

**SWEDISH
HOCKEY
DRILLS**

BOOK 1

GRAPHIC SYMBOLS

0 0 0 , Δ Δ Δ

--INDICATES PLAYERS



--SKATING FORWARD WITHOUT THE PUCK



--SKATING FORWARD WITH THE PUCK



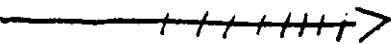
--SKATING BACKWARD



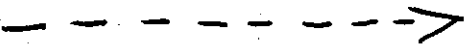
--TURNING (PIVOTING) FROM FORWARD TO BACKWARD SKATING



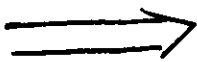
--SKATING FORWARD WITH A STOP



--CHANGING SPEED (CHANGE OF PACE)



--PASSING



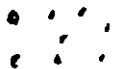
--SHOOTING



--PYLON (CONE OR OBSTACLE)



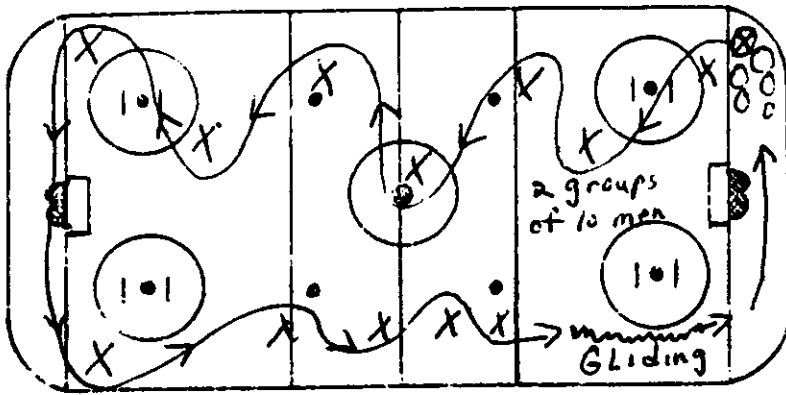
--COACH



--PUCKS

WARM UP DRILLS

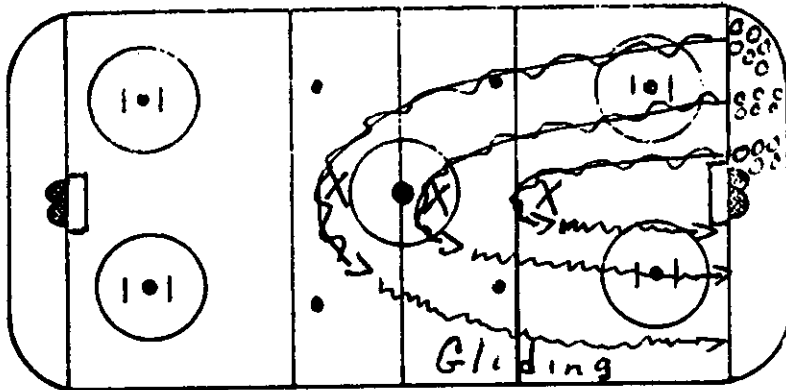




1. Warm up drills

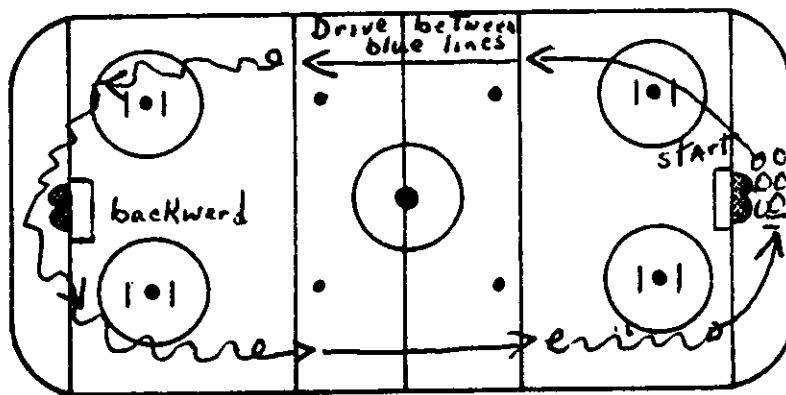
and basic drills for juniors.

Skating with and without the puck.
Note! Crossover skating between the pylons. Stress the importance of positioning and skating.



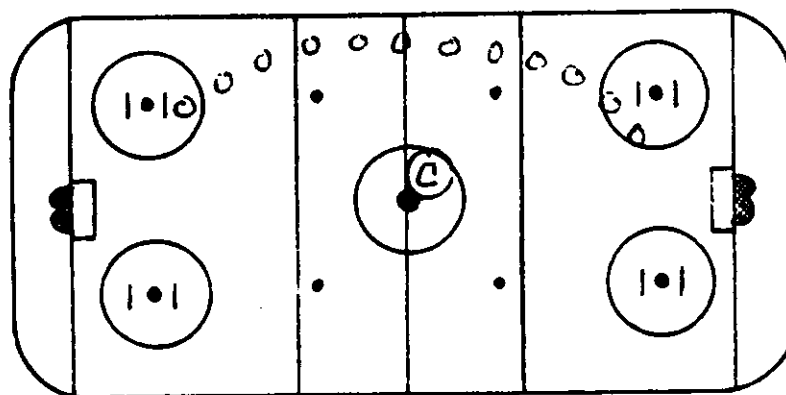
2. Warm up with the puck

Time: 5 min. Three groups with 7 players in each. Maximal skating to the boundaries of the zone, then glide. Change groups! Goalies skate with or without a puck.



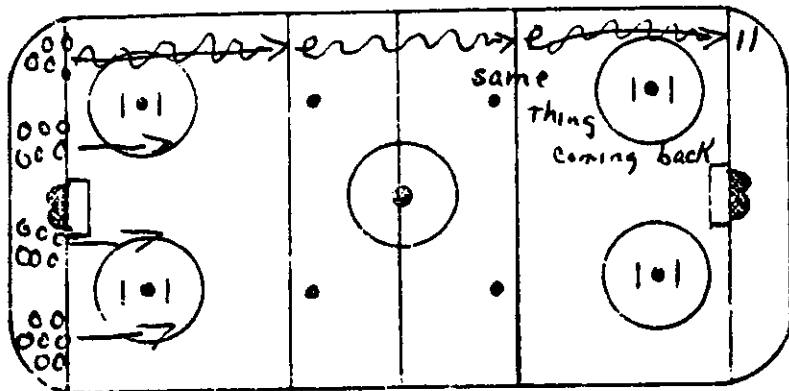
3. Warm up

Time: 15 min. Skating forward and backward around the rink. Drive between the blue lines.



4. Gymnastics on the ice Time: 5m

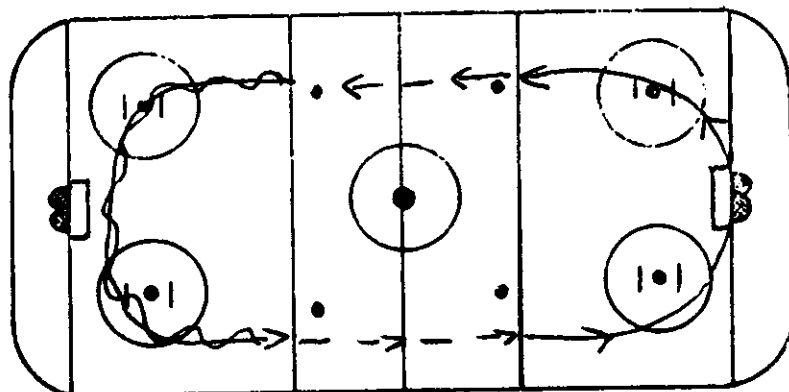
First without sticks. Begin with stretches of arms and legs, groin and back. Arm lifts, knee bends (1-2 legs). stretches sideways, forward-backward. Bend forward, turning left, right.



5. Skating forward and backward with a puck

75% of maximal speed, 4-6 groups
4 in each group

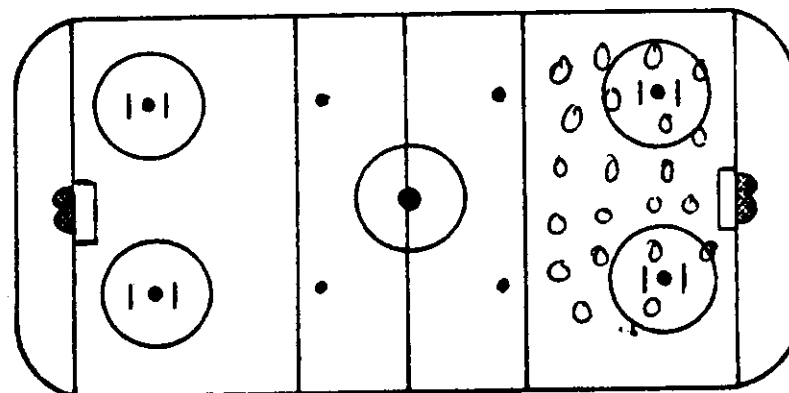
Backward skating between the blue lines.



6. Skating with the puck

Between the blue lines:

- A) down on both knees and up again--repeated
- B) "sliding" and up again--repeated in both directions.

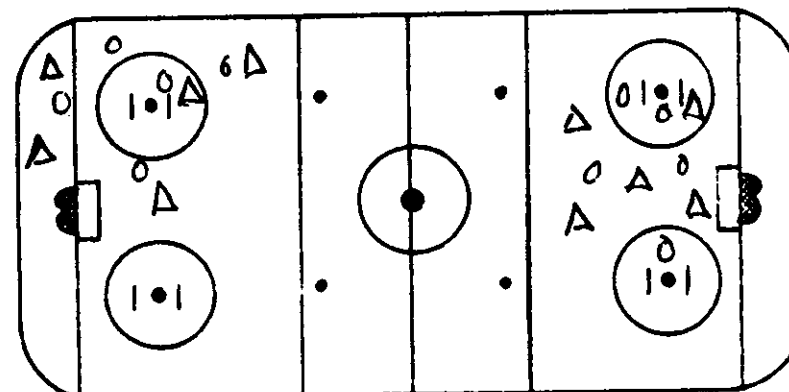


7. Free for all

In one zone and one puck.

Important! Keep your head up!

Alternative; Everybody takes care of own puck in one zone.



8. Warm up game

Four teams (usually each five-man unit--one team)

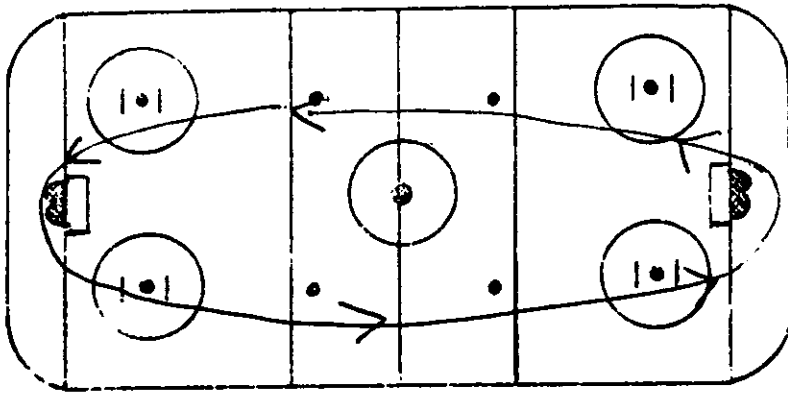
Two teams play against each other against one goal, in one zone.

Change and play winners against each other and so forth.

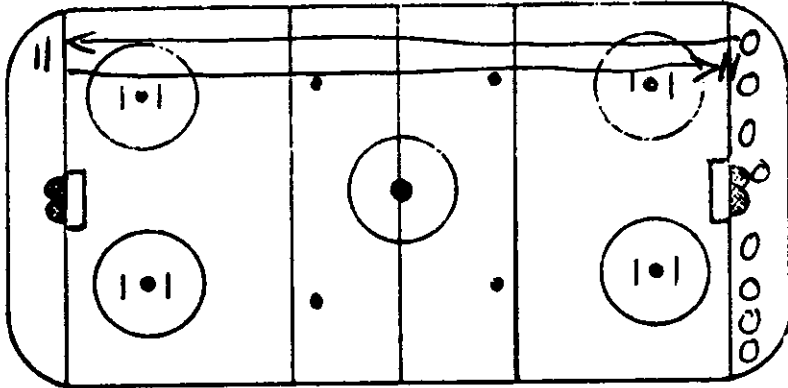
SKATING

DRILLS



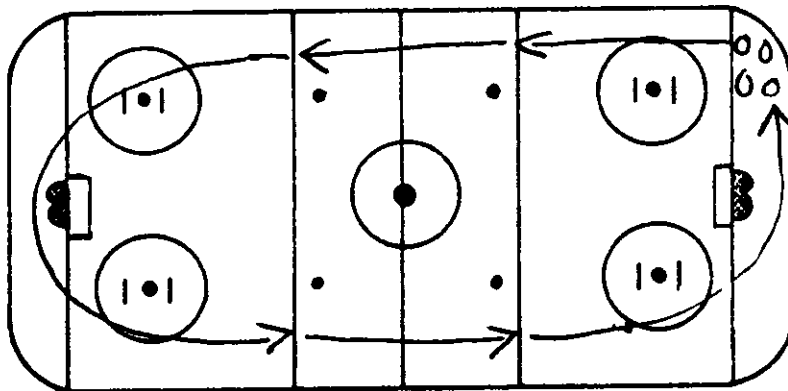


1. Skating Forward
 a) Around, change direction. Easy



b) Full speed--two lengths, rest

 15 sec.---repeat 3 times.

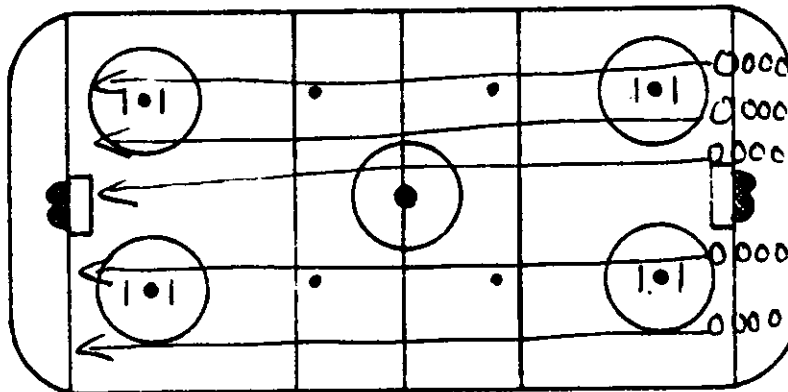


c) Change tempo (pace)

 10--15 laps

 Drive between the blue lines

 (can also carry a puck)

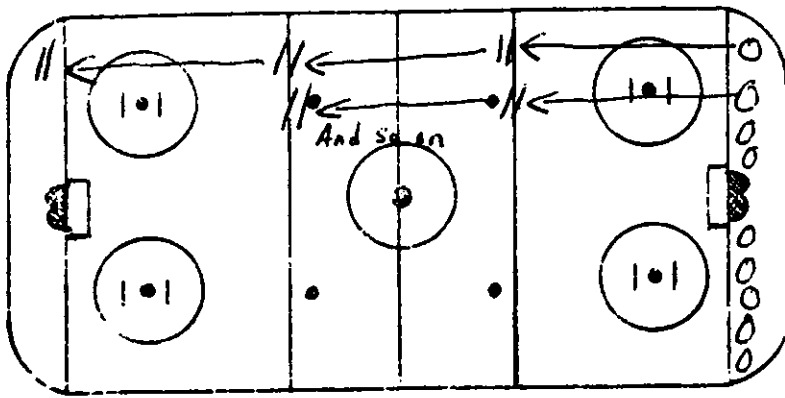


d) Straight skating

 Note! Five groups with four in

 each group are analysed slowly

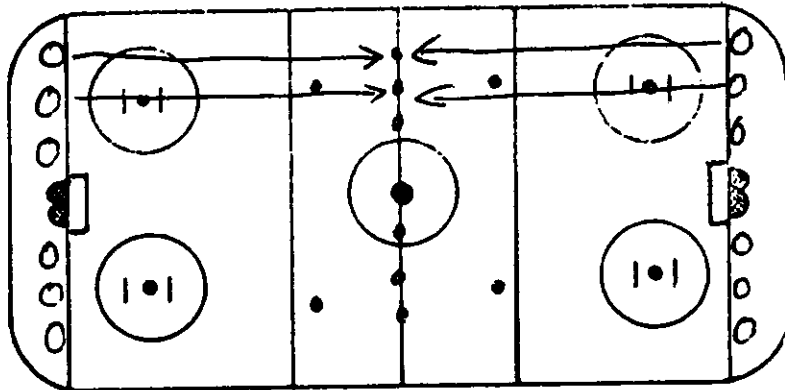
 and sufficiently.



