

Datum: \_\_\_\_\_ Tid: \_\_\_\_\_ Ishockeyträning Nr: \_\_\_\_\_

Plats: \_\_\_\_\_

Tränare: \_\_\_\_\_

# TRÄNINGSUPPSTÄLLNING

Målvakt

Målvakt

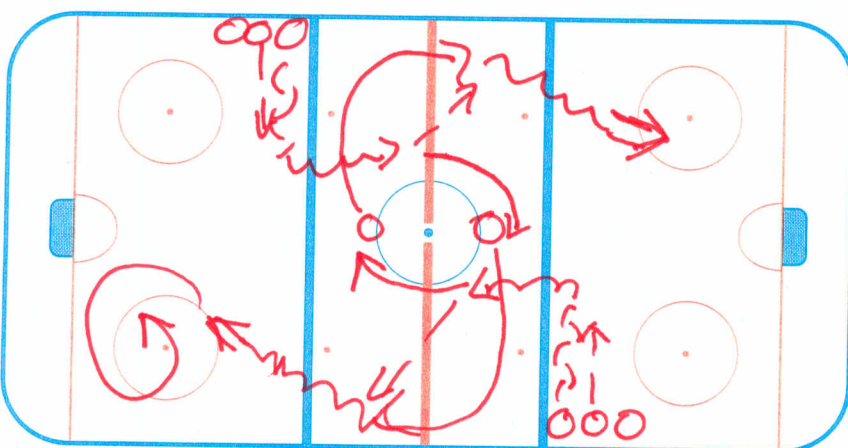
Målvakt

1:a Femman

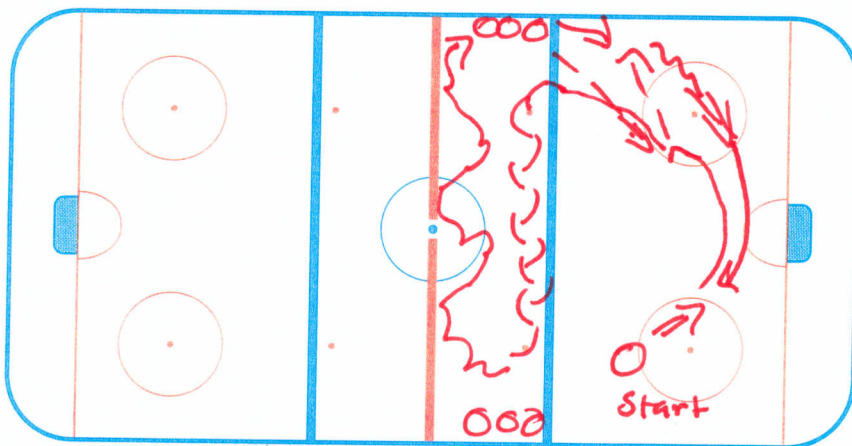
2:a Femman

3:e Femman

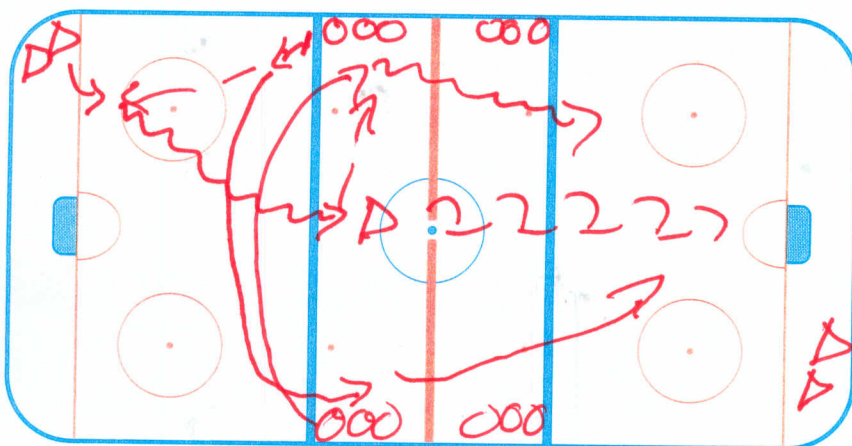
4:e Femman



1 Start up  
