

Hello Enio

Thanks for let me join the drill of the week club.

Team building:

- All players in my tem have to know 3 things about every player in the team ho not is related to hockey.

Book:

- The Essential Vince Lombardi : Words & Wisdom to Motivate, Inspire, and Win

Quote:

- Dictionary is the only place that success becomes before work, Hard work is the price we must pay for success. I think you can accomplish anything if you`re willing to pay the price
- Vince Lombardi

Good Luck all coaches



Erik Vikström

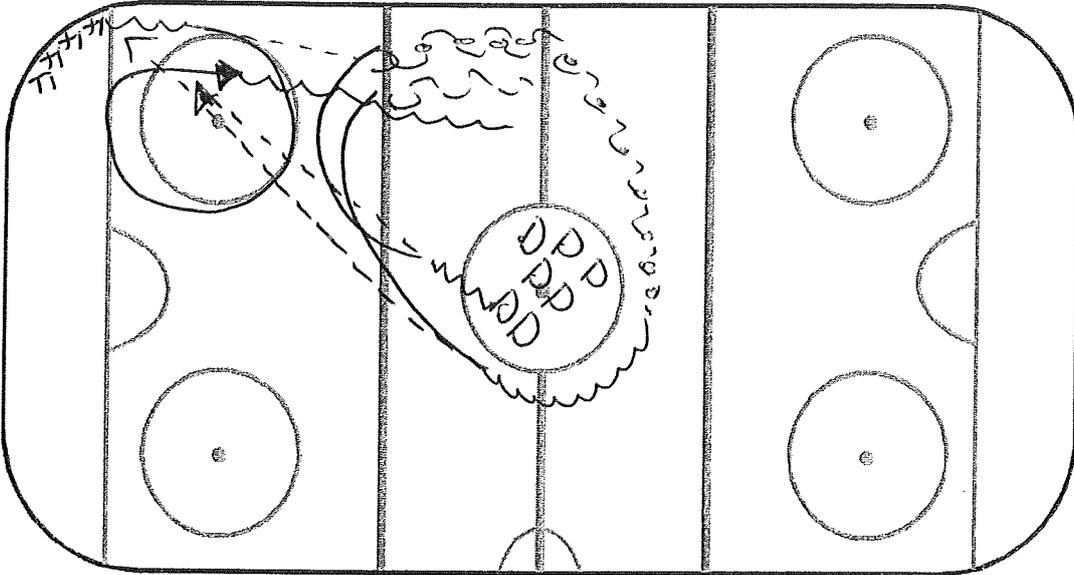
Coach

Björklöven j 20 Super Elite , Sweden

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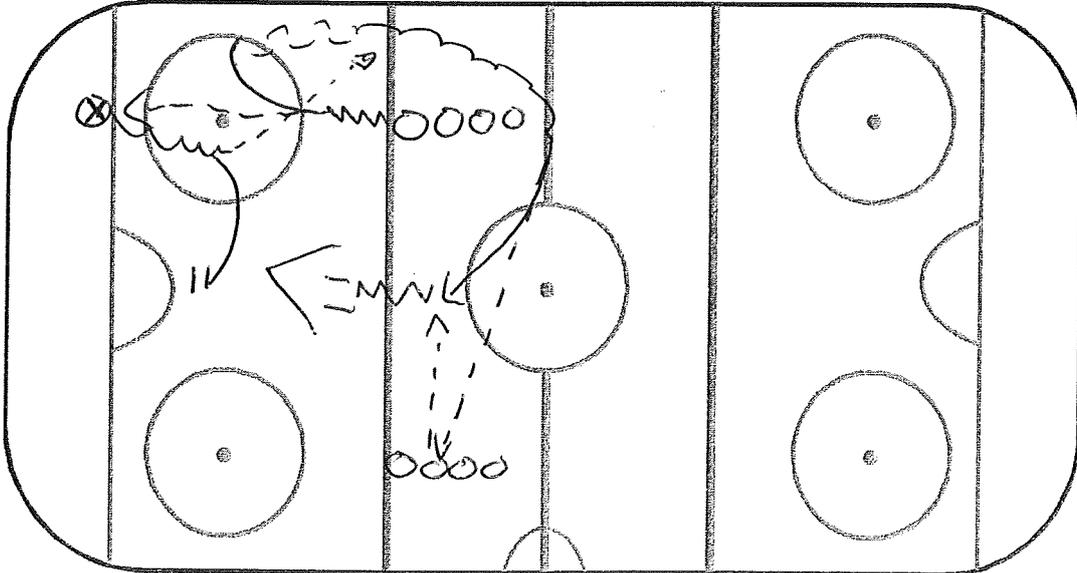
DRILLS - DRILL OF THE WEEK CLUB