2. Skating forward, starts and stop

a) Starts and stops at the blue lines. Can be run individually

or as a relay.



b) On signal--

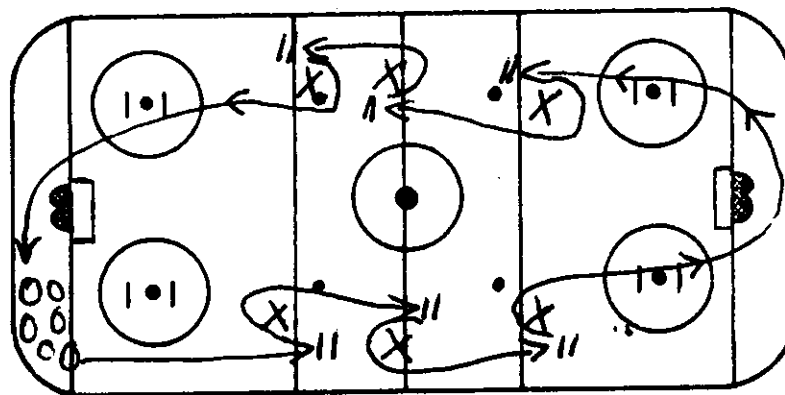
full speed forward and first to puck. Equal distance to the puck on both directions.

Variations: Players start on

(a) one knee

(b) both knees

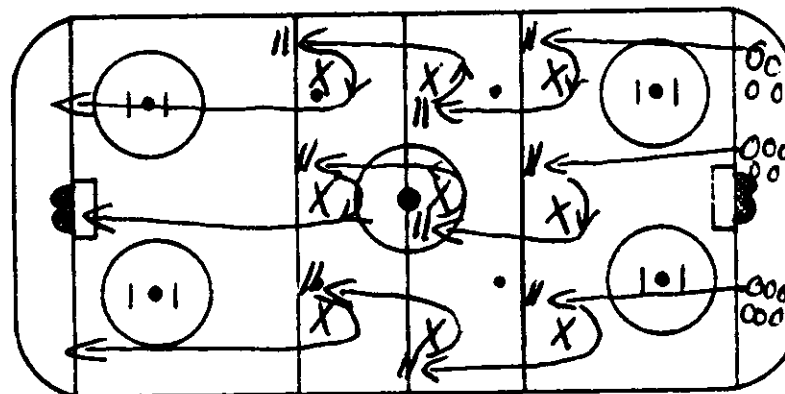
(c) with back out on the ice.



c) Full speed forward, abrupt stop

next to the pylon, around the pylon and full speed to the next

and so forth (loop)

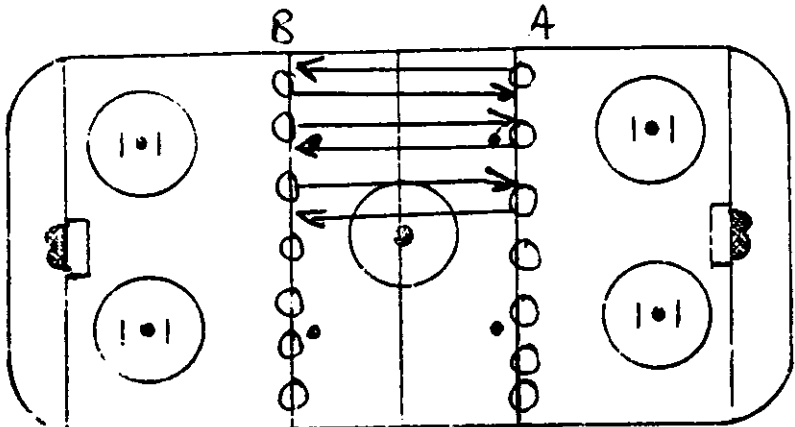


d) Combinations---drills

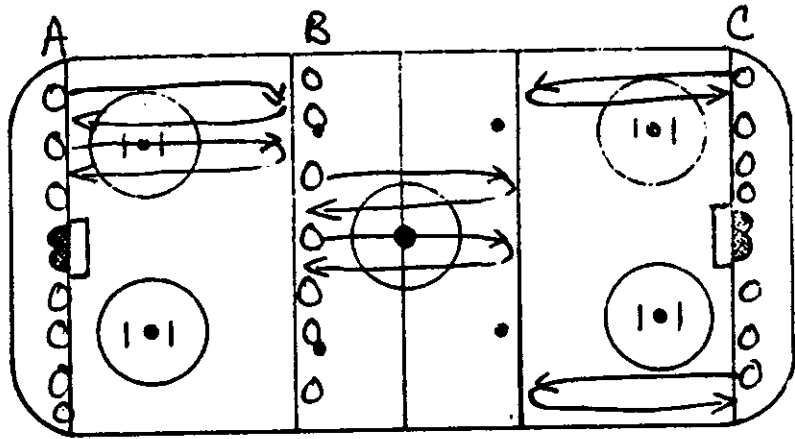
three groups---7 in each group

forward--sudden stop--around

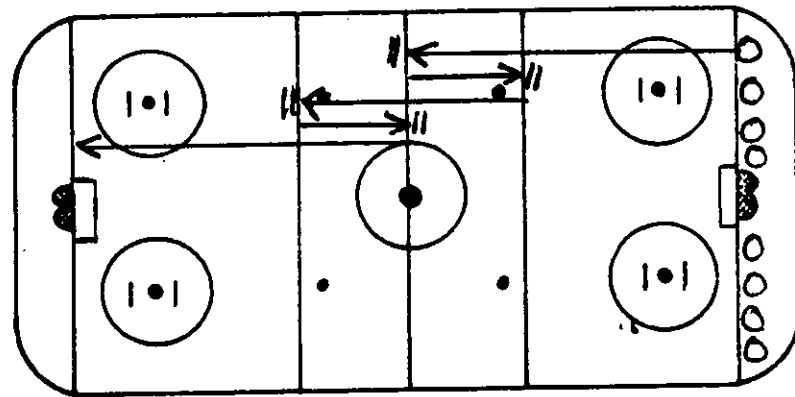
pylon and so forth (relay)



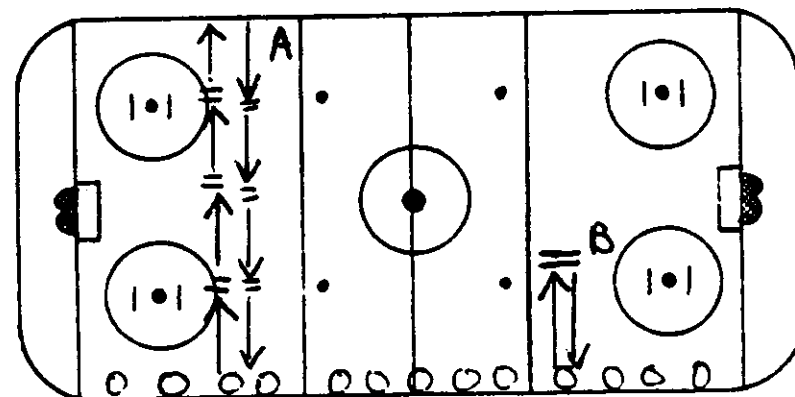
c) Change places!
 A starts on a signal, when he passes B's blue line, B starts and so forth.



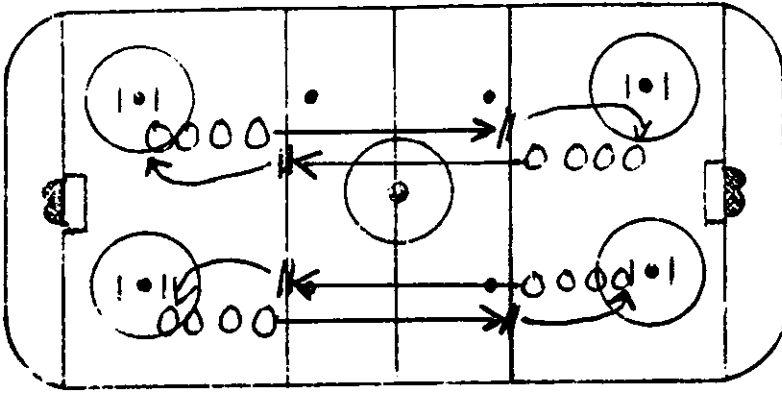
d) Three groups, evenly divided.
 Group A starts, goes three times up to the blue line (or 15 sec.) next signal, stop A and start B and so forth. Repeat three times.



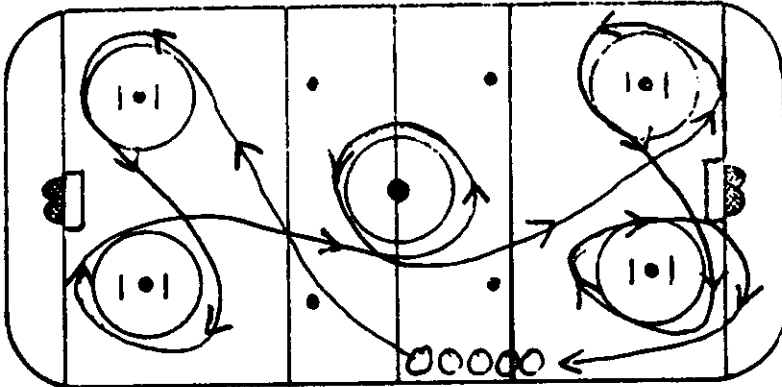
e) Full speed to red line, quick stop, back to the blue line, abrupt stop, over to far blue line, sudden stop, back to red line, quick stop and full speed to the end line. Always stop every other time on left and right foot. (Facing left & right side)



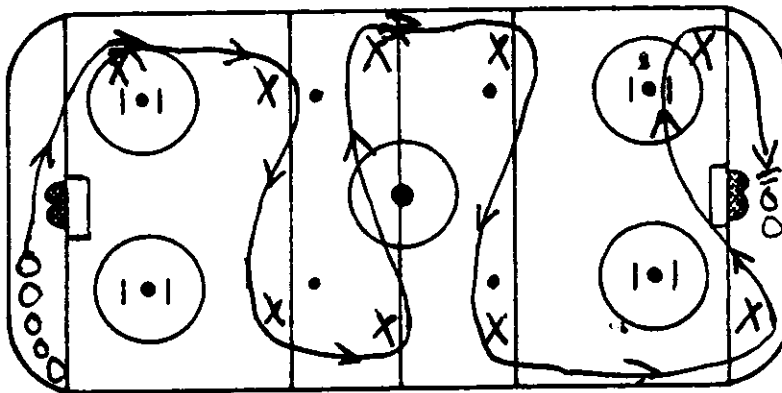
f) Starts and stops on the signal in 15-20 sec. Intervals between the signals 3-5 sec.
 Can run one or the other as alternatives A or B shown on the diagram.



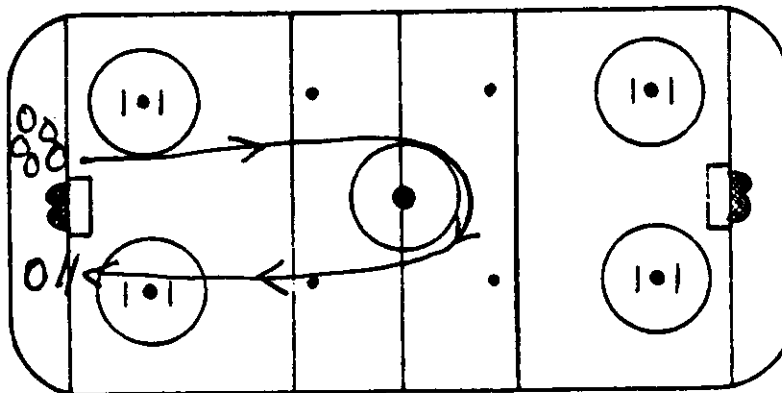
1) Starts and stops
Tempo skating, maximum speed
 (2--3 min.)



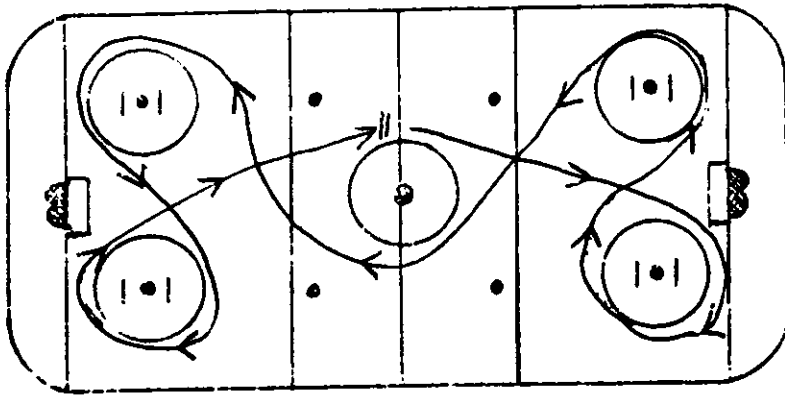
2. Crossover skating
 a) Crossover skating to the left
 as well as the right. Risk
of collision--heads up!



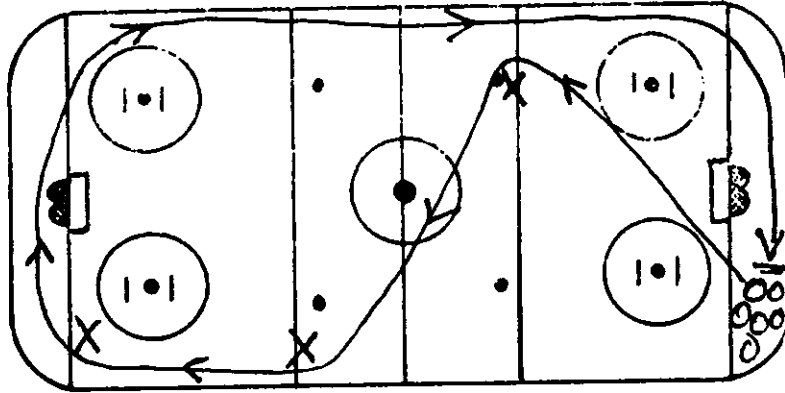
b) Crossover skating along blue and
red lines. Set up pylons.
See that the players actually
do crossovers while skating.
When everyone finishes the loop
run it in the other direction.



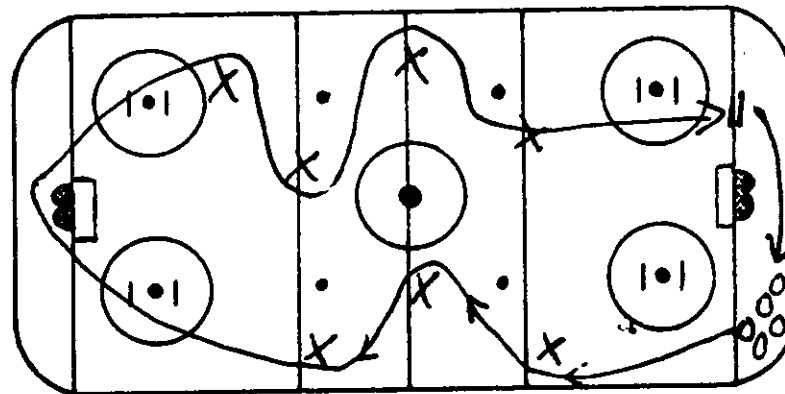
c) Crossover skating around the
center circle. High tempo!



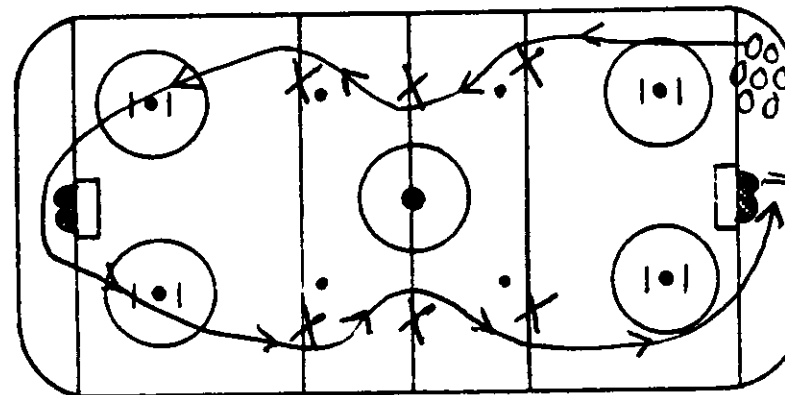
d) In the center zone
Maximum tempo!



