

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.

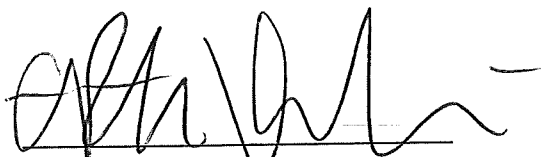
Book:

- 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

A handwritten signature in black ink, appearing to read 'Erik Vikström', with a horizontal line drawn underneath it.

Erik Vikström

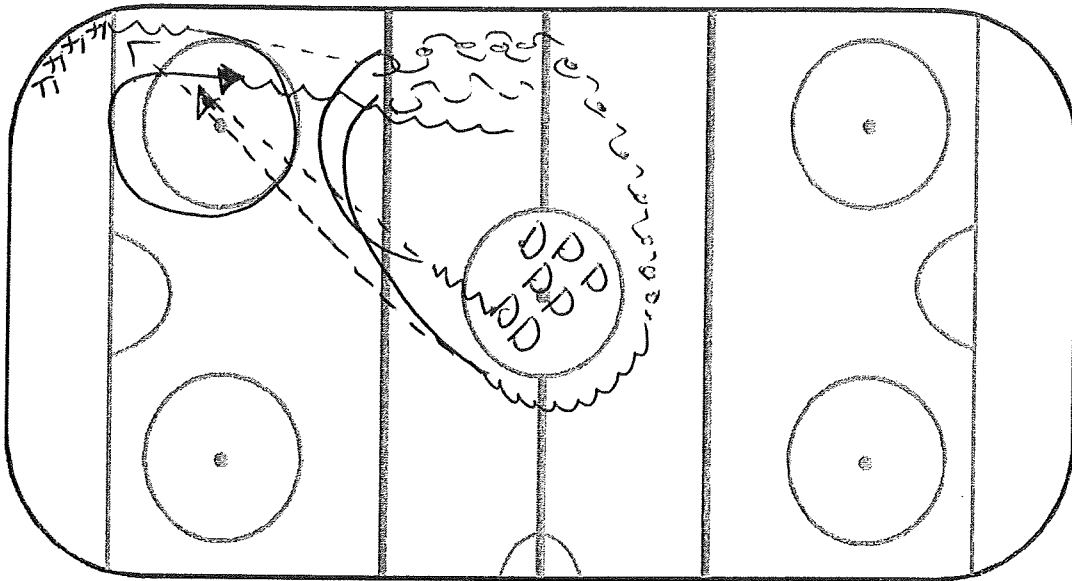
Coach

Björklöven j 20 Super Elite , Sweden

0046 70 57 98 138 , Phone