1st "WINGS"

D'S MOVE LEGS

E'S TIMING



WARM UP 1-0

- FOCUS ON PASSING AND SHOOTING

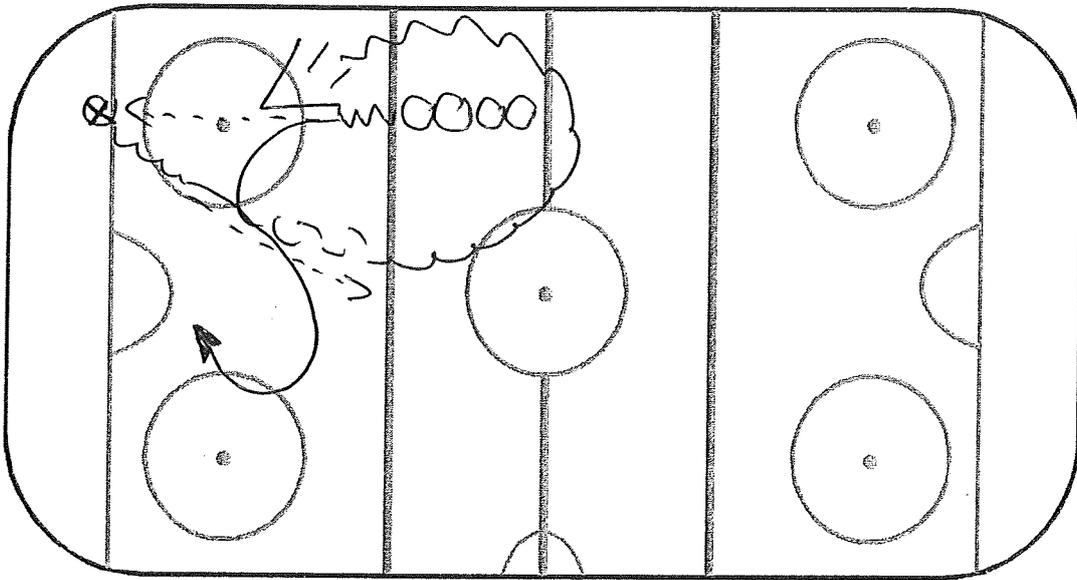
⊗ = STAY AT NET, REBOUNDS

Erik Vikström

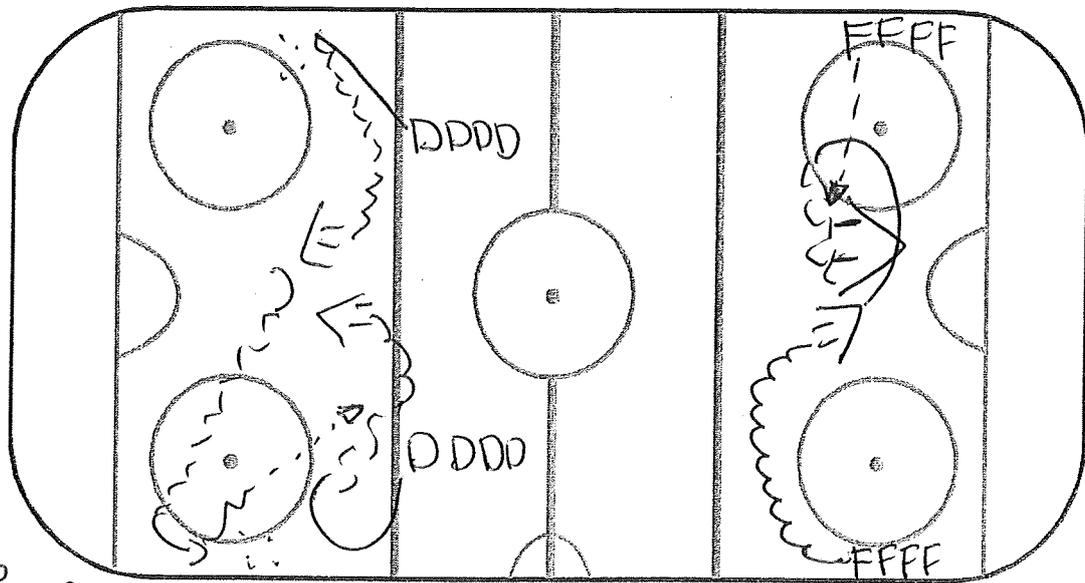
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DRILLS – DRILL OF THE WEEK CLUB



