

**Hi Enio**

Here is my drills for the drill club.

**My favorite quote is:**

"when its obvious that the goals cannot be reached, dont adjust the goals, adjust the action steps! "

The drills is scanned so I hope you can read them.

Mvh/ Kind regards

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Your Career--Our mission

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

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

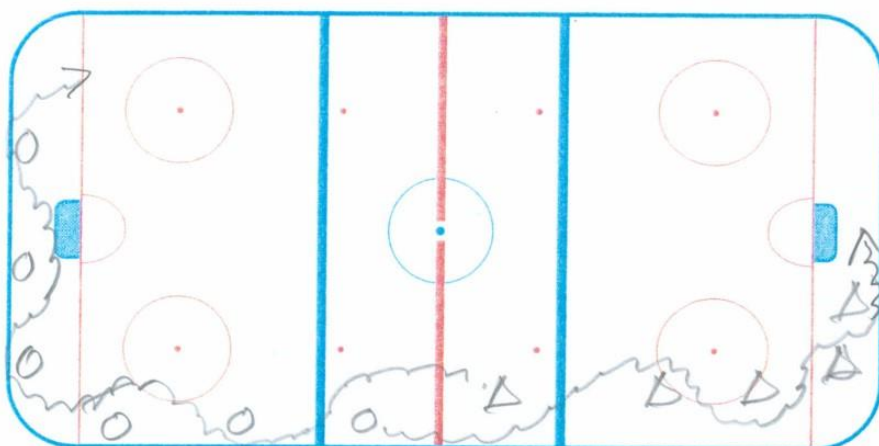
Tränare: \_\_\_\_\_

# TRÄNINGSUPPSTÄLLNING

Målvakt

Målvakt

Målvakt

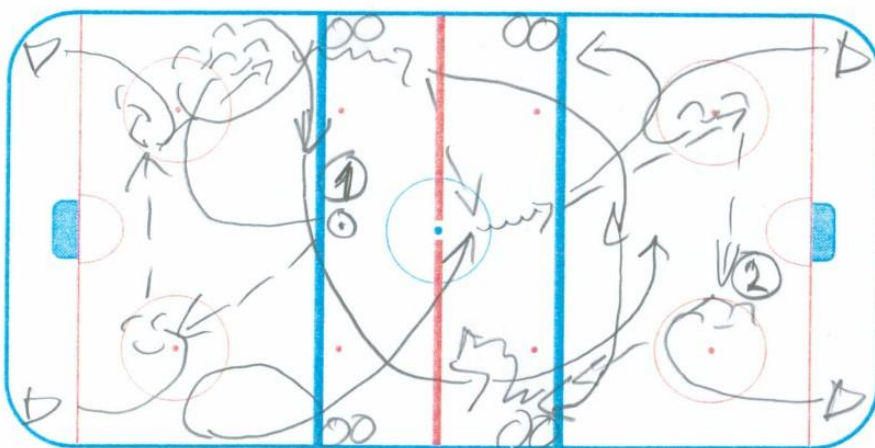



1 Team warm up

"The snake"

All players start with puck.

All players skate against each other

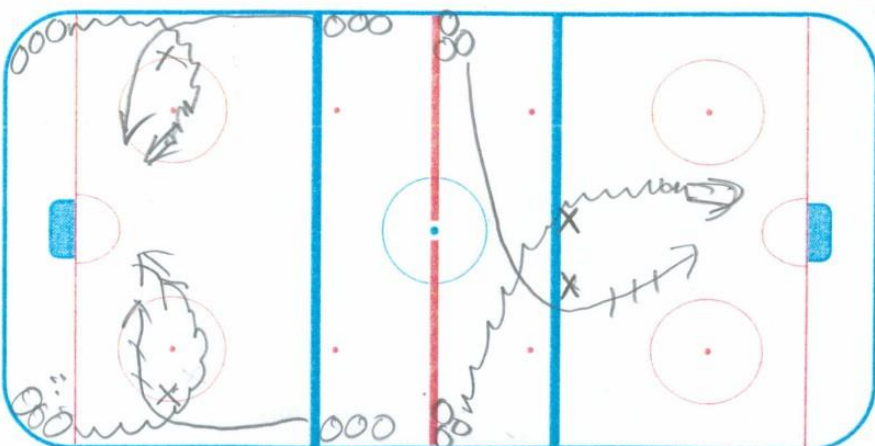


2 Break out

5-0.