serben18@hotmail.com

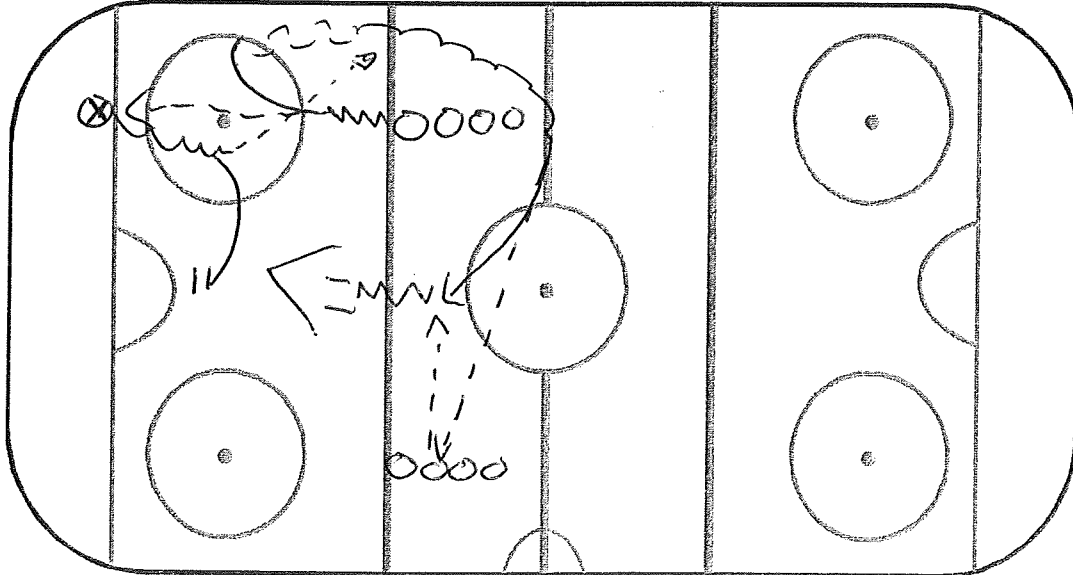
DRILLS - DRILL OF THE WEEK CLUB



WINGS

D8 MOVE LEGS

E8 TIMING



WARM UP 1-0

FOCUS ON PASSING AND SHOOTING

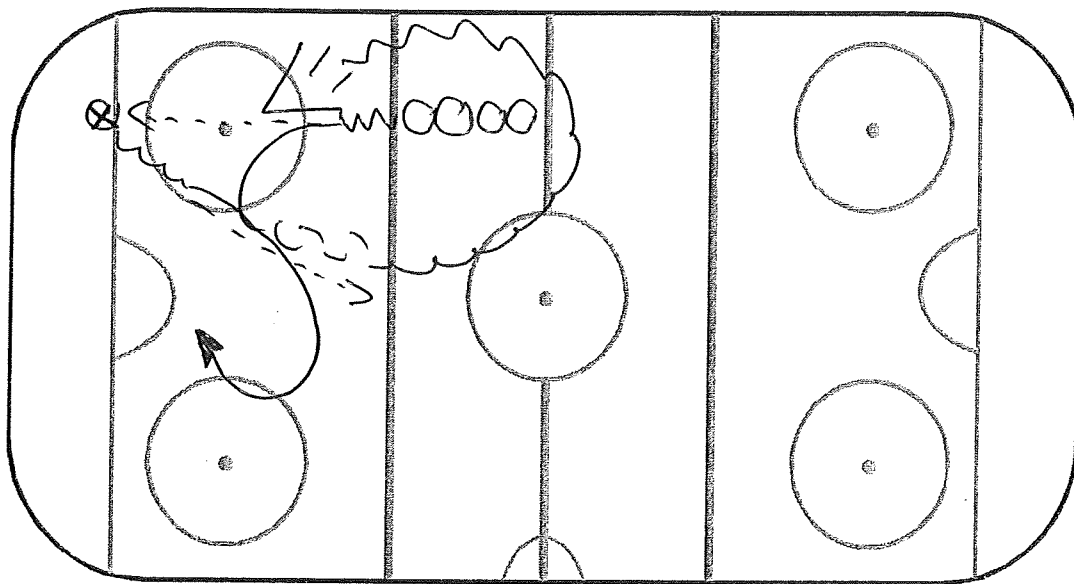
⊗ = STAY AT NET, REBOUNDS

Erik Vikström

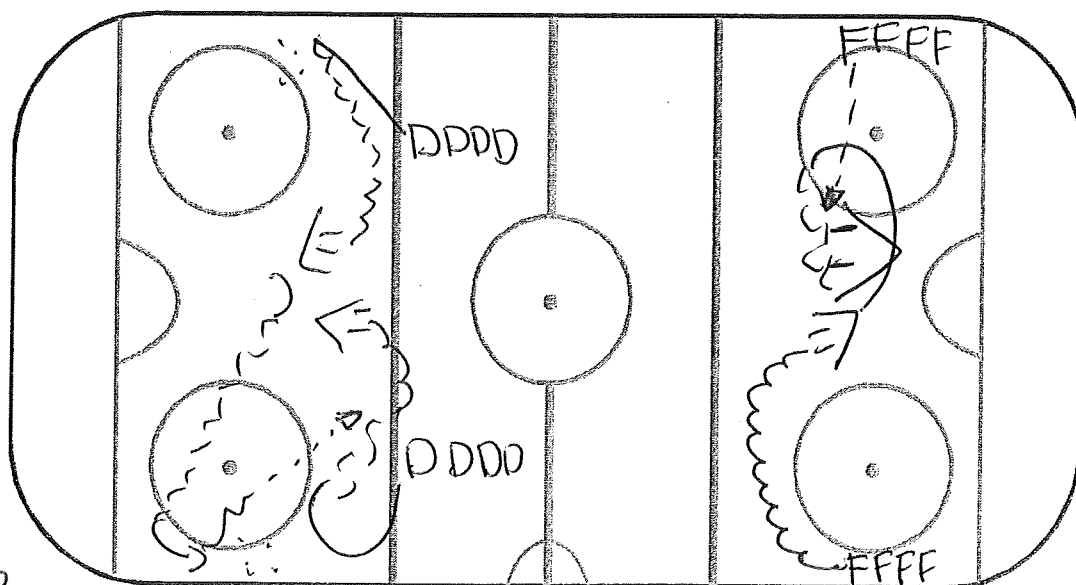
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DRILLS – DRILL OF THE WEEK CLUB