WARM UP 1-0



D's

FW

INDIVIDUAL SKILLS

D's - SHOOTING AND SKATING

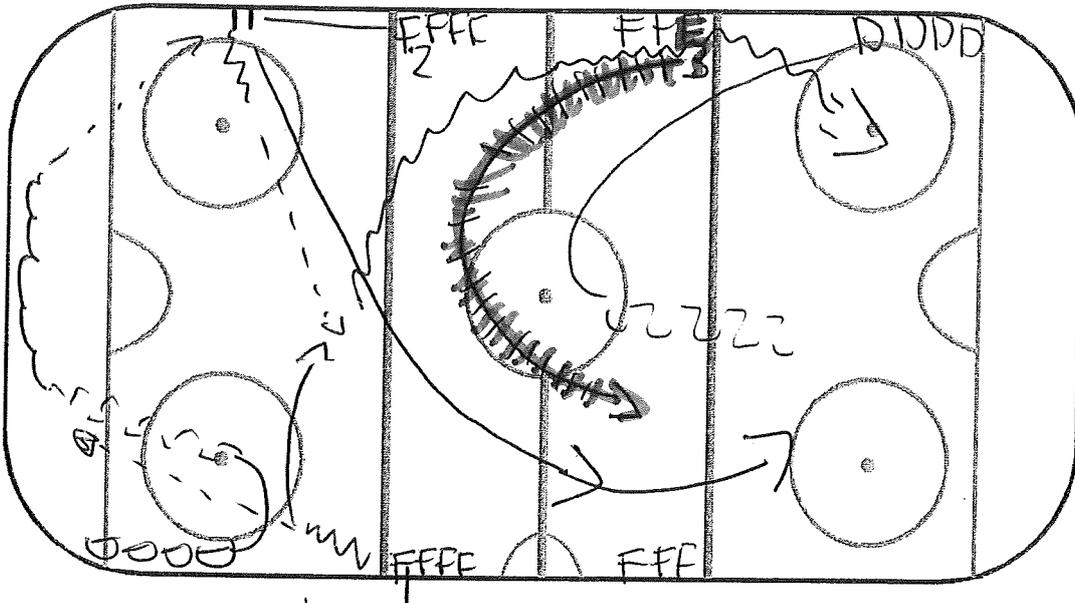
FW - SHOOTING AND SKATING

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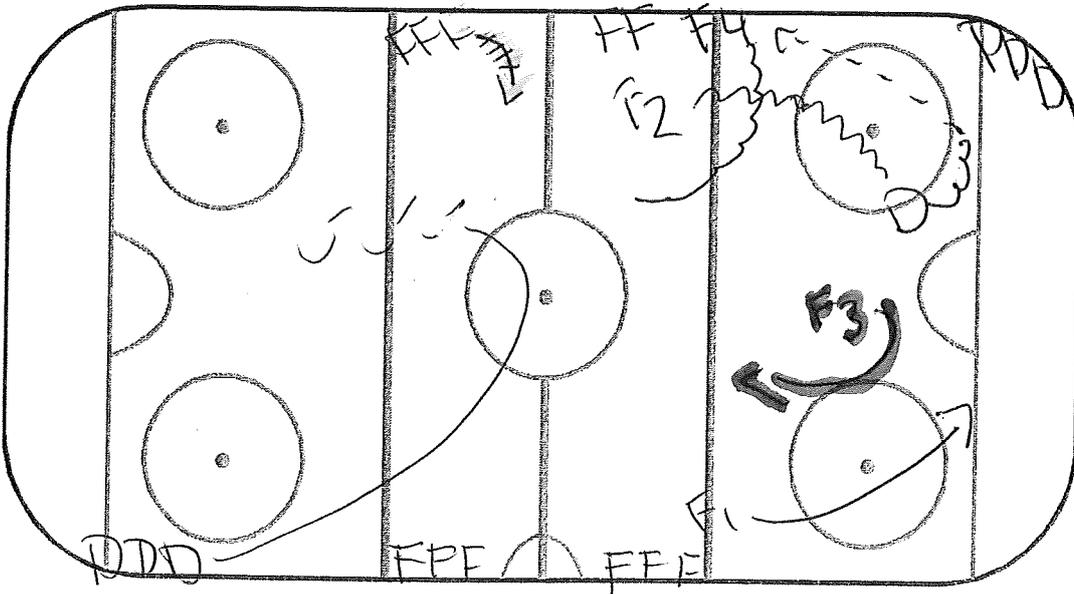
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DRILLS - DRILL OF THE WEEK CLUB