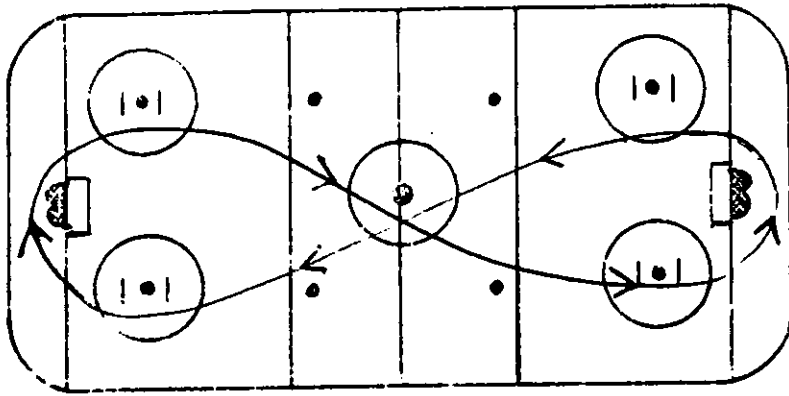
e) Regular forward skating, together
with crossover skating to the
left and right.



f) Between the pylons. (loop)



g) Between the pylons and around
the goal cages.



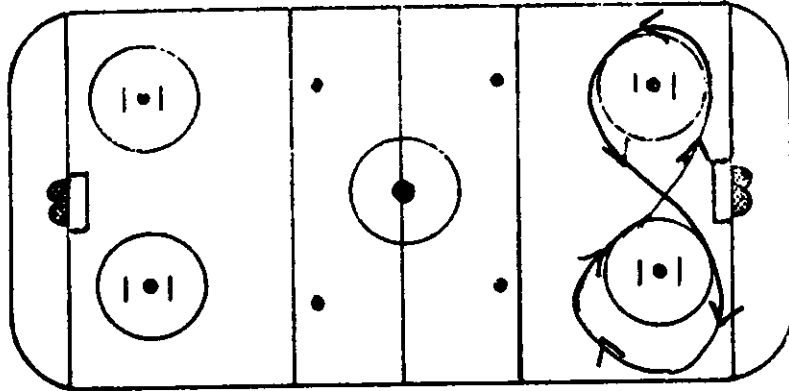
h) Crossover skating in large figure eight over the whole rink.

1) Forwards

2) backwards

3) Forward changing to backward

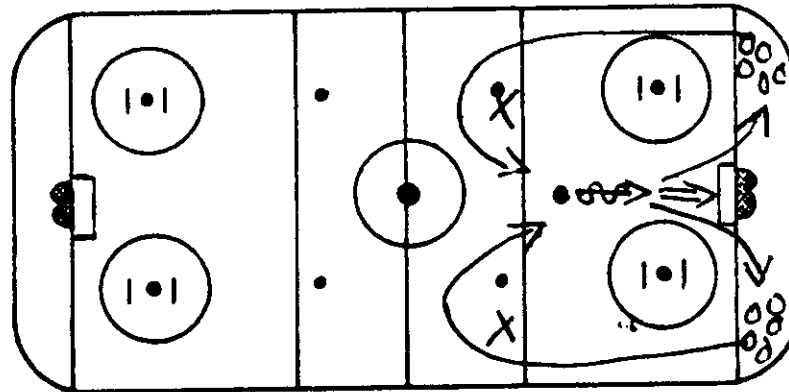
in the center circle.



i) In small figure eight:

(see h) above)

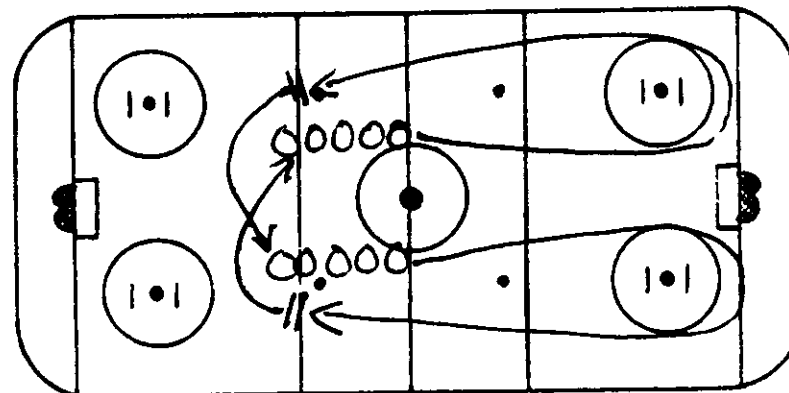
On both sides of the rink.



j) Face with crossover skating

around the pylons, first one to

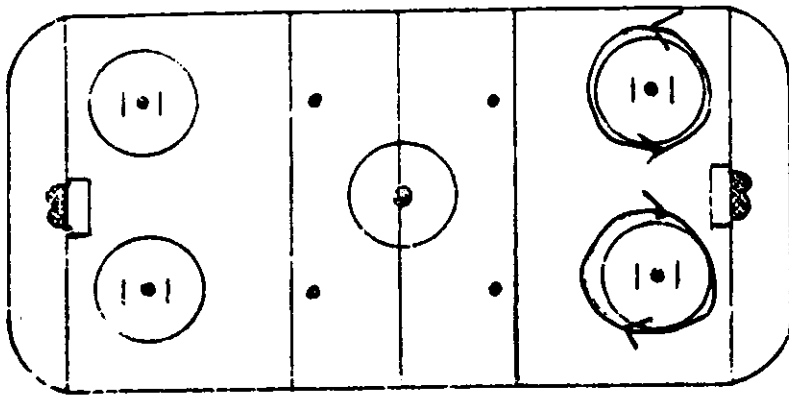
the puck shoots on goal.



k) Face (drill) crossover skating

every other time right, every

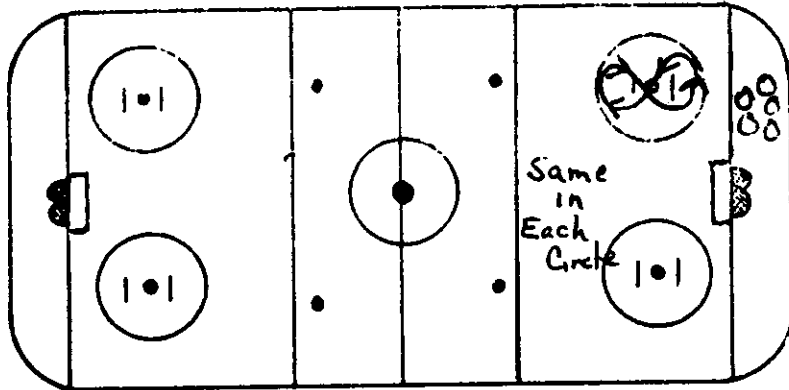
other left.



m) In the pass-off circles, in both directions. Note! Point out the importance of skating posture and powerful thrusts.

2 laps--one direction

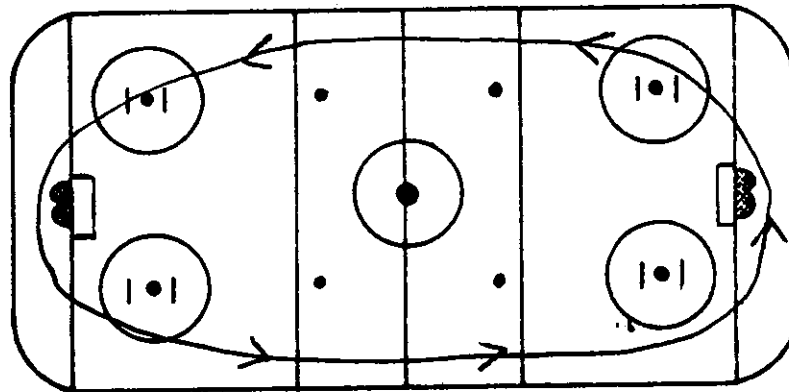
3 laps--other direction followed by: 1 lap easy, 1 lap litt harder, 1 lap maximum.



n) Ice hockey turn (swing)

5 groups--4 in each group.

Increase the tempo---start at easy pace!

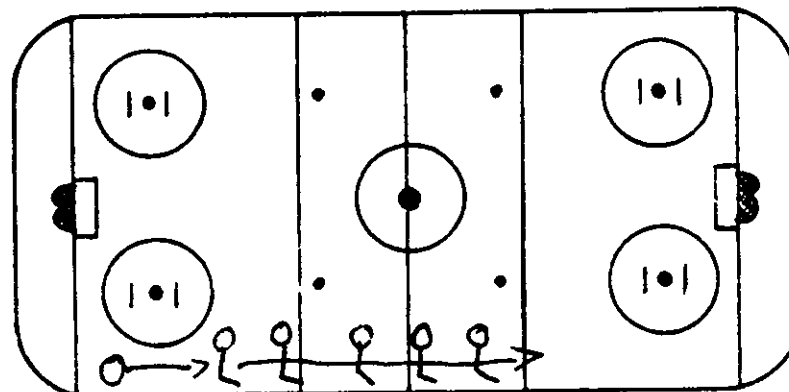


o) Acceleration

With crossover steps, increase speed around the cages, easy also

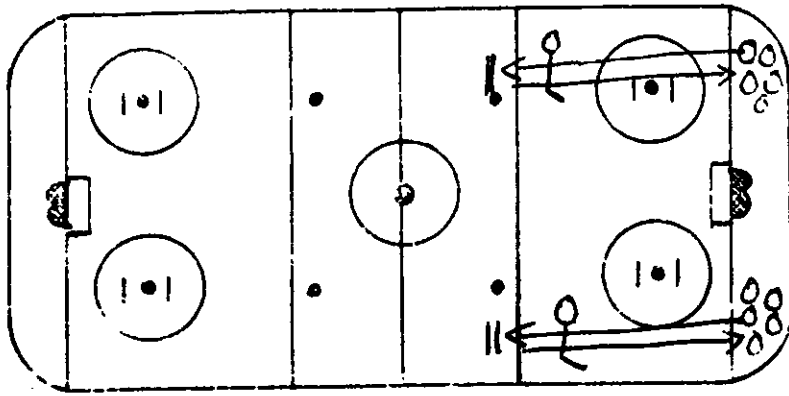
the side boards--(glide skating)

Good warm up drill!

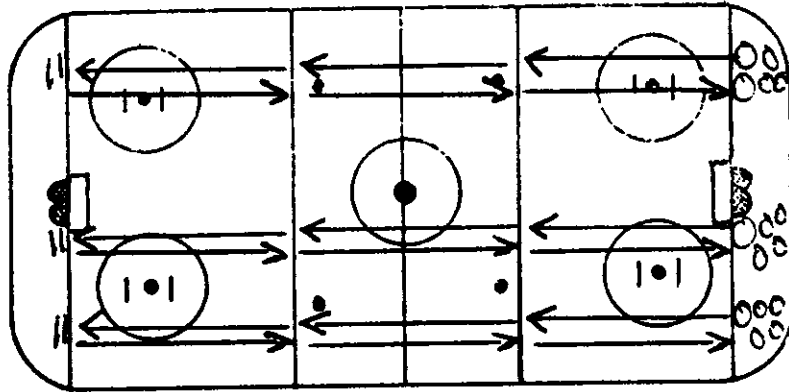


4. Balance drills

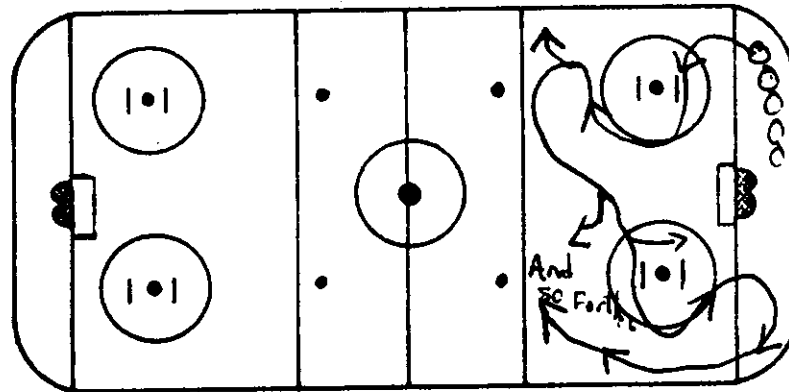
a) Skate forward with jumps over the sticks. When last man has passed the next leaves as in "leap frog"



- b) Full speed forward, jump over
outstretched stick, quick stop
the blue line, hop over the stick
again back full speed. (can
also do with pucks and as a
relay).



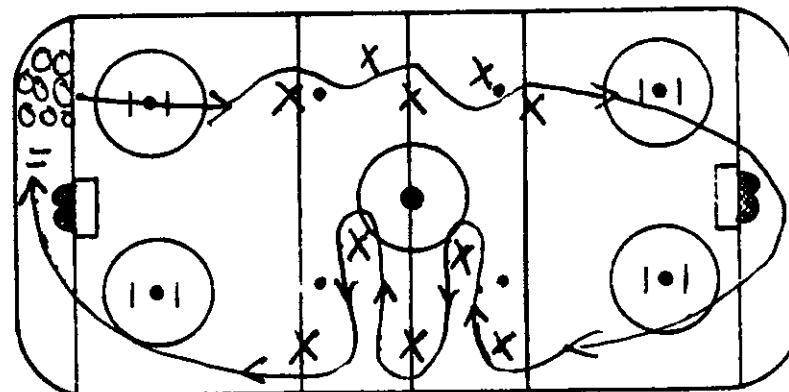
- c) Take off from the goal line--
at the first blue line go down
in a squat, stretch out left leg
(and touch skate) at the next
blue line change legs--same
thing coming back.



5. Skating with turns and direction
changes

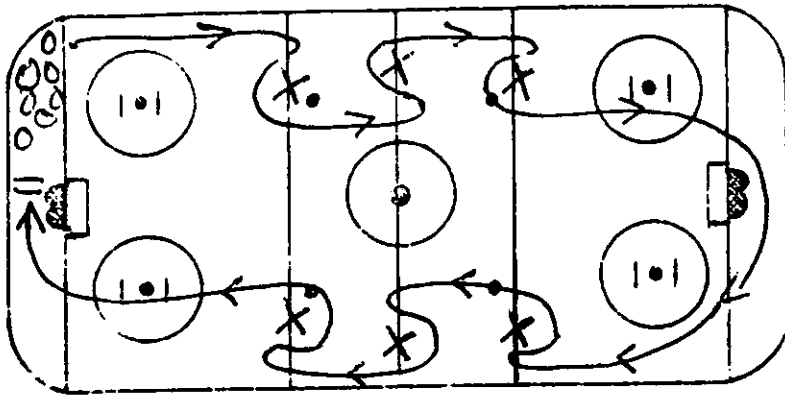
- a) "Follow John" Change player in
the lead every 15-20 sec.

Two groups.

