

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: _____

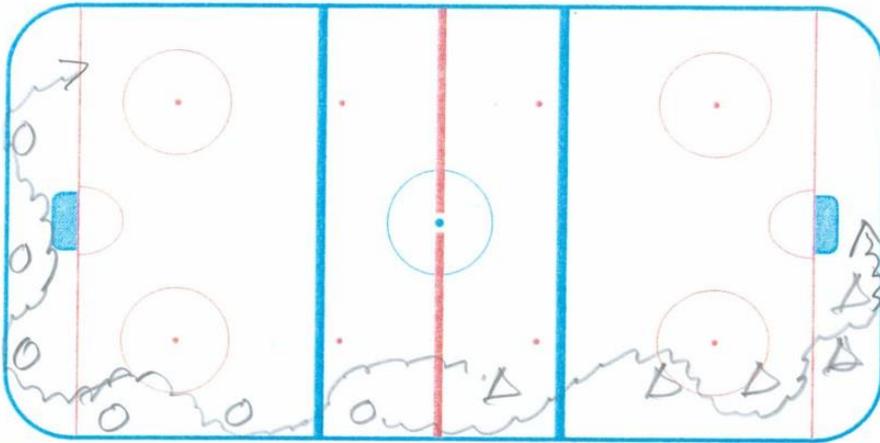
TRÄNINGSUPPSTÄLLNING

Målvakt

Målvakt

Målvakt

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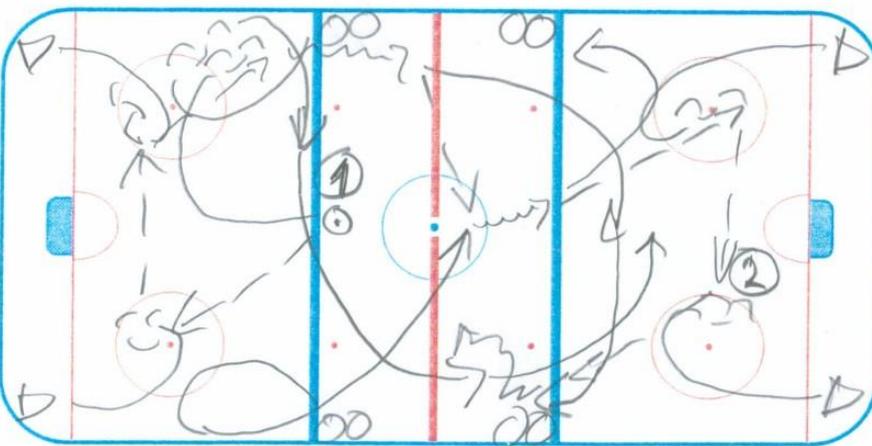


1 Team warm up

"The snake"

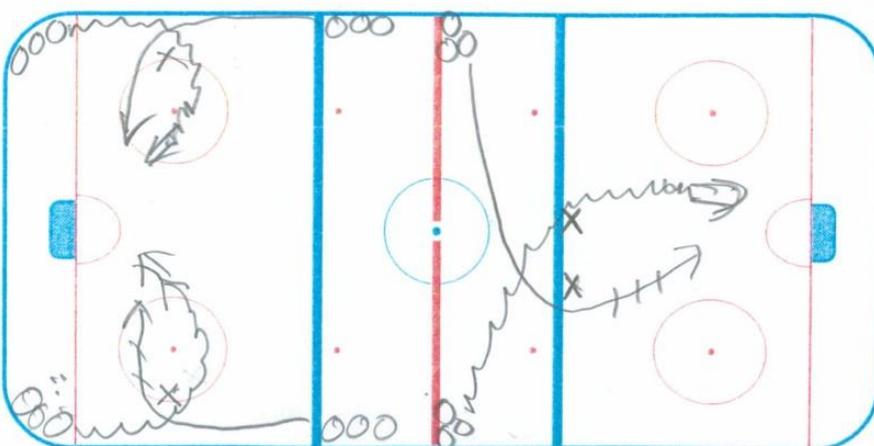
All players start with puck.

All players skate against each other



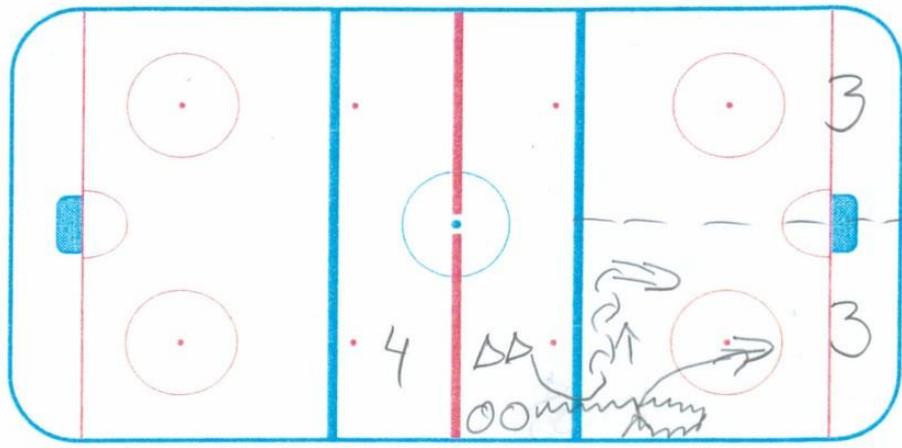
2) Break out
5-0.

2) Break out
3-2 back against
your own d-men

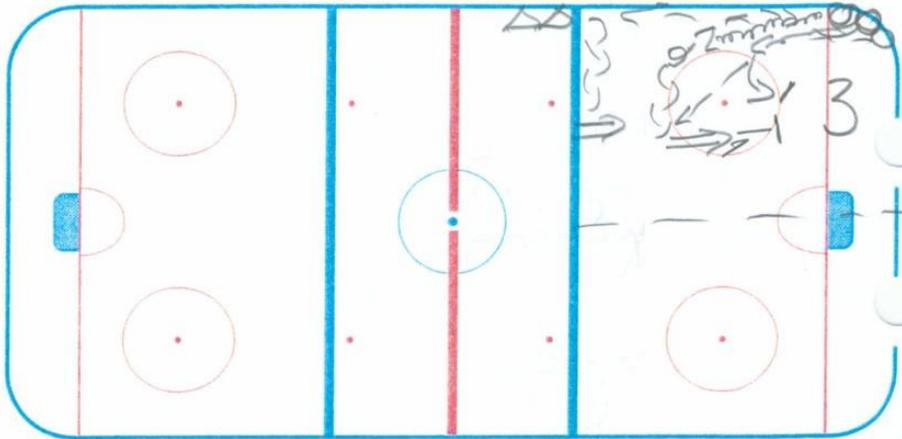


3. Compet drill
2 different
Compet drills.

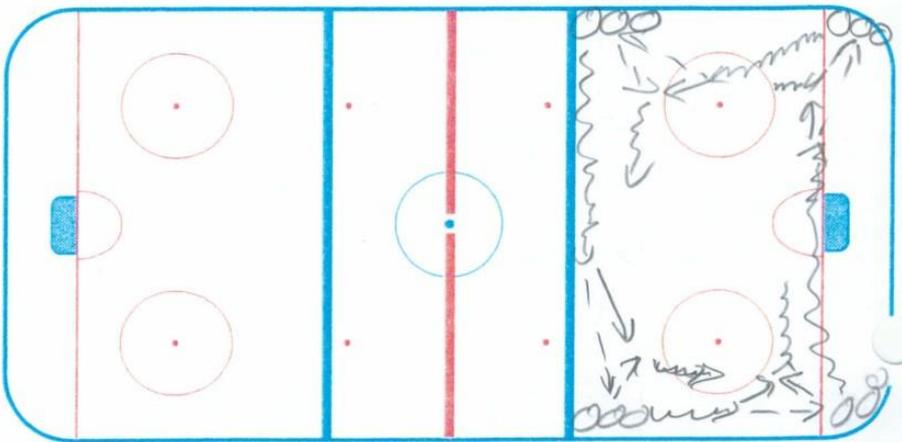
4 Small group shooting drill
 D-man shoots from the blue line
 Forw puts pressure on the goalie
 and goes on the rebound



5 Forward shot + pass to d-man who shoots from blue line and 2 forwards on goal fore 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