2v1 & 1st LATE BACKCHECK

F3 BL WHEN F1 OR F2 GOES OVER REDLINE



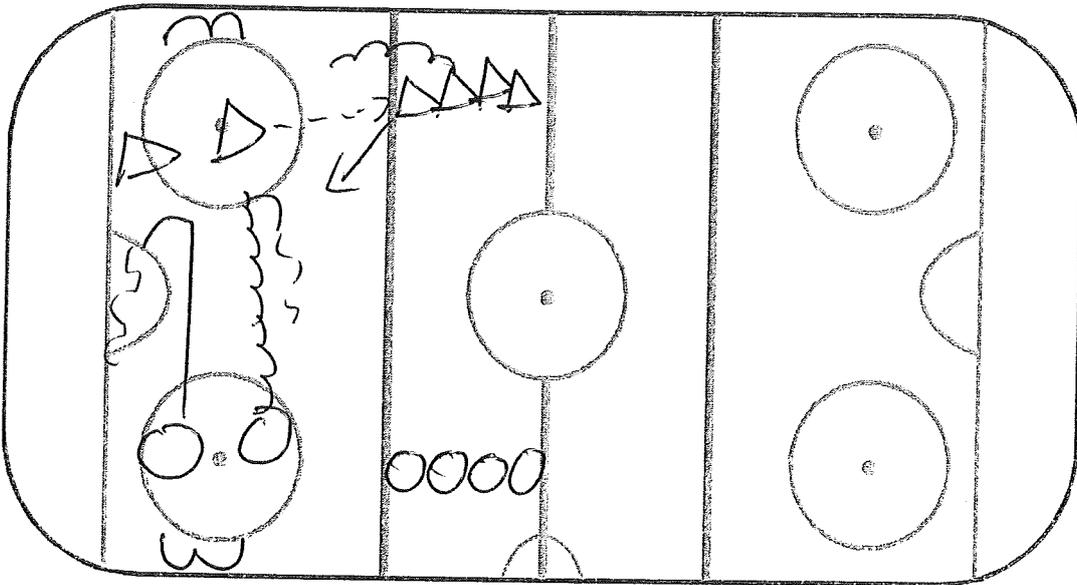
WHEN F3 WIN PICK OR D. WIN PICK
 F3 JOIN F4 IN NEW 2v1

Erik Vikström

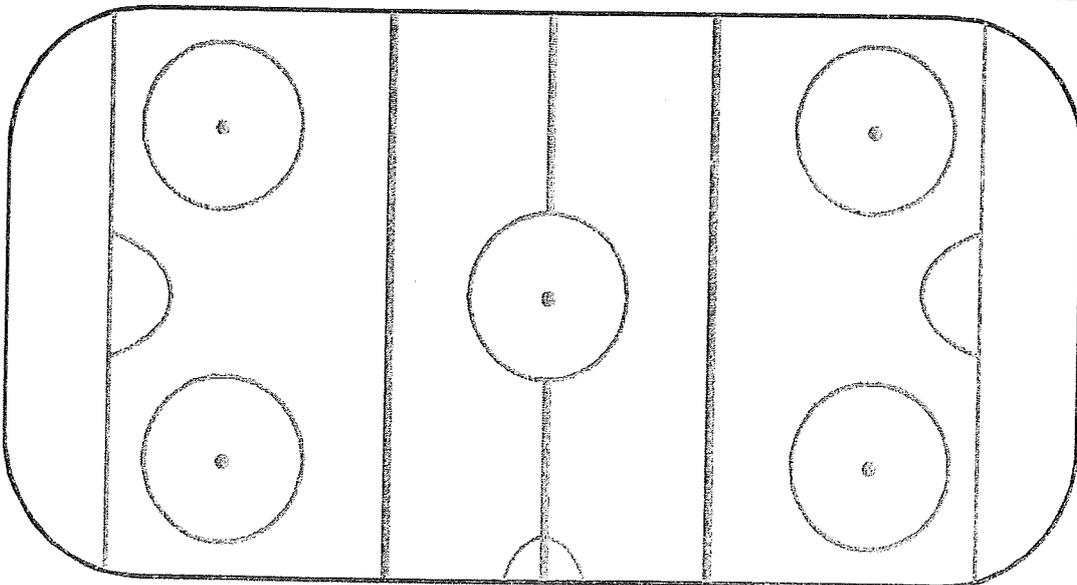
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DRILLS - DRILL OF THE WEEK CLUB



2vs2 OFF/DEF "FLOW"
WHEN Δ WIN POSE, 2 MEN Δ IN, \circ BECOMES D'S



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