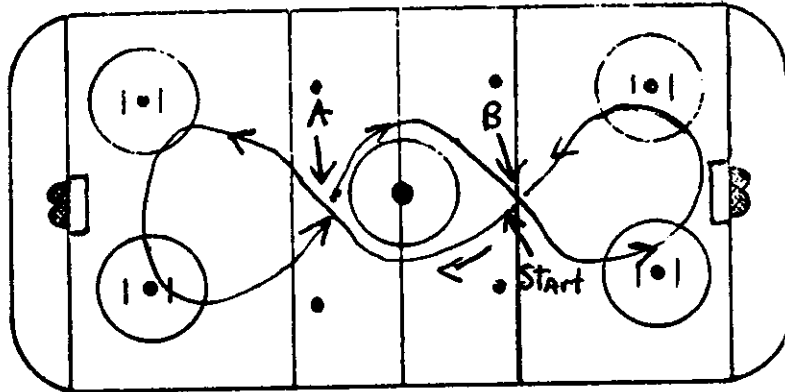


- b) Various cuts

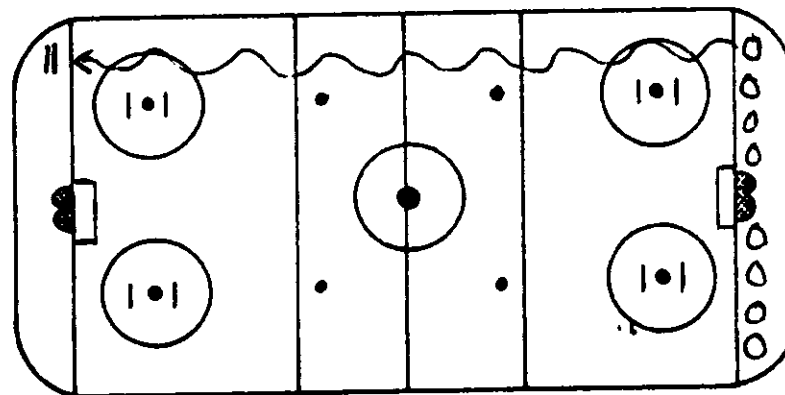
Five obstacles are placed (see
the diagram) on each long side.
Make various cuts at each ob-
stacle (--change feet)



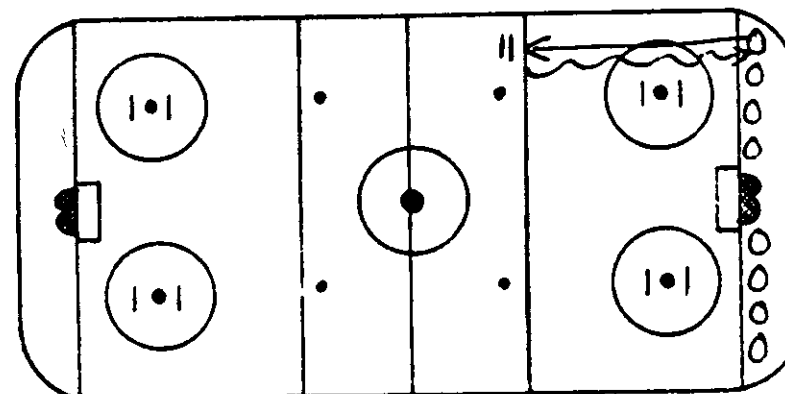
c) Turns with hockey swing, no quick stops, but sudden turns, high tempo. (loop) Can also be run with pucks.



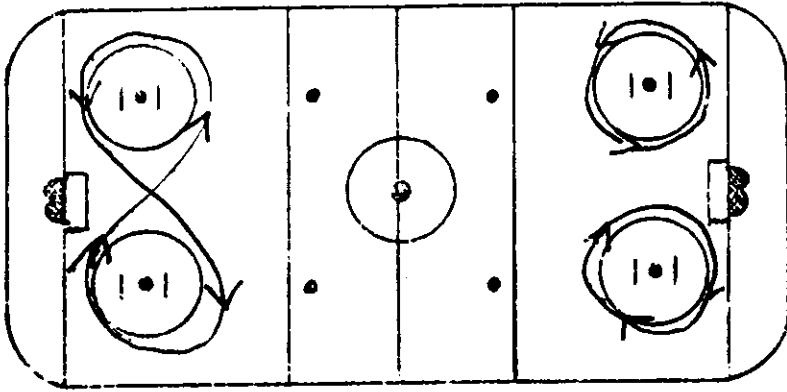
d) "Section" forward with foot and edge changes. Start on the right outside edge. At the change over on the next circle at A, right inside edge. On the return to center circle, left inside edge and at B, change to left outside edge.



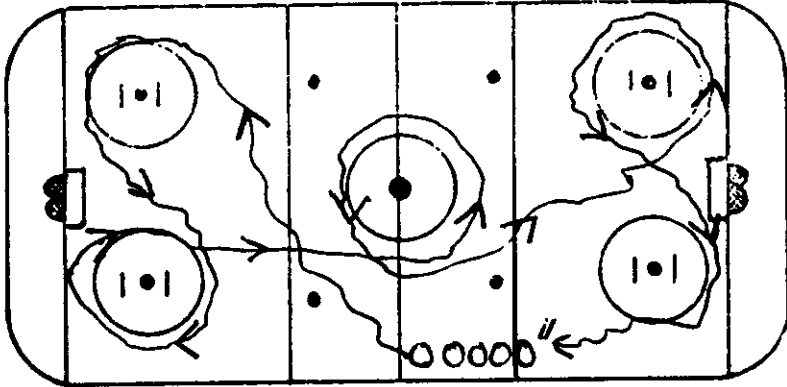
6. Backward skating (combination)
 a) from end to end
 b) on signal stop, next signal continue backward.



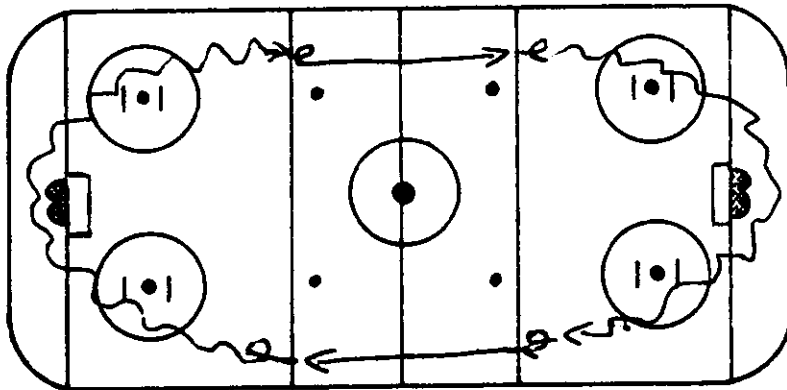
c) Full speed forward quick stop and full speed backward. Repeat 3 x 5 times



- d) Crossover skating backward
 1) around face-off circles
 2) "small figure-eight"

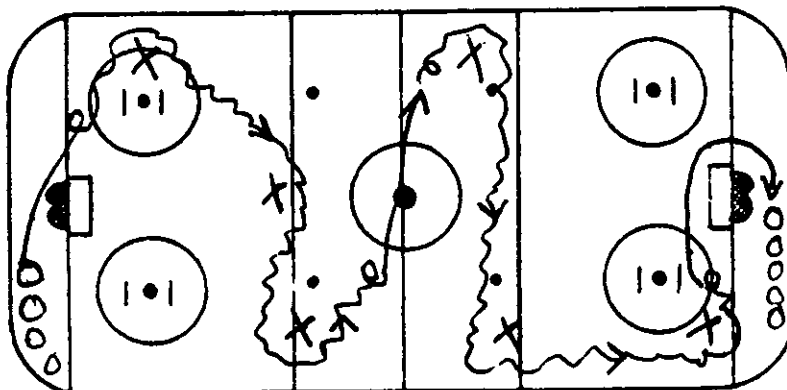


- e) Crossover skating backward.
 Head up---risk of a collision.

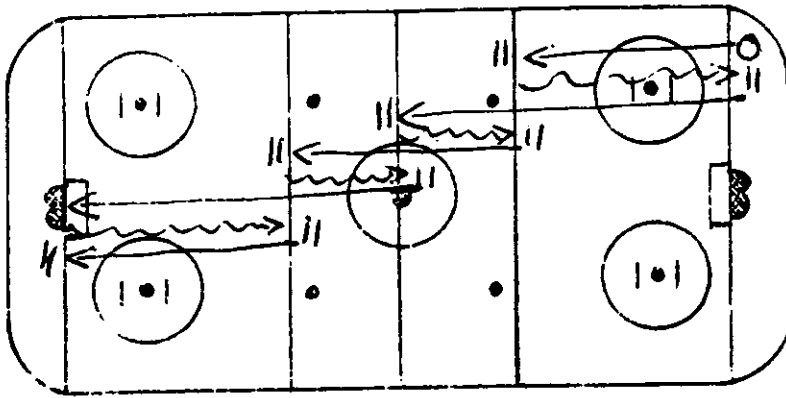


- f) Crossover skating backward--
 around goal cages.

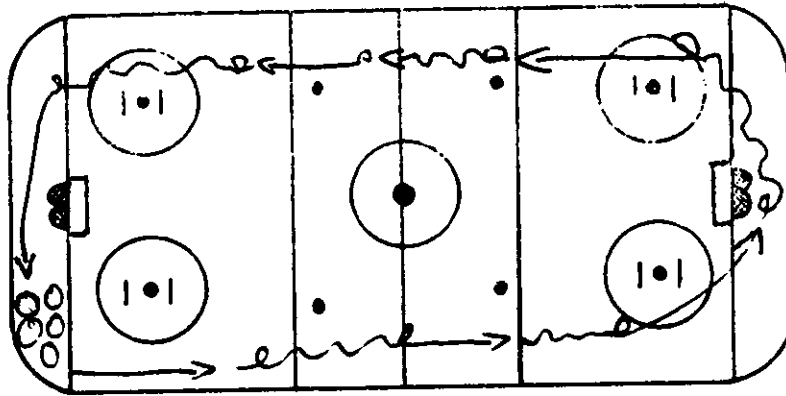
Turns (pivots) at the blue line:



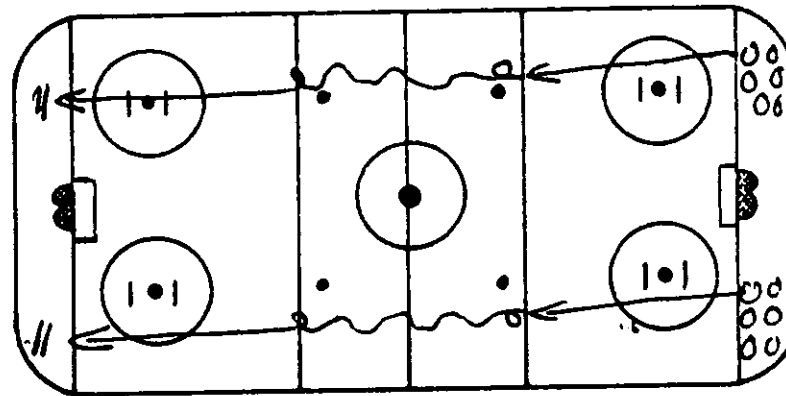
- g) Crossover skating backward---
 around pylons. Turn in both directions!



h) Forward and backward skating according to the diagram.

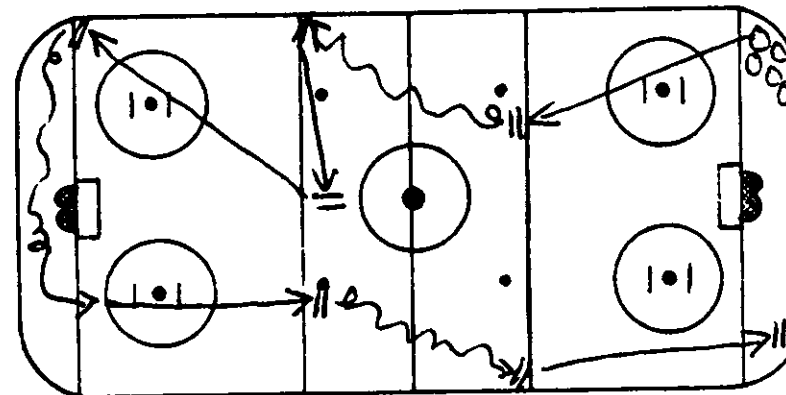


i) Forward and backward skating with turns (pivots)



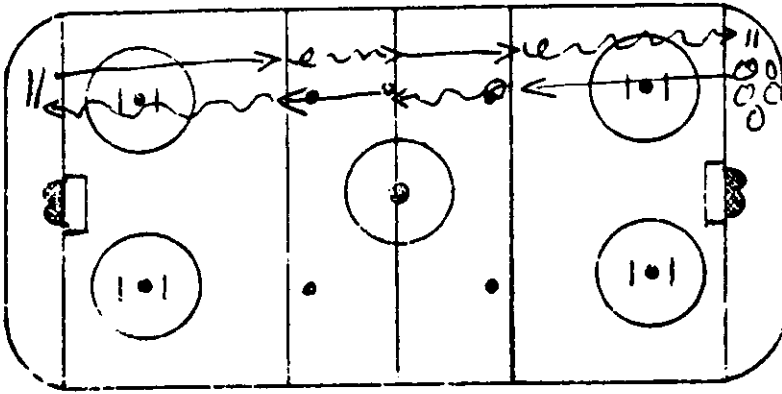
j) Start, turns (pivots)--forward and backward skating.

(individually or as a relay)

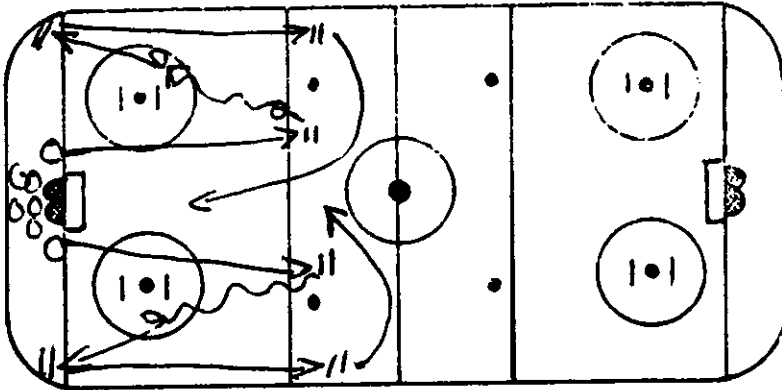


k) Full speed forward, quick stop--turn(pivot), full speed backward sudden stop--other direction.

Starts and stops--backward, pivot stop---full speed forward, stop--ditto backward, stop, full speed to the goal line.

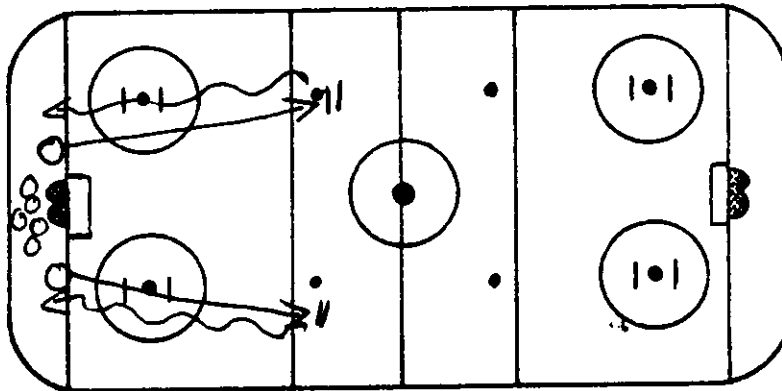


1) Forward and backward skating with turns (pivots) (Relay or individually) Down and back.

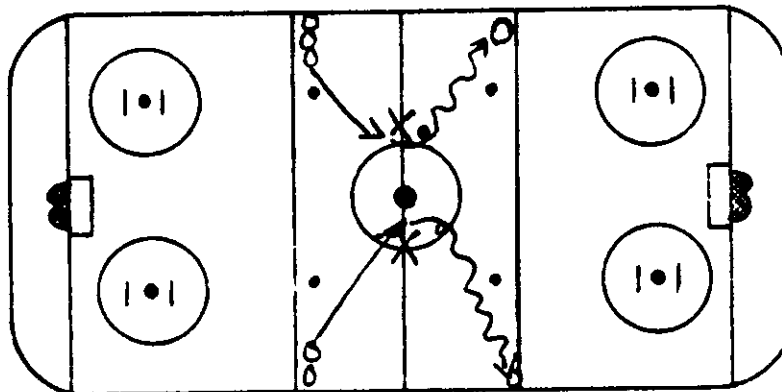


7. Special drills for defensemen

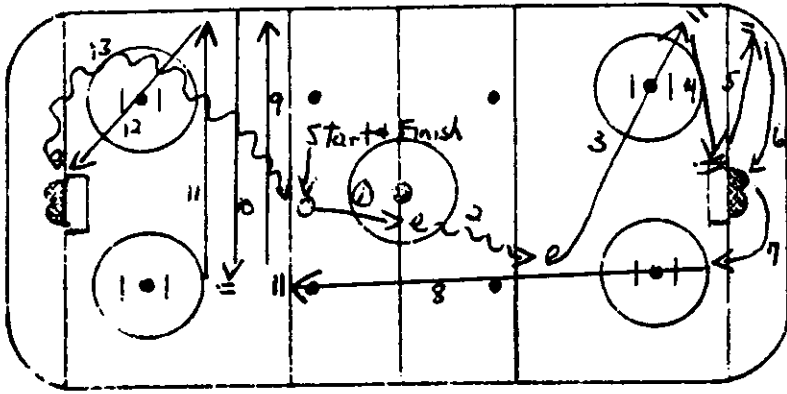
a) Full speed to the blue line, stop backward, pivot at the pylon, down in corner, stop, full speed up to the blue line, stop!