2 Break out

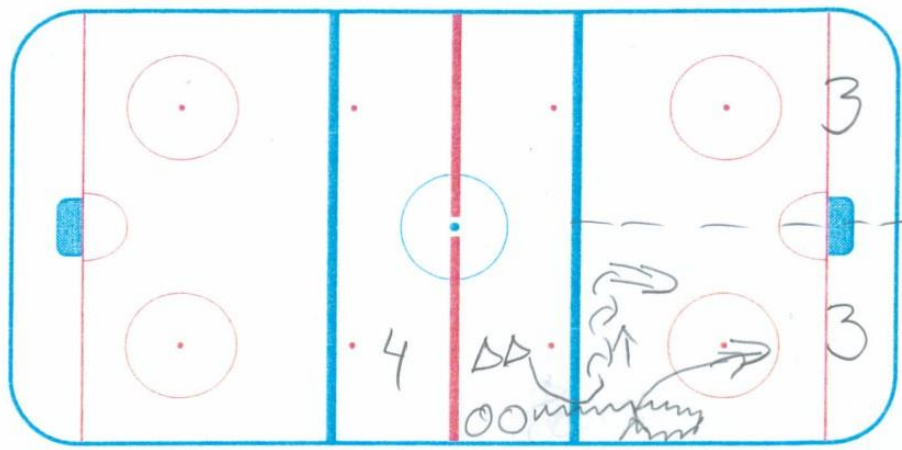
3-2 back against your own d-men



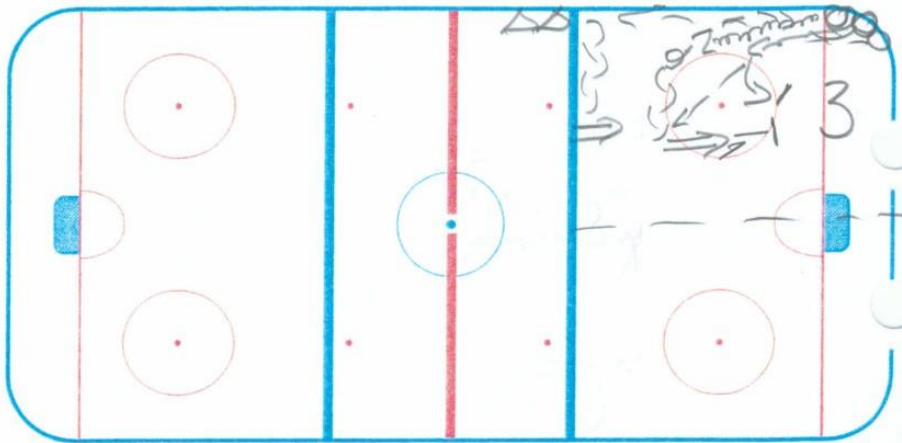
3 Compet drill

2 different Compet drills.

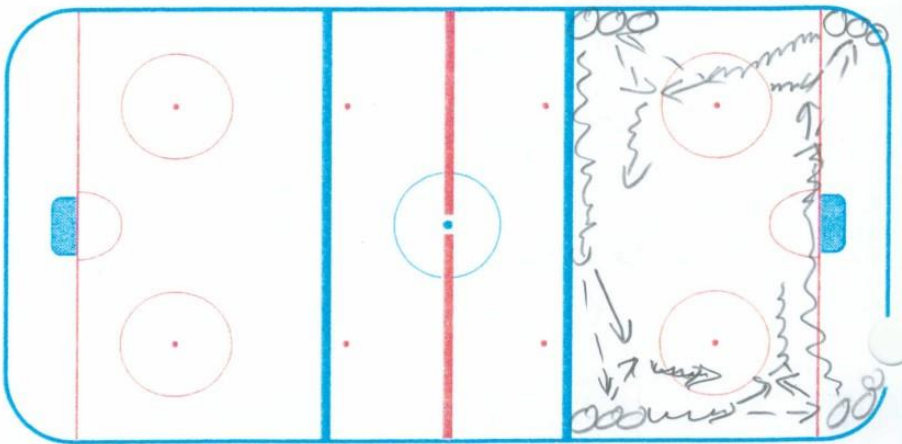
4 Small group  
Shooting drill  
D-man shoots  
from the blueline  
Forw puts pressure  
on the goalie  
and goes on the  
rebound



5 Forward shot +  
pass to d-man  
who shoots from  
blue line and  
2 forwards on goal  
for rebound and  
put pressure on  
the goalie.



6 Passing drill  
4 starts at the  
Same time with  
pucks! passes  
back to the start.  
3 passes/player.



7