WARM UP 1-0



INDIVIDUAL SKILLS

D's – SHOOTING AND SKATING

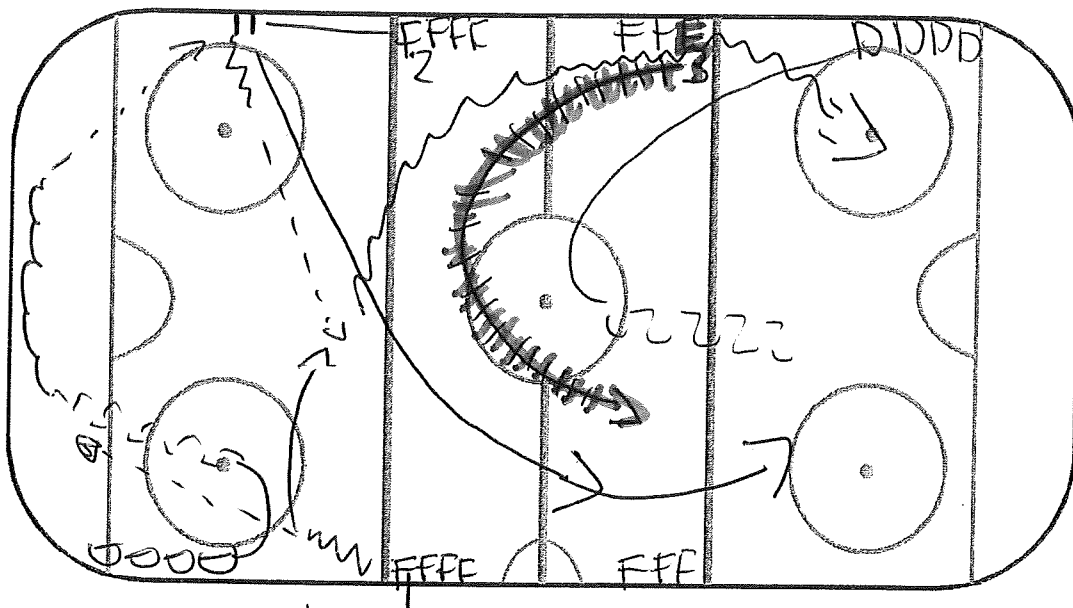
FW – SHOOTING AND SKATING

Erik Vikström

serben18@hotmail.com

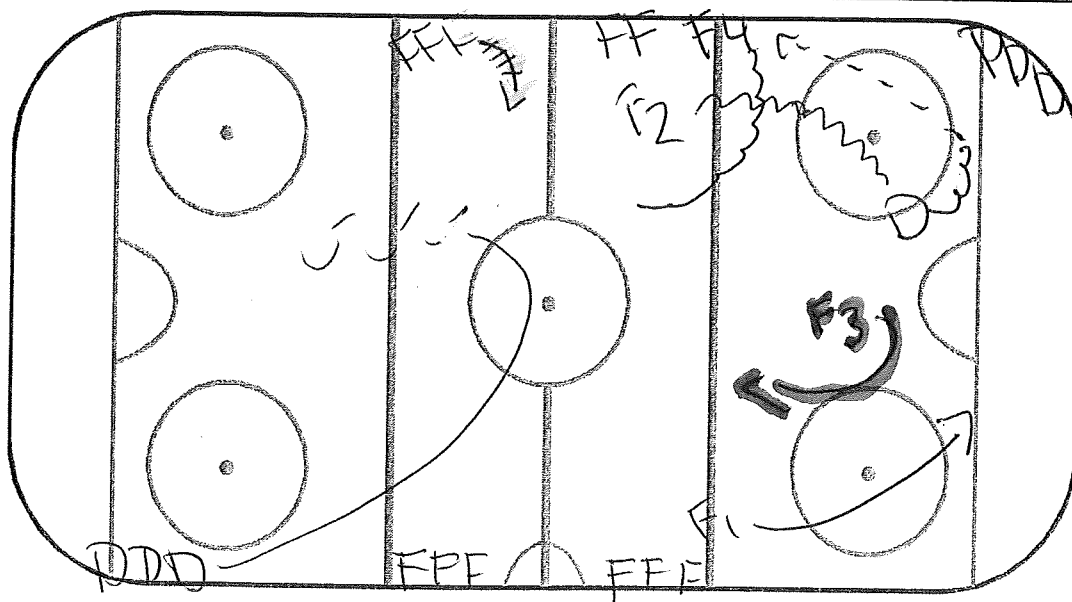
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DRILLS – DRILL OF THE WEEK CLUB