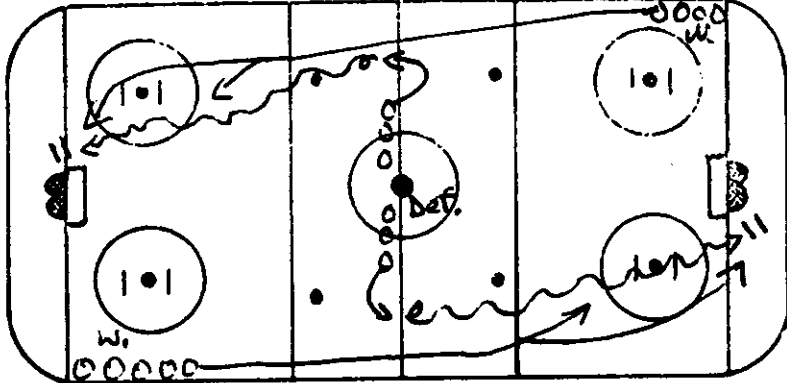
b) Full speed forward and backward Repeated 3 x 5 times



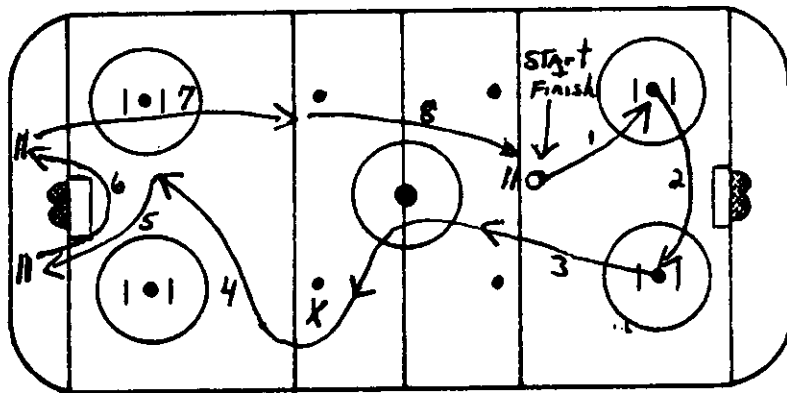
c) Forward--pivots--backward--etc.



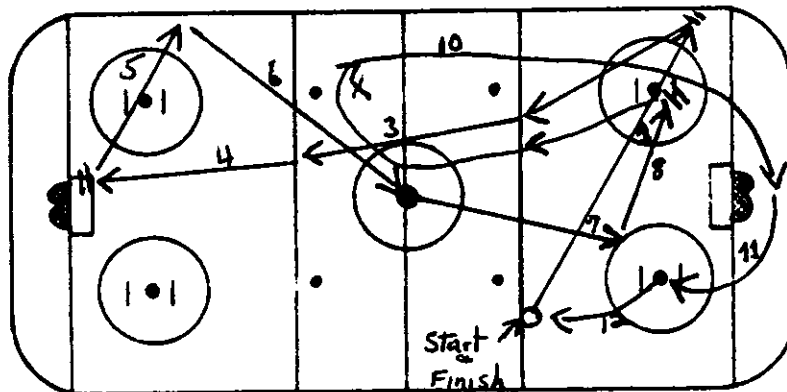
d) loop



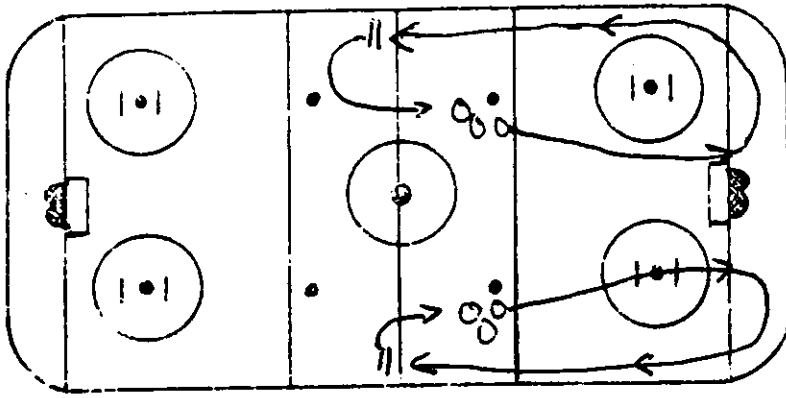
e) Defensemen and wingers' drill.
Wings stay out along the boards
when the wings pass the first
blue line, the defensemen make
crossover steps, pivot (turn
around), and the defensemen go
backward and try to drive the
forwards out toward the corner.



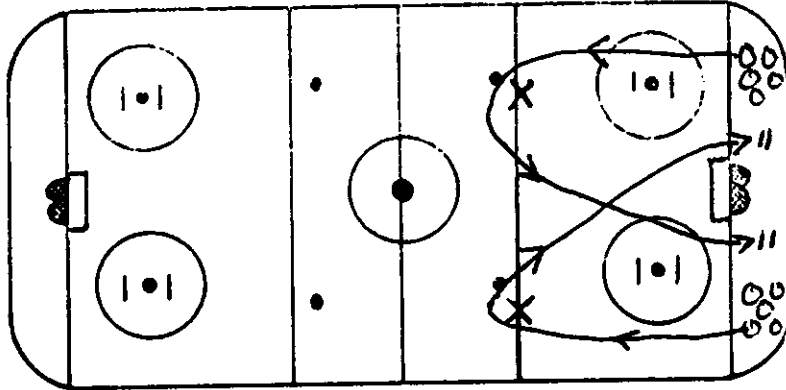
3. Skating drills for Forwards
a) for centermen



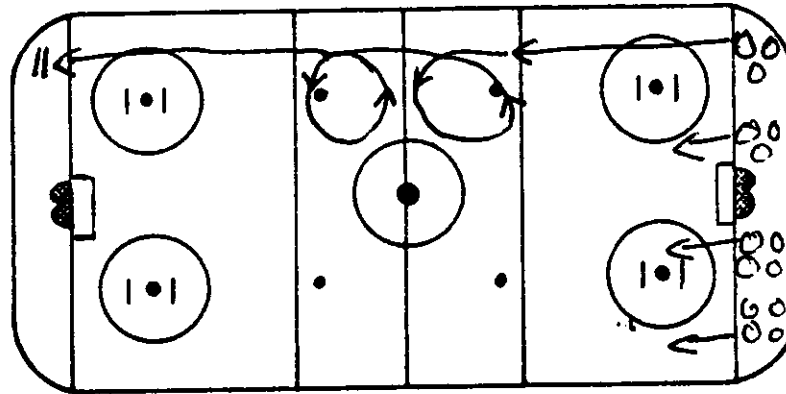
b) for wingers Note! Shift side



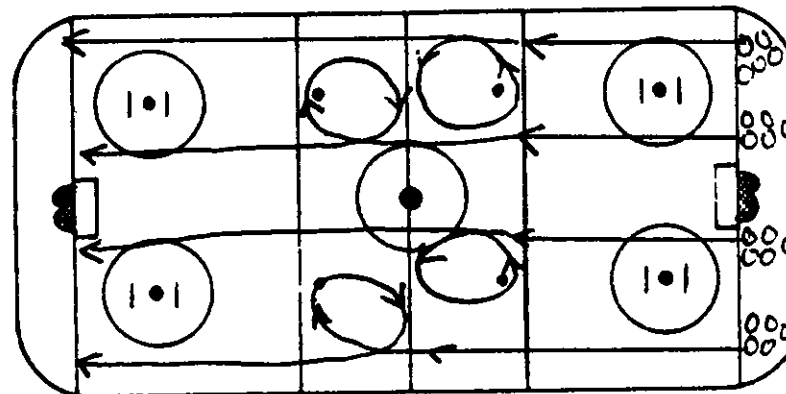
c) for wingers--backchecking drill. Wingers skate down toward goal line (simulate forechecking) on coach's signal turn out toward the boards and full speed to center line.



9. Glide turn
 a) around pylons. Get a start from the goal line and glide around the pylons.



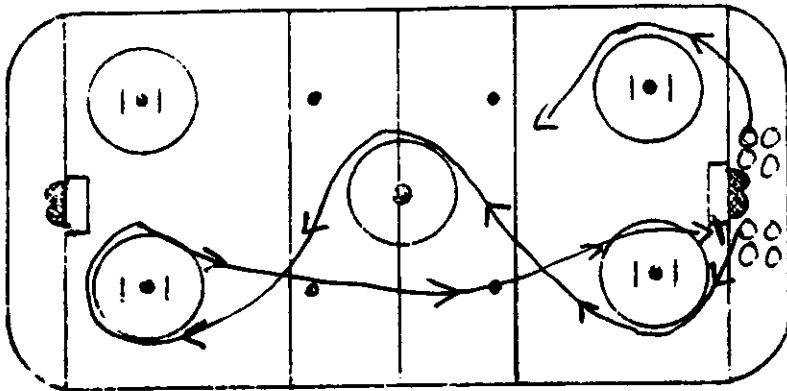
b) Combined glide and crossover turn drill. At the first circle glide around, on the other crossover steps around. Same thing coming back, tight turns in the other direction.



c) Czech skating drill (distance training) Note! four groups with five players in each group. Three-quarter speed. Large crossover steps--circle in center

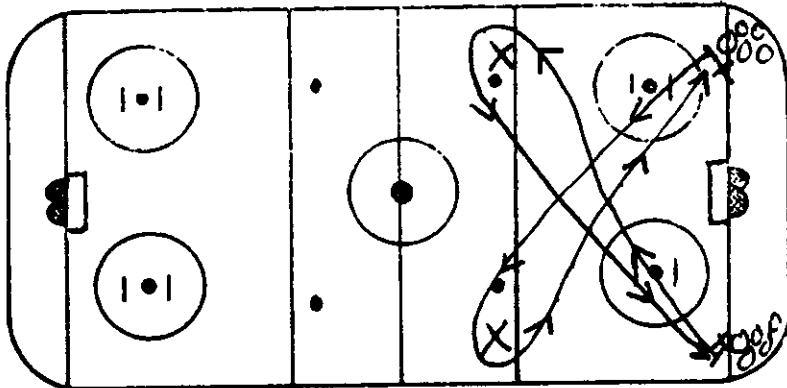
1). Relays, games and mixed drills

a) Two teams, start at goal posts.

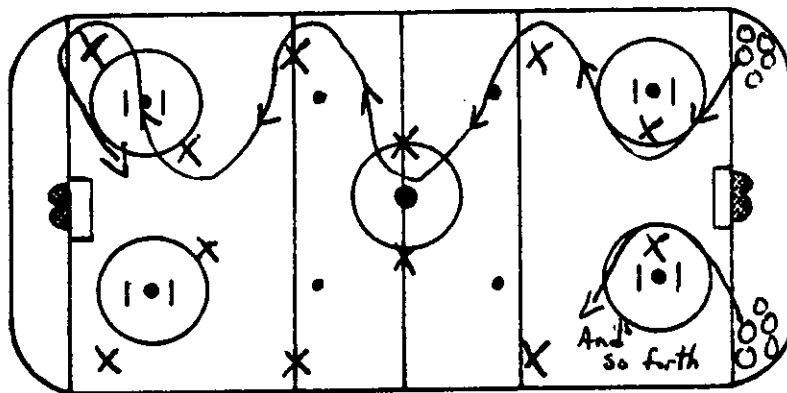


Attention!

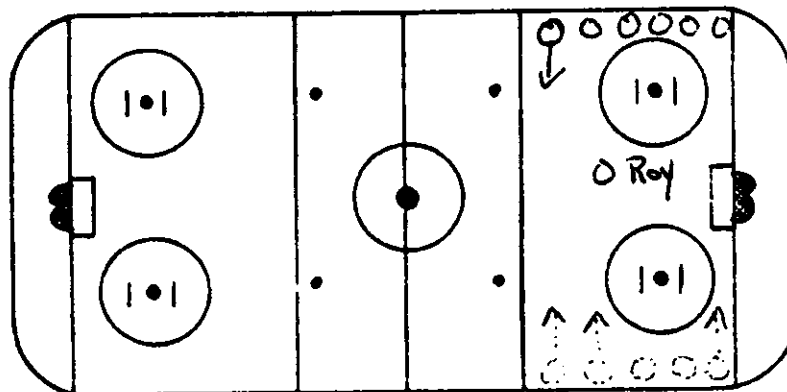
b) Crossing relay. Heads up, risk of a collision.



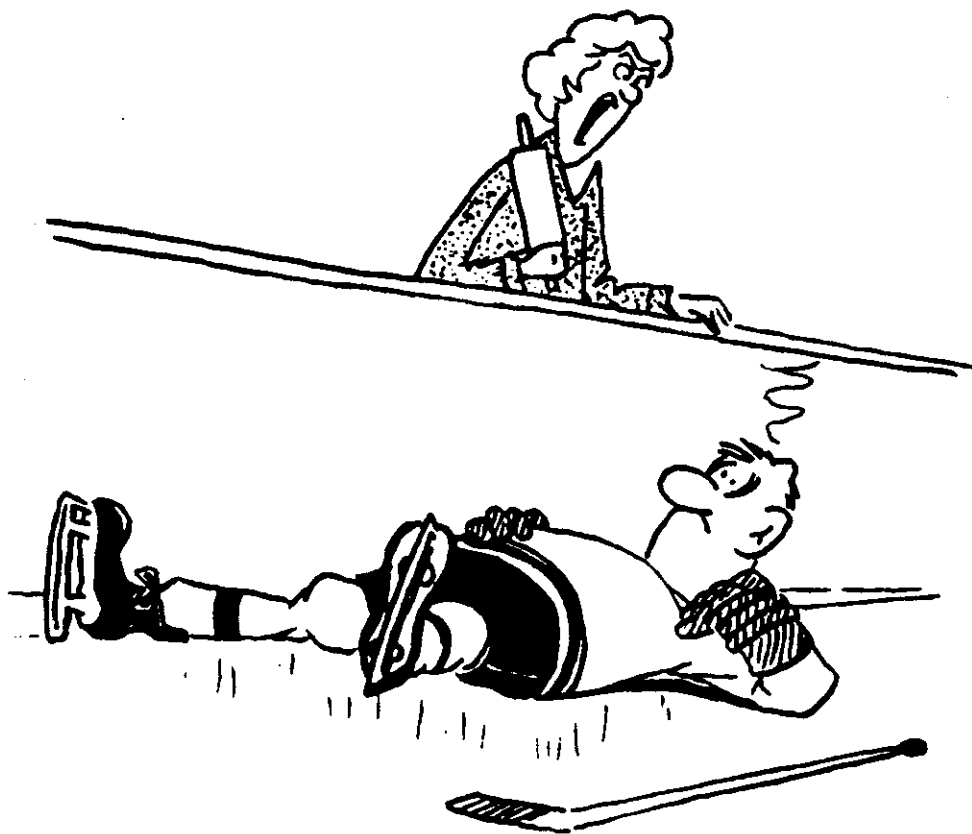
c) Forwards skating with crossover skating around the pylons. Two teams. Same course coming back

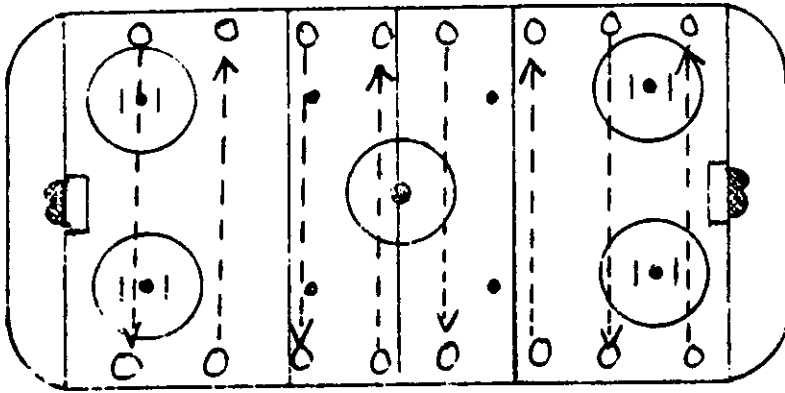


d) "Roy" Run in two groups on either half of the rink. Roy will "tag" the players as they skate across. The boards are "refuge" or "sanctuary". Those who are tagged, help to tag. The one who was tagged first is Roy the next time.



