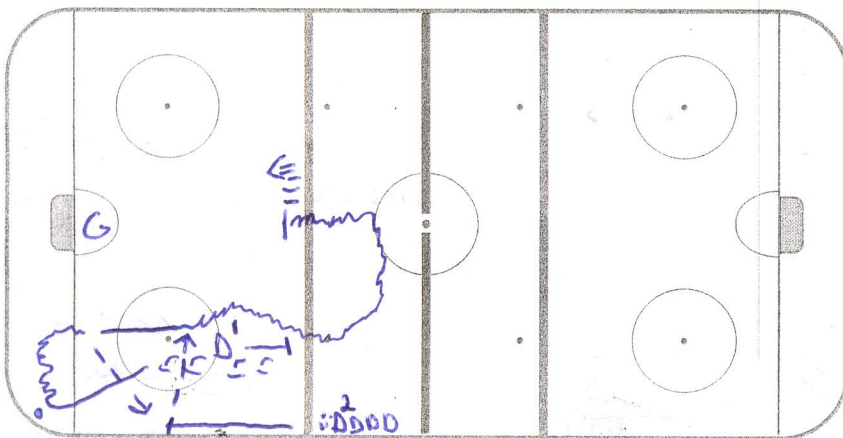


Datum: Oct 17, 2013 Tid: \_\_\_\_\_ Ishockeyträning Nr: \_\_\_\_\_  
 Plats: DRILL CLUB  
 Tränare: HENRY ACRES - ASPLÖVEN J20

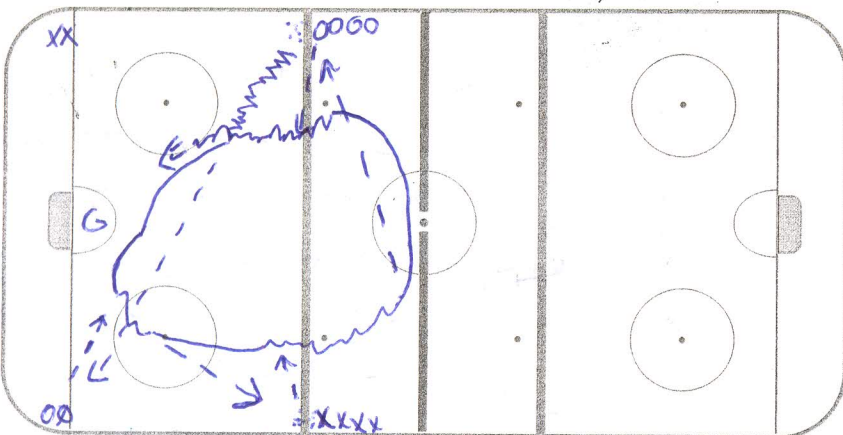
# TRÄNINGSUPPSTÄLLNING

	Målvakt	Målvakt	Målvakt
1:a Femman	2:a Femman	3:e Femman	4:e Femman



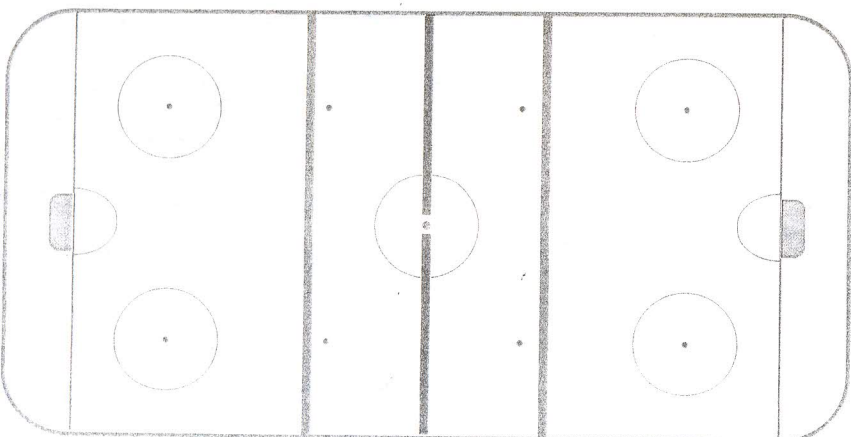
## 1 1-1 MAN PUCK RETRIEVAL GIVE+GO

D<sup>1</sup> - gaps up for blue line touch  
 D<sup>2</sup> - spots puck in corner + posts  
 D<sup>1</sup> - retrieves puck from corner  
 and works give + go with D<sup>2</sup>  
 continues for shot from blue  
 D<sup>2</sup> - starts as D<sup>1</sup>