pass-technik

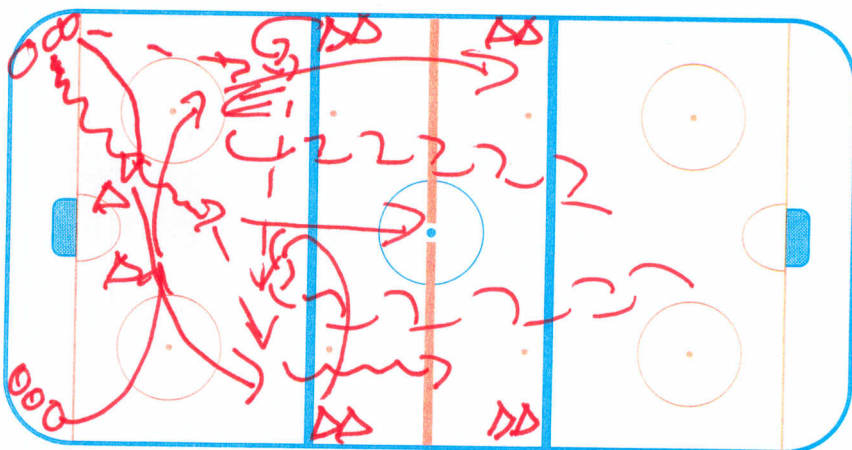


2 angel shot-Technik



3 2-1

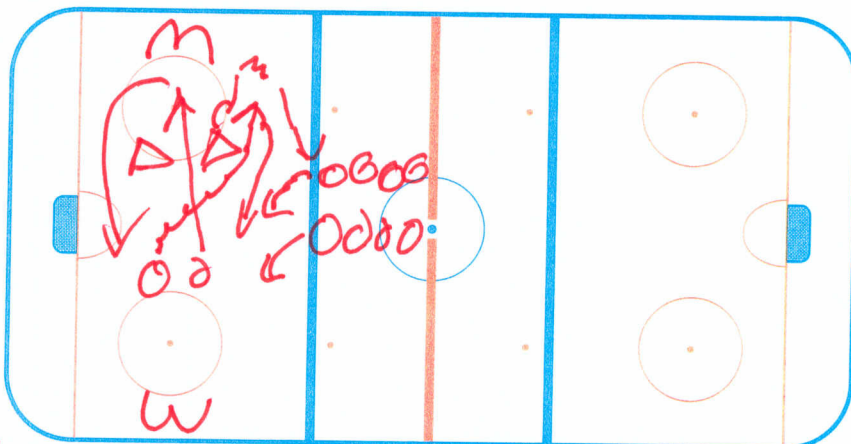
4 2-2  
and 3-2  
back.



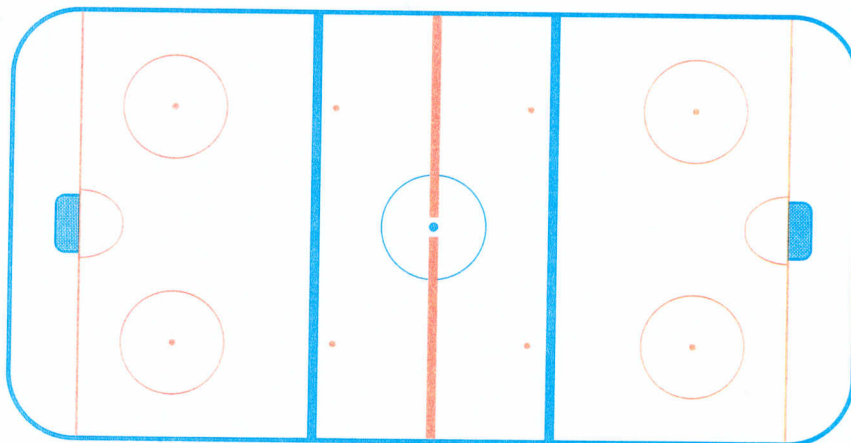
5 2-2

offensive  
defense  
get out

defense wins the  
puck and passes  
6 for 2 new off.



Take offense  
gets defense  
and defense  
gets out



7

