

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:

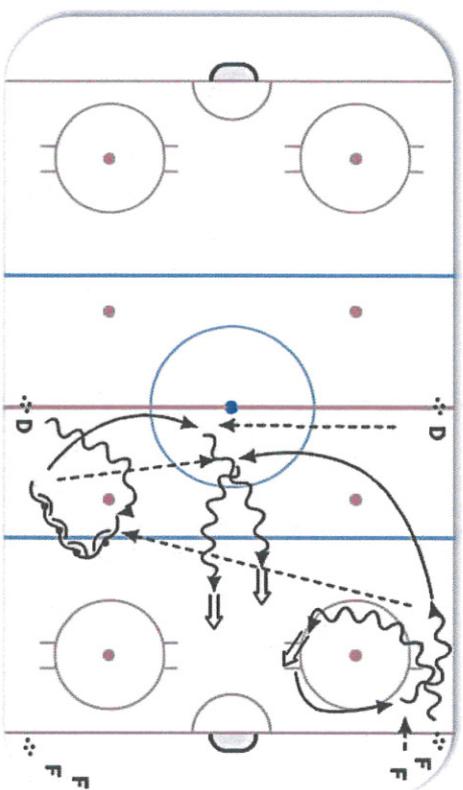
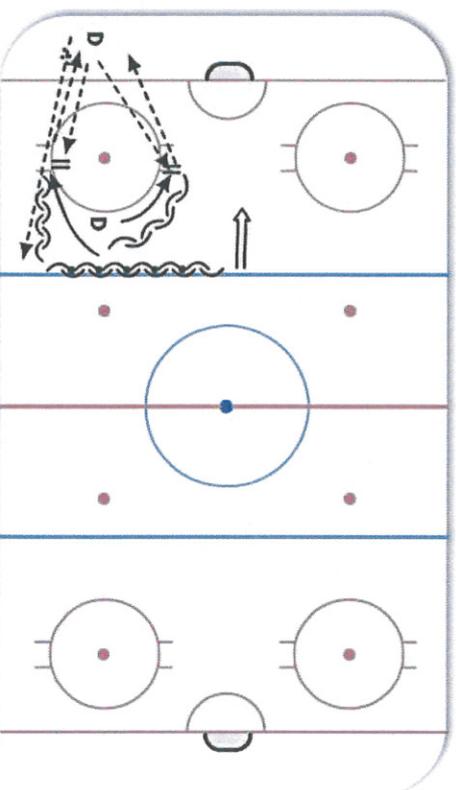


**Date:** 09/21/15  
**Length:** 0 mins  
**Start Time:** 7:00pm  
**End Time:** 7:00pm

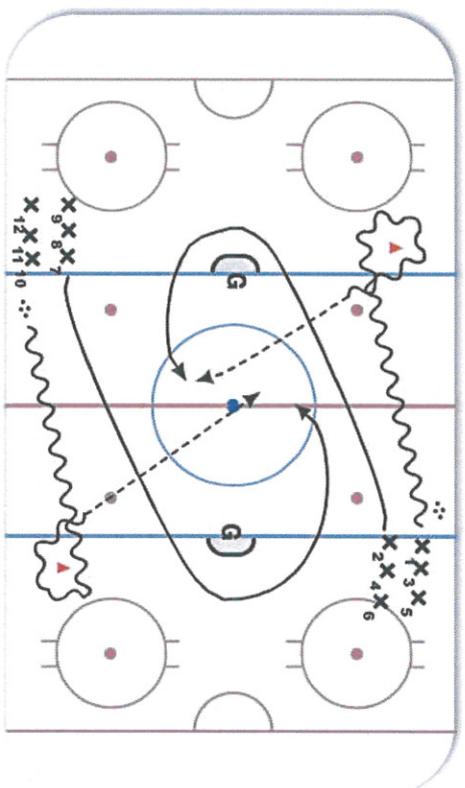
**Group:** Drill group  
**Focus:**  
**Level:** MITE

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 baklängesåknigen Hota på blå linjen med höftöppningar



**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