PASSING DRILLS



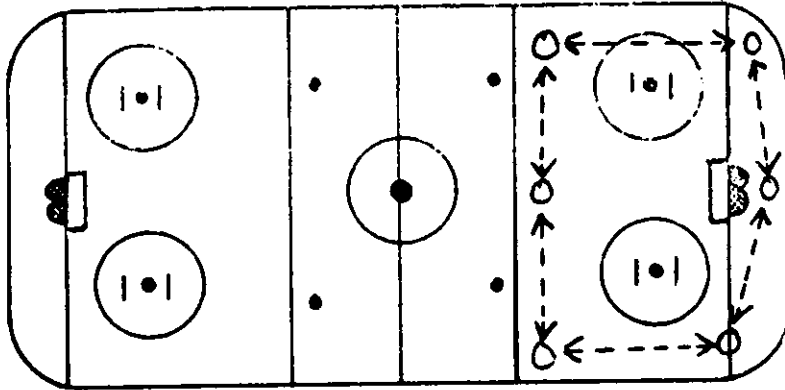


1. Stationary passes

a) forehand

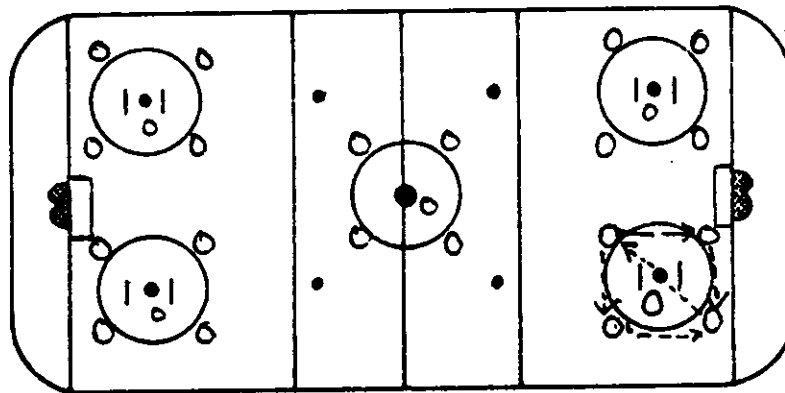
b) backhand

c) flip passes



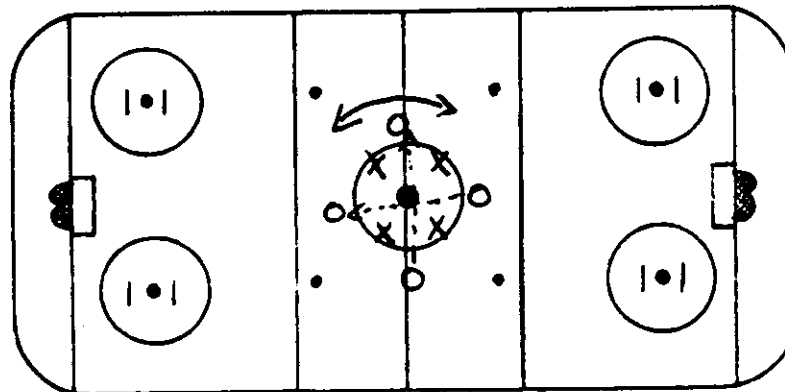
2. Stationary passes

Sweep passes in both directions.



3. Standing still in square

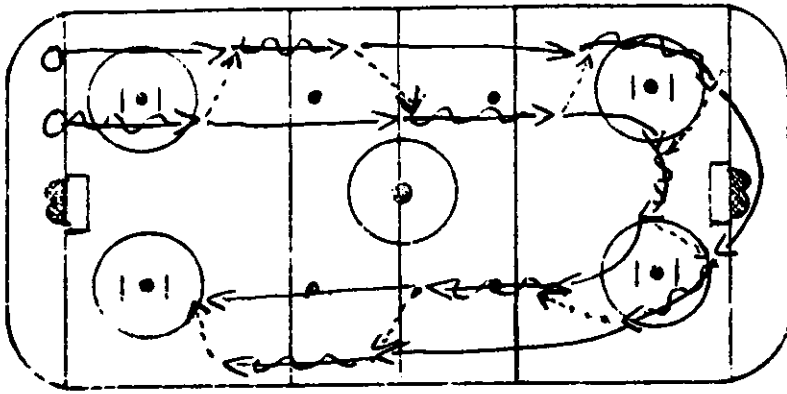
Four players pass around the circle to each other. One player in center of the circle will attempt to intercept. If he succeeds with it, he changes with the player who missed the pass.



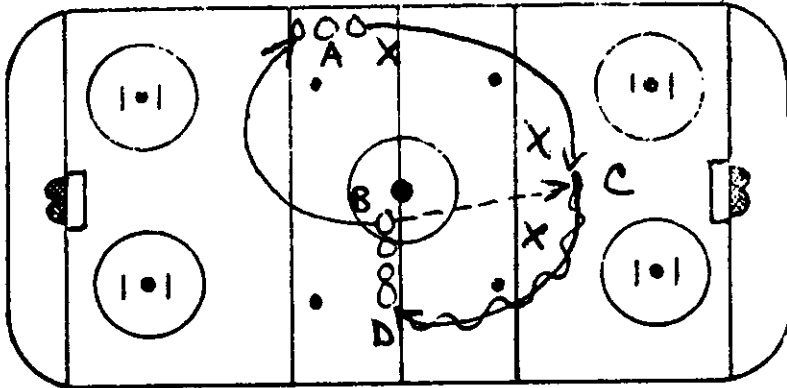
4. Passing between pylons while

skating in the circle. Alternat

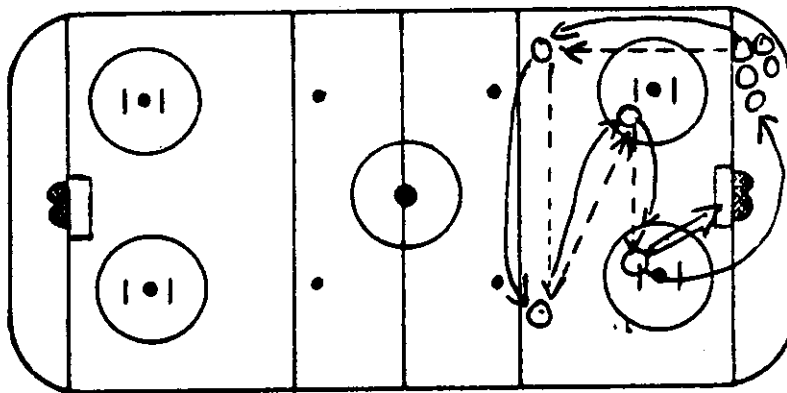
skating direction. a) with one puck, b) with two pucks.



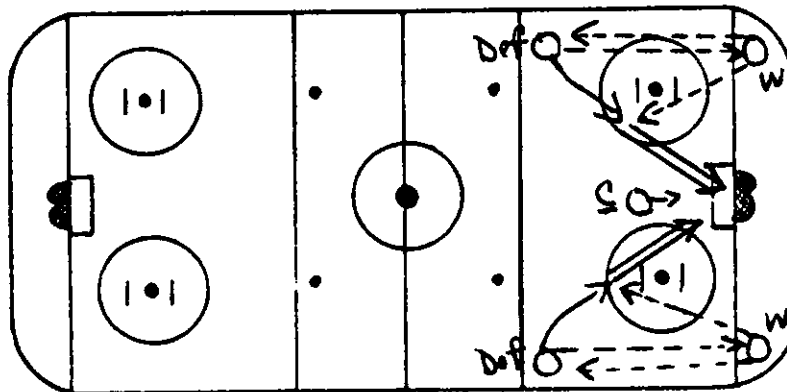
5. Passing---in pairs
While skating around the rink.



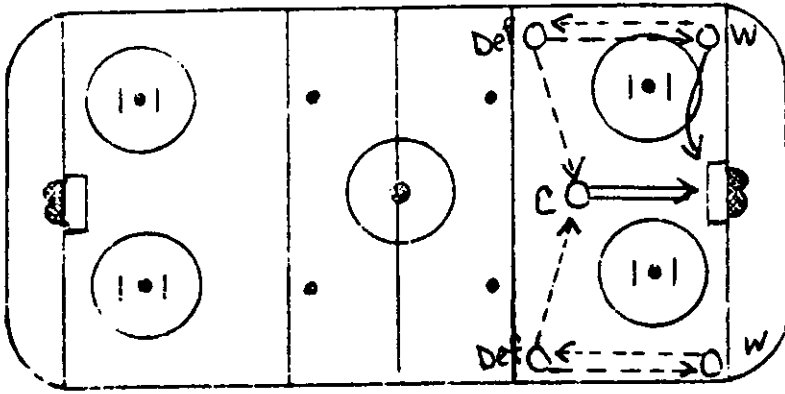
6. Passes forehand and backhand.
Change sides! A skates around the pylon and receives a pass from B at point C and he then carries it on to D. B, who passes skates over to A.



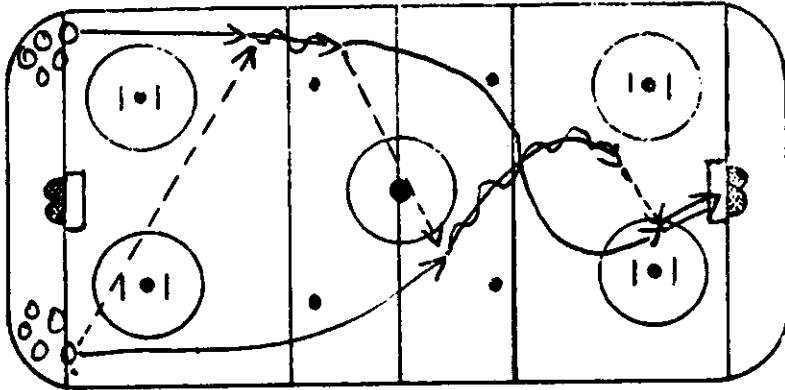
7. Pass--follow--take new position
Run on both sides of the rink:
Four pucks at one time, high tempo. Last man shoots on goal then goes to the end of the line.



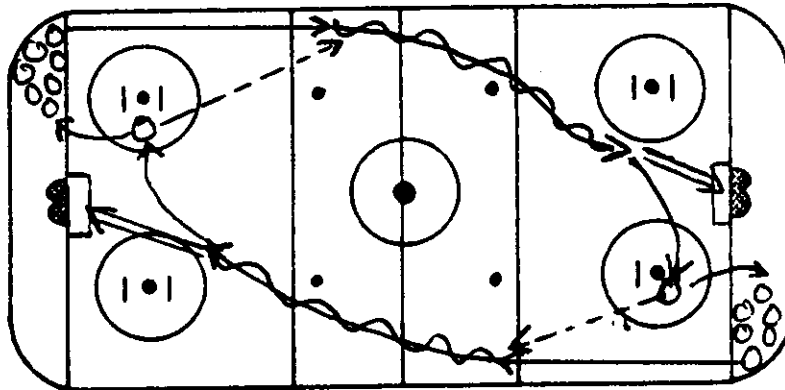
8. Wing passes to his defenseman, he passes back to wing--wing cut toward the goal---defenseman shoots---centerman gets the rebound.



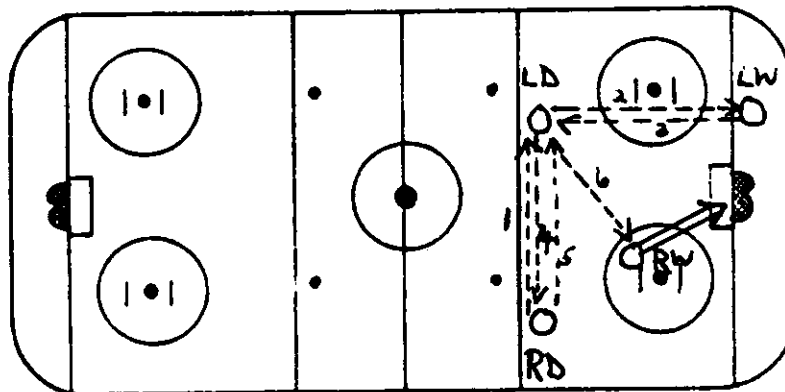
9. The defenseman passes to the wing, he passes back to the defenseman, who passes to the center, who shoots. Winger skates in front of the goal to collect an eventual rebound.



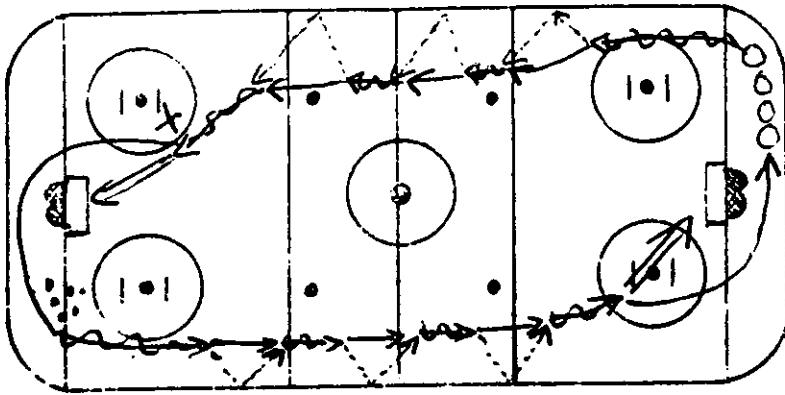
10. Passing while skating and a shot on goal.
 The players start from the corner, snap a diagonal pass, get the puck back, skate into the attack zone with it and pass to the other player who shoots on goal from both directions.



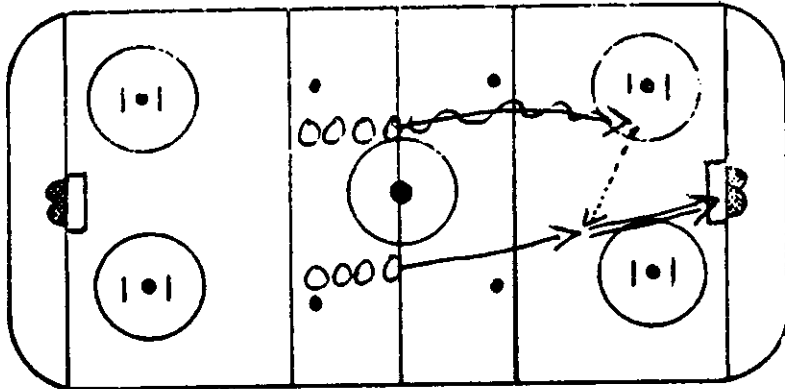
11. Passing while skating and a shot on goal.
 The players skate along the boards, get a pass before the red line, skate and shoot on goal--take up position at the face-off dot and become the next passer.



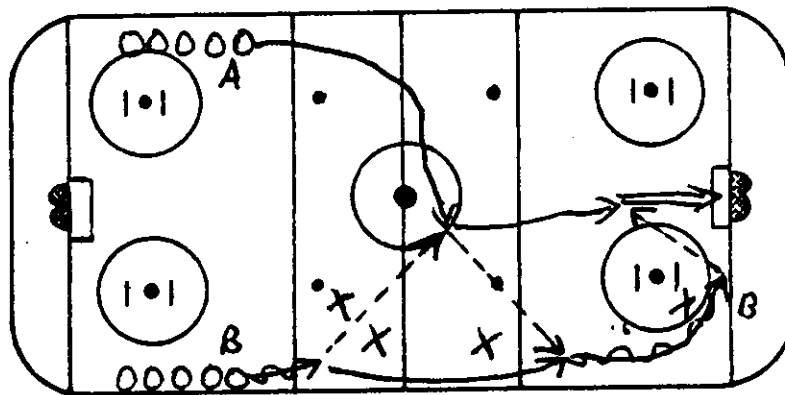
12. Direct passing
 According to the pattern
 LD--LD--LW--LD--RD--LD--RW
 Shot! Both sides!



