. They skate to the pylon and curl around the pylon towards the wall. Meanwhile the other player skates hard around the net and gets ready to receive a pass. players play 2 on 0 until someone on each side scores. Play game to 5, 7, or 10 depending on time.

Key Points: 2 teams 2 on 0 race to score