2nd & 1st LATE BACKCHECKER

F3 BL WHEN F1 OR F2 GOES OVER REDLINE



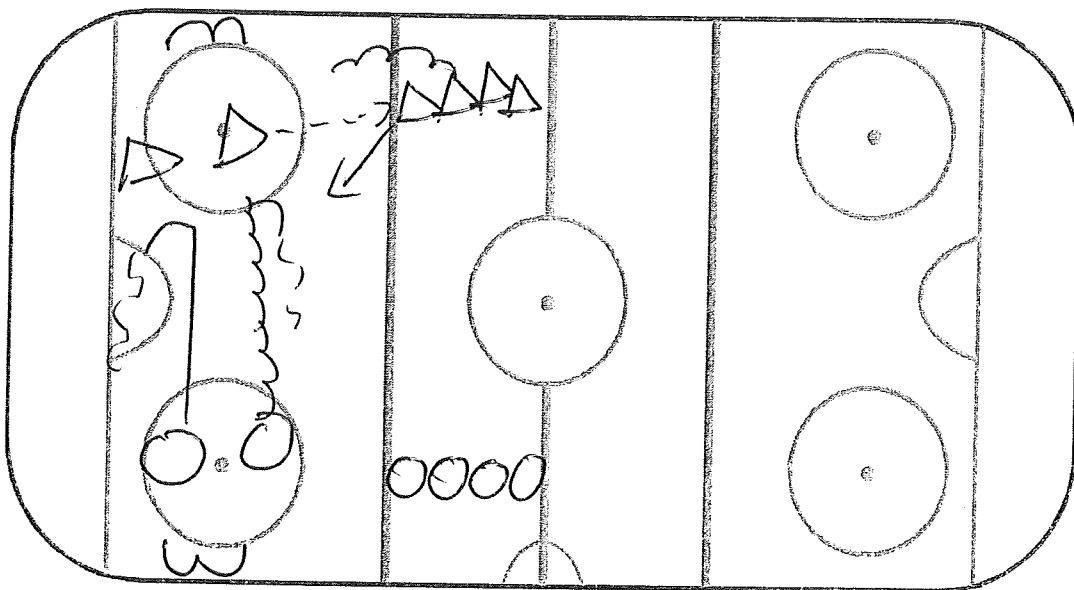
WHEN F3 WIN PICK OR D. WIN PICK
F3 JOIN F4 IN NEW 2-1

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serben18@hotmail.com

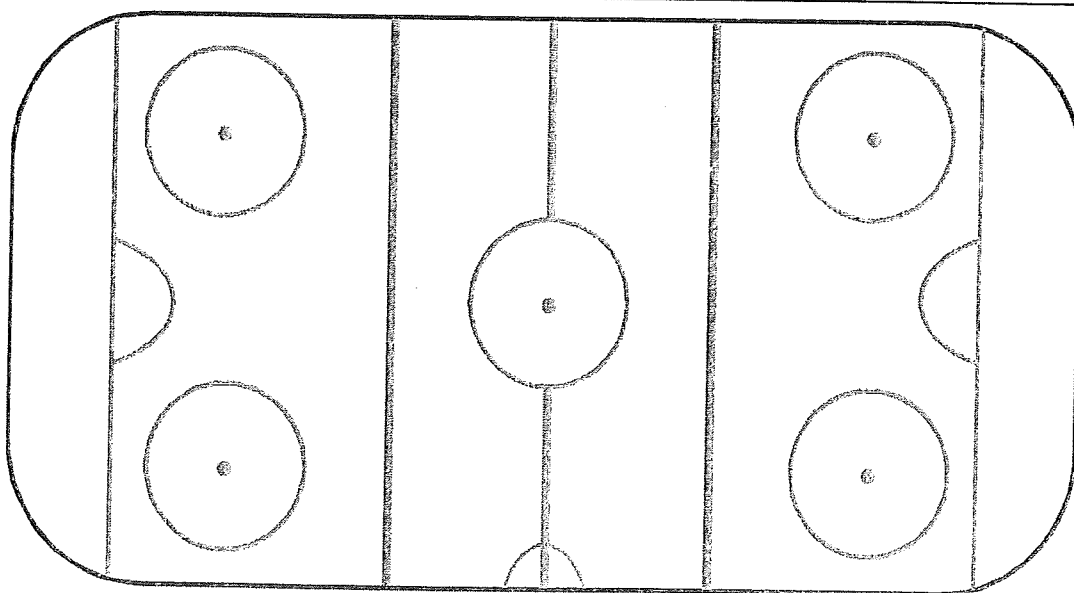
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DRILLS – DRILL OF THE WEEK CLUB



2vs2 OFF / DEF "FLOW"

WHEN Δ WIN POSE, 2 NEW Δ IN, O BECOMES D'S



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