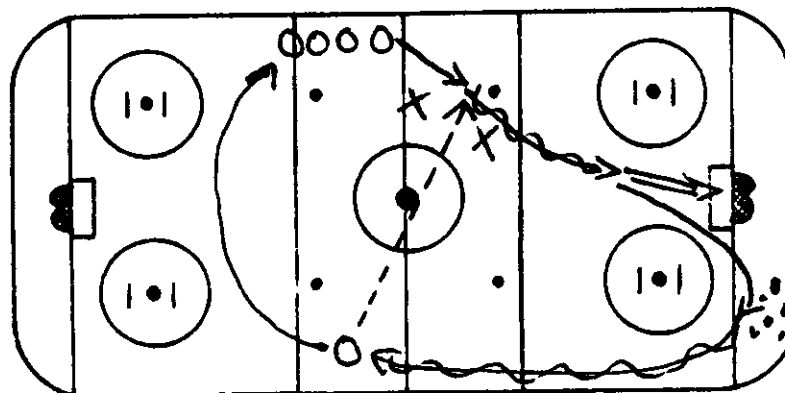
13. Board passes
 finishing up with shot--forehand
 and backhand.



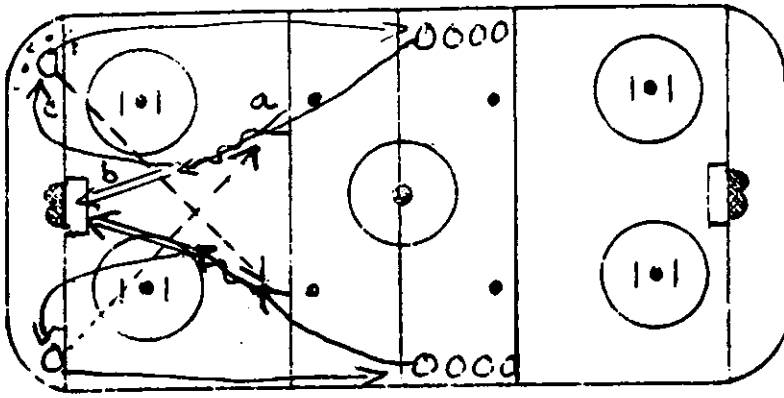
14. Back passing
 With a backhand motion direct or
 diagonally backward. Finish off
 with a shot on goal.



15. B passes to A
 who passes directly back to B, who
 rounds the pylon and passes diagonally
 back to A who shoots.



16. Passing between Pylons
 Receive the puck, cut in and shoot--
 pick up a new puck, skate up and
 pass to the next man.

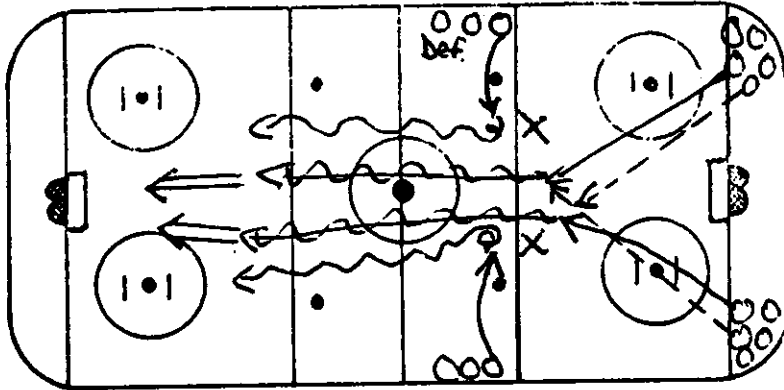


17. Pass from the corner to opposite
oncoming forward.

a) receive pass

b) shoot quickly!

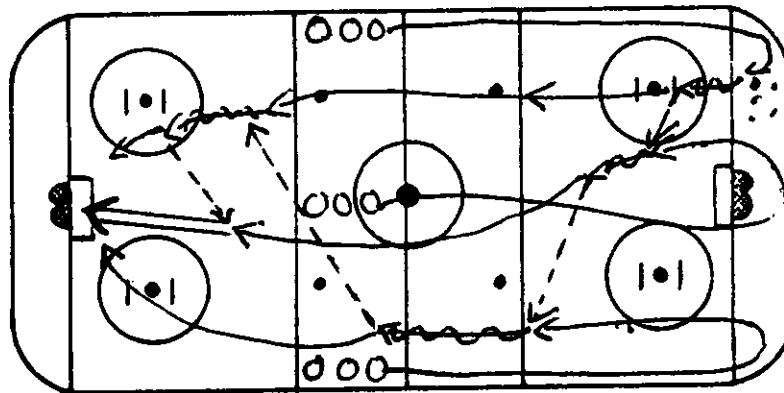
c) take up passing position



18. Important combination drill
for each pass. Pass---skate!

a) without defenseman

b) with defenseman



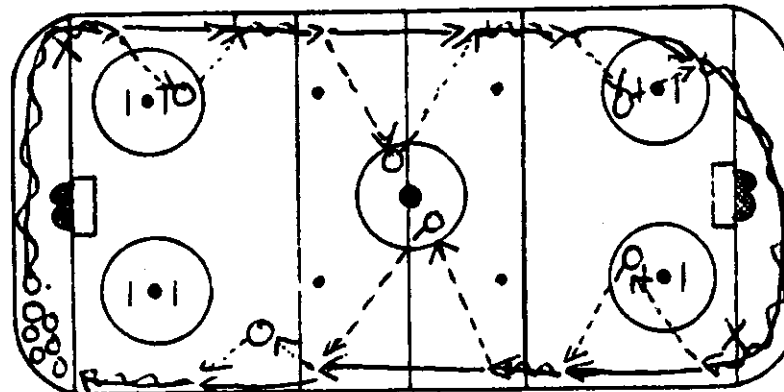
19. Combination drill

forward line picks up a puck and

starts an attack. Direct accurate

passing the whole way. Finish off

with a shot on goal.



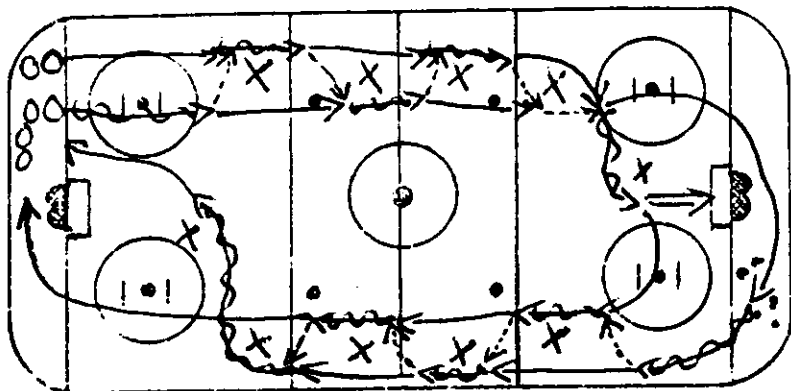
Combined passing drill

Six stationary passers. The rest

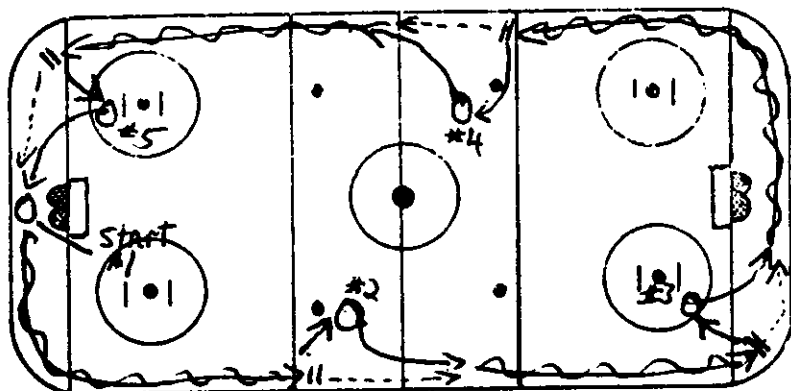
of the players skate around and

pass to them and get it again.

Note! Change stationary passers!

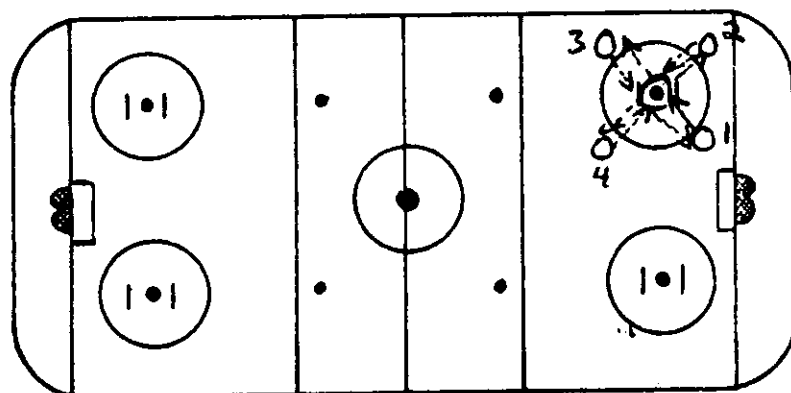


21. Passes between pylon pairs---Finish off with a shot on goal (loop).



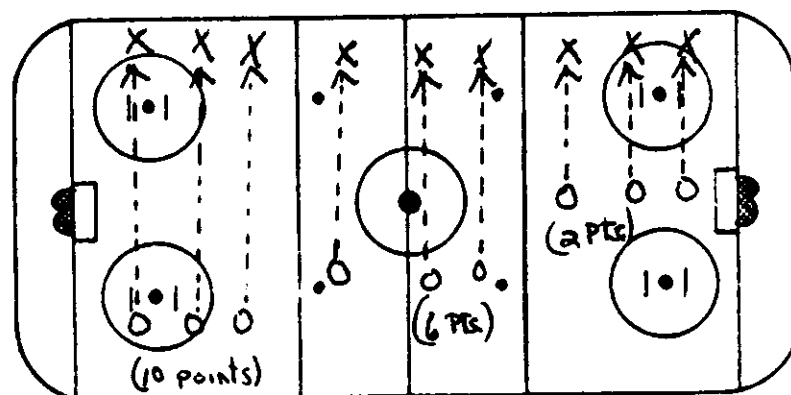
22. Passing while skating
 #1 starts with a puck, when he stops at the blue line-- 2 moves out and gets a pass from #1, before the blue line, and continues....

#1 then takes #2 place and so on..



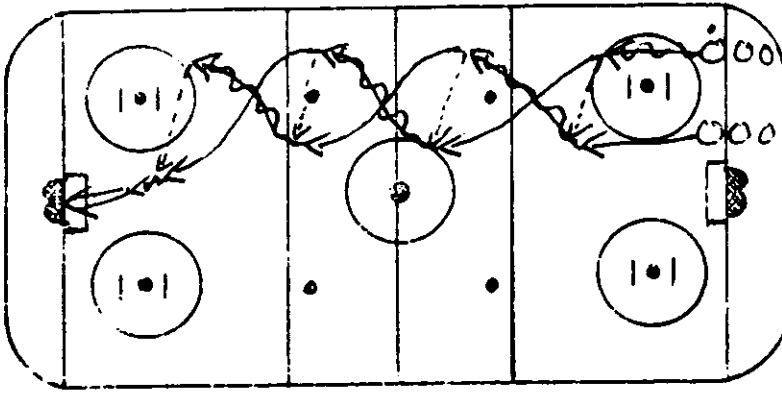
23. Passing in the circle

The player in the middle passes to the "first" and gets it back--pass to the "second" and so forth. The player in the middle will always get the pass back.



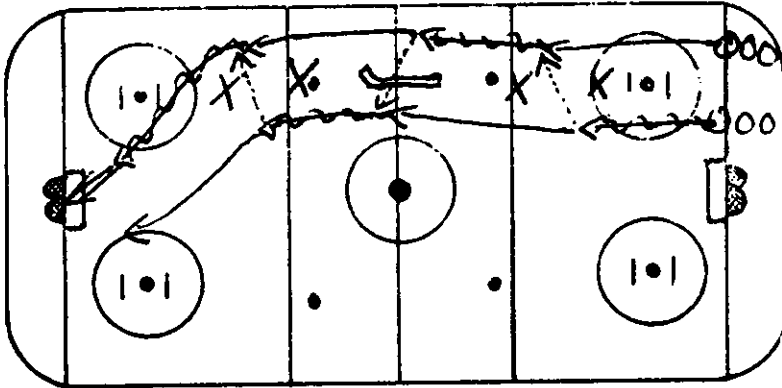
24. Accurate passes

Objects (ex. blocks or pylons) are placed on the ice. They should be hit by long or short pass. Often as contest between units, by getting points for each strike.

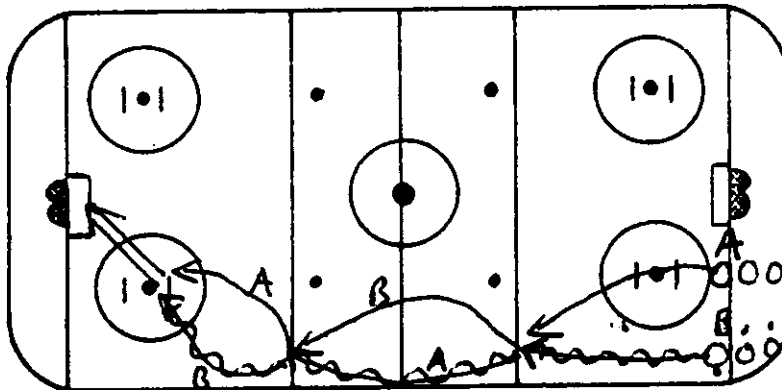


25. Pairs

a) Skate and pass between one another. Finish off with a shot on goal.

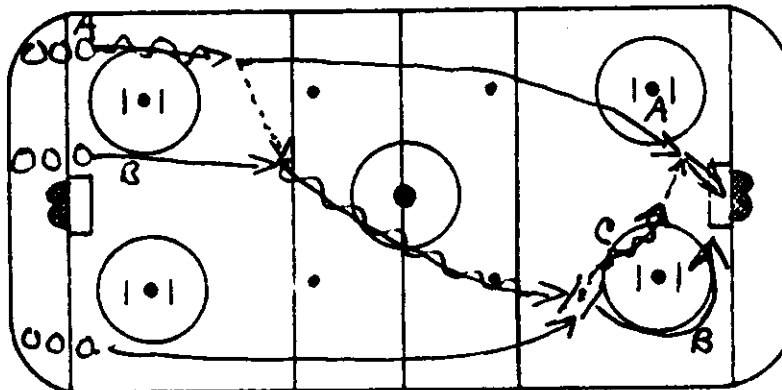


b) Flip passing passing between pylons and over sticks on the ice.

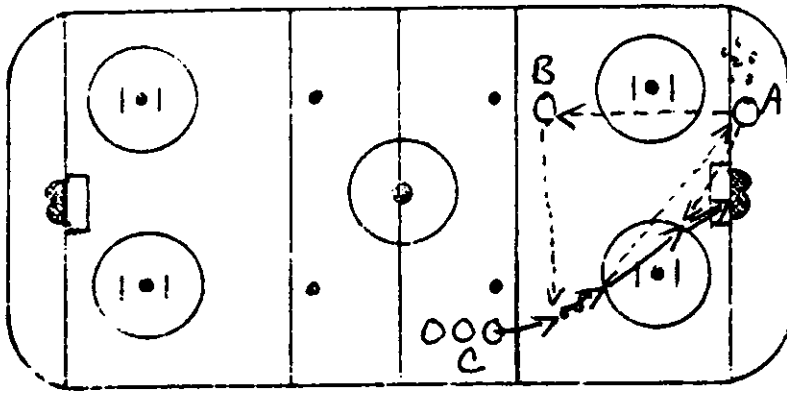


26. Drop passing

a) pairs Use the blue lines. shot on goal.

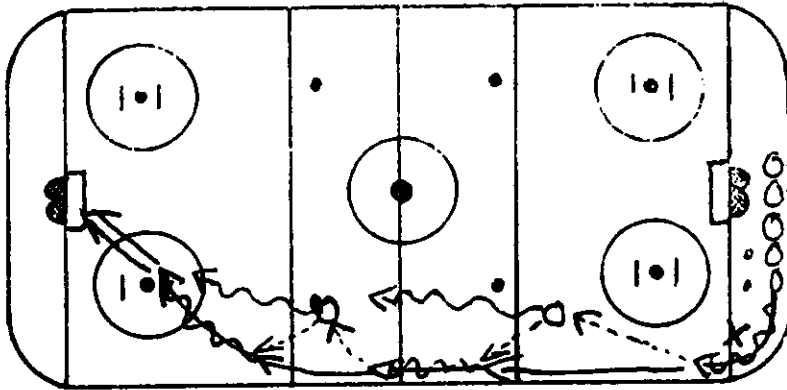


b) A the puckcarrier--passes to B, who carries the puck into the attack zone, drop pass to C, who cuts in toward the goal, passes to A or goes on goal himself and A gets the rebound.