## 2 MINI AROUND THE WORLD

Start with puck at blue  
 pass diagonally x-ice, work  
 give + go passing around ice  
 for shot - start next from  
 opposite side of ice



3 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

#### 4 TRANSITION, 2on2, 3on2

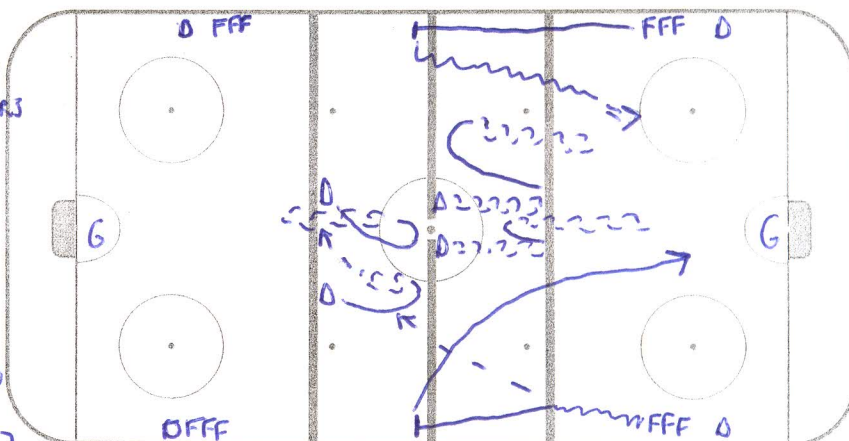
SPLIT COLOURS TO OPPOSITE ENDS  
SO D'S TRANSITION WITH OWN COLOURS

D's - GAP UP + GO D-D to post  
with F's of same colour

F's post + drive net

~~With~~ D's - go offence - defence - rest

Variation: ADD 3rd Fwd to create 3on2



#### 5 PUCK PROTECTION - 1vs1

F wants to use body to  
protect puck and create  
favorable attack option  
from behind goal using body  
position. D can't touch F  
until he touches puck



#### 6 LULEA SKILLS WARM-UP #1

Puck control: Fig 8

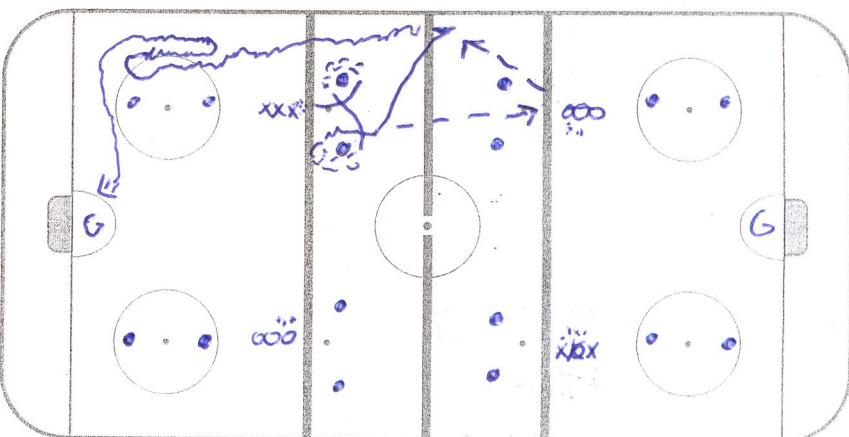
Transition skate

Post

Evasive moves - tight turns

NET DRIVE

BOTH ENDS SAME TIME



#### 7 LULEA SKILLS #2

Puck control - Tight turn

Transition skate

Give + Go

Head/shoulder outside take

QUICK RELEASE AROUND

COVE