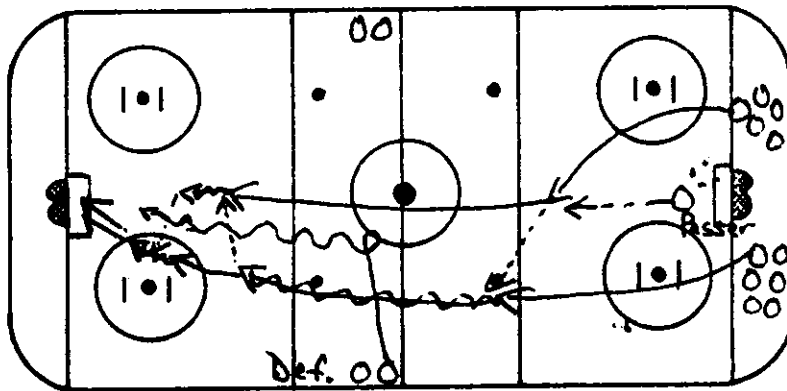
27. Passes in the attack zone (play pattern)

A passes up to B, who passes over to C who skates forward passes to A, skates forward, gets the puck back and goes on goal. HIGH TEMPO!



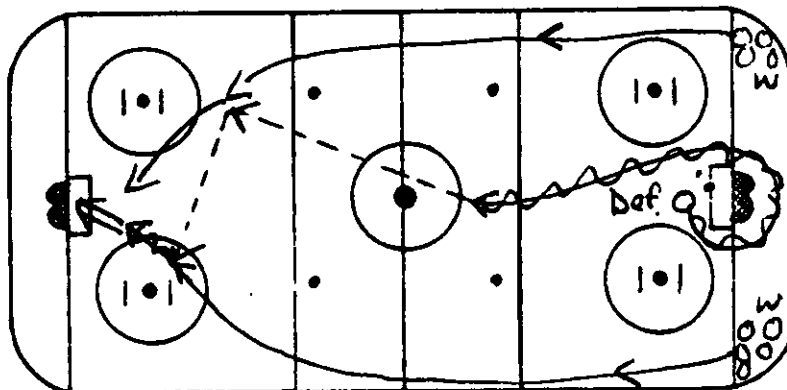
23. Passes between skating players and defenseman.

Shot on goal!



29. Two forwards against one defenseman---pass between the

defenseman's skates and stick.



30. Defenseman goes around own net, at the same time wingers start, two

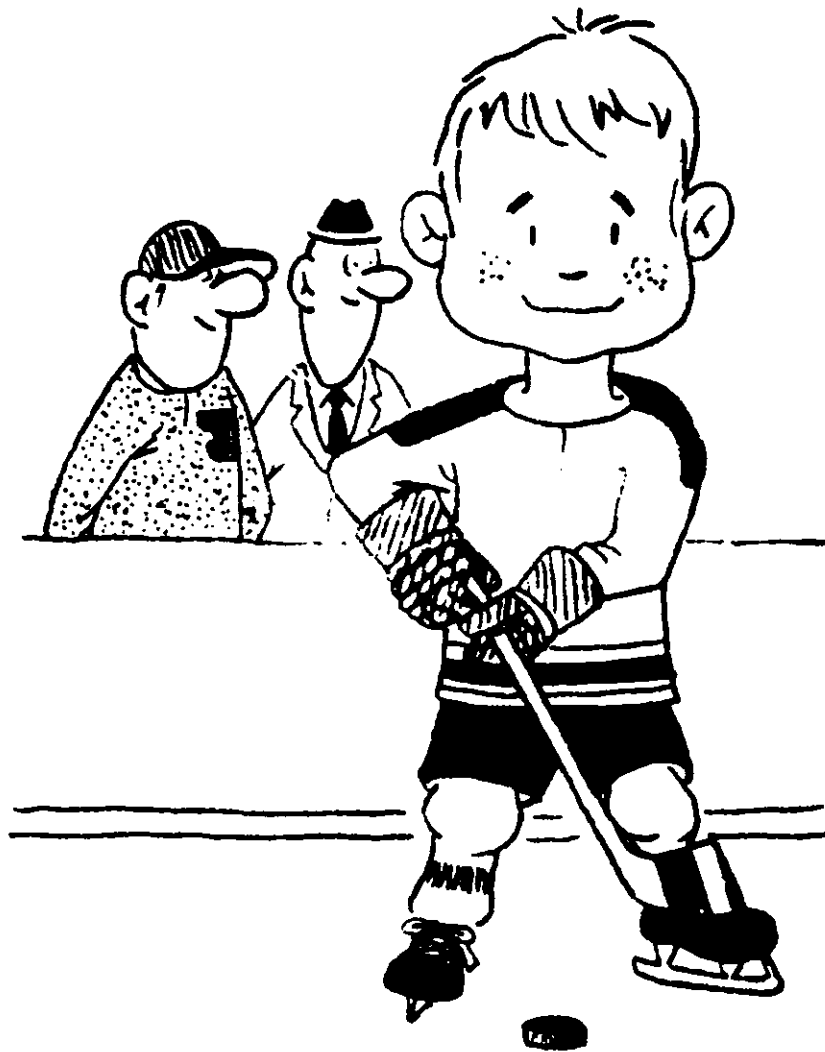
together---Defenseman skates over the blue line and passes (with a high flip pass (lift) to one of the

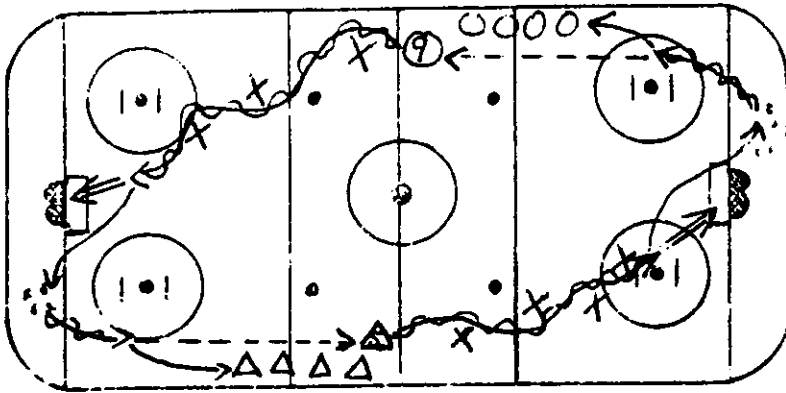
wingers, who passes directly to the

other winger, who goes in on goal.

Rebound!

STICK HANDLING DRILLS





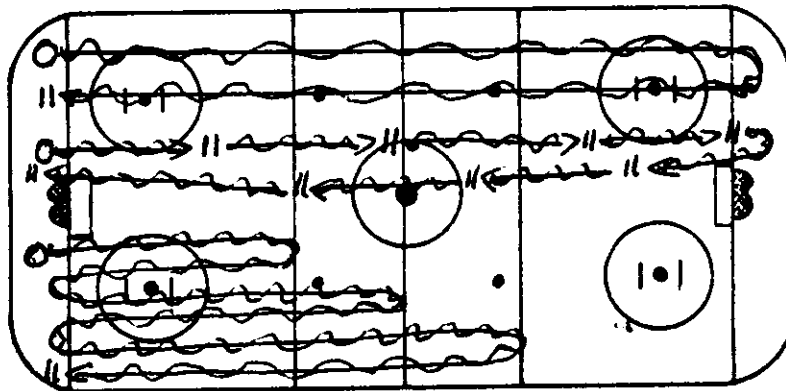
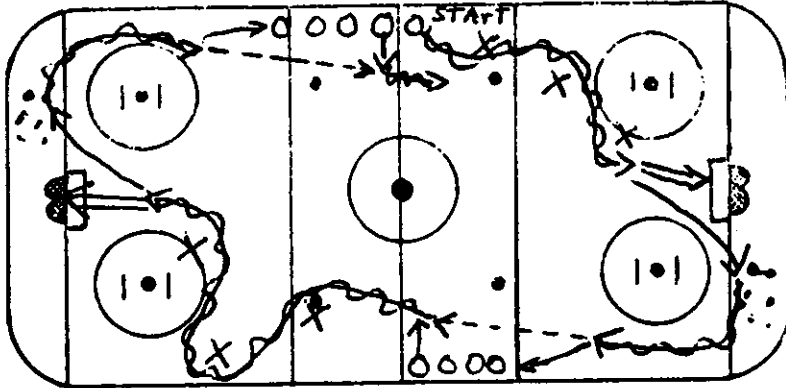
1. Stickhandling drills

Two groups. Player "9" gets the puck
goes between the pylons and shoots
on goal--gets a new puck,skates up
and passes to "5,who in his turn

goes between the pylons and shoots
on goal,collects a new puck and so
forth. (Small loop!)

Note! Receive the pass before the
red line,(near side)

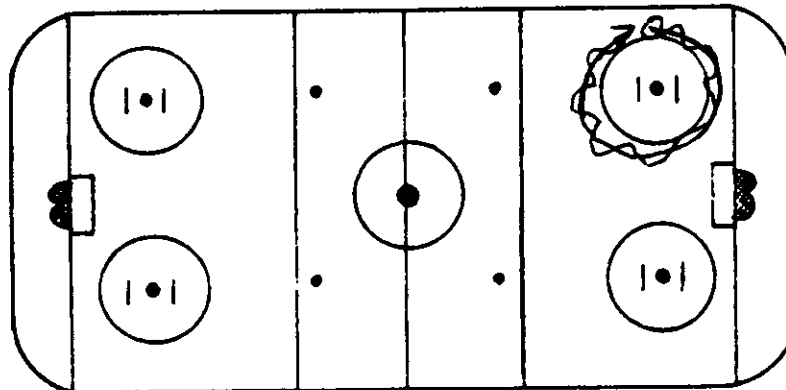
In both directions.



2. Straight over the whole rink

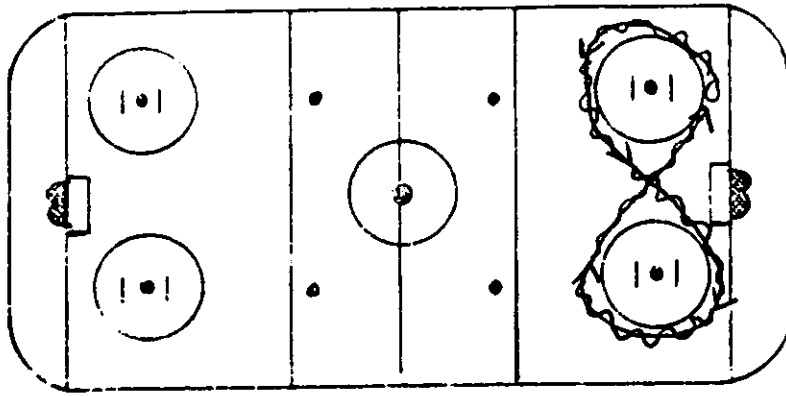
and back with own puck. Alternat-
ives: a)stop on signal,next signal
continue. b)on signal:stop and dow
on knee(S),continue and so forth.

c) "the Idiot"

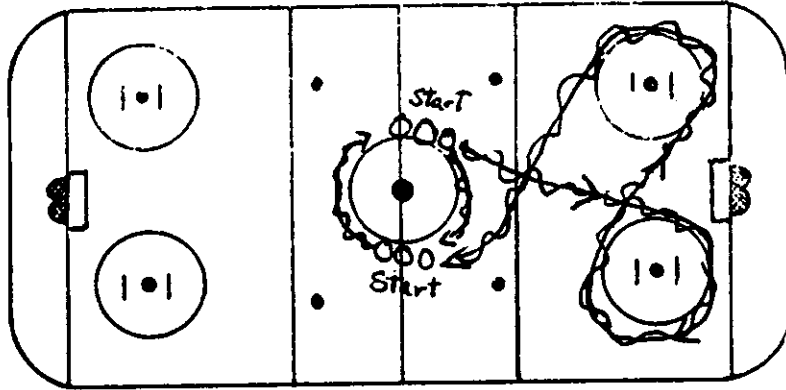


3. Around the circles

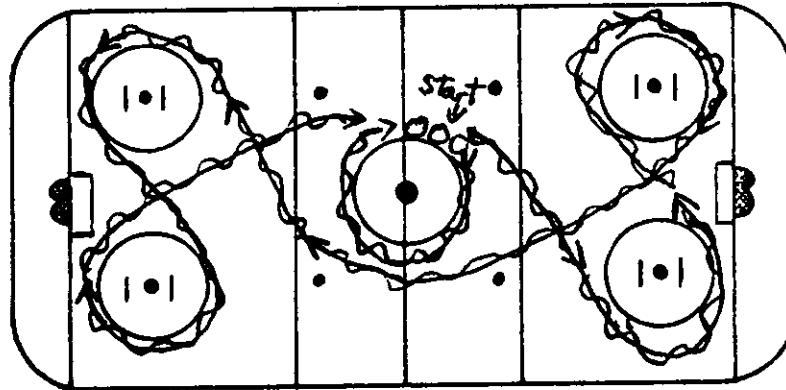
a) Use all the circles. Practice
both directions. Also backwards
with the puck!



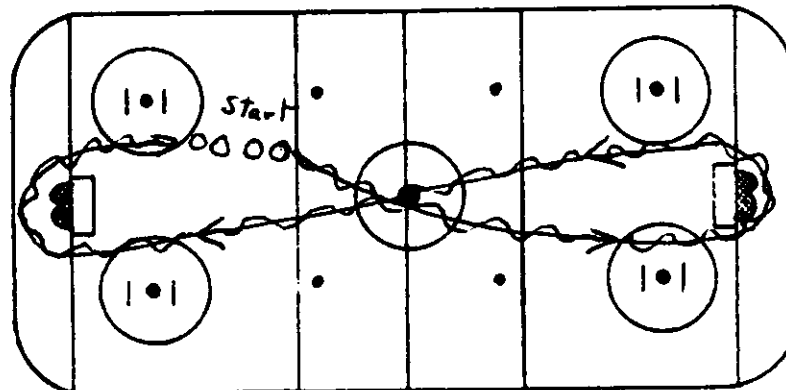
b) around two circles
Note! Look up (heads up) at the crossing.



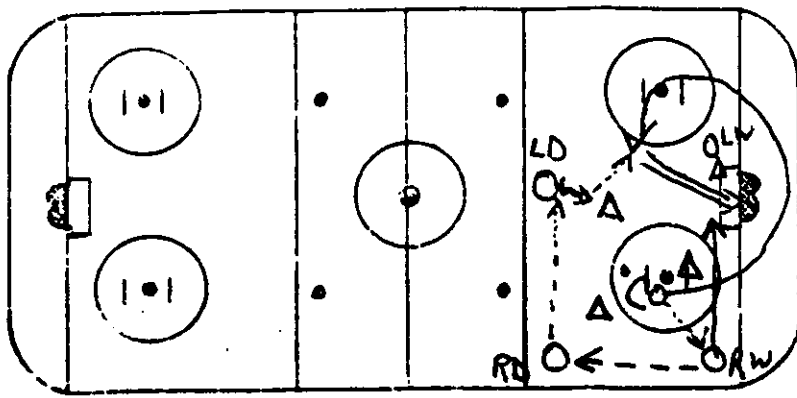
c) Around three circles
Two groups Start at two starting points on either side of the center face-off circle. Thus run in both directions.



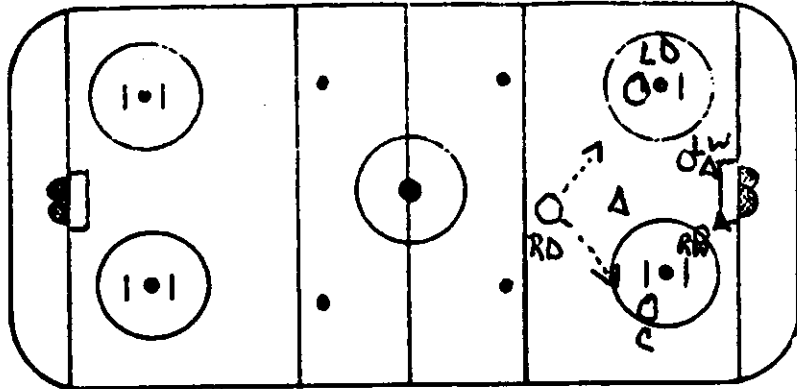
d) Around all the circles.
all at the same time
Start from starting point on the whistle (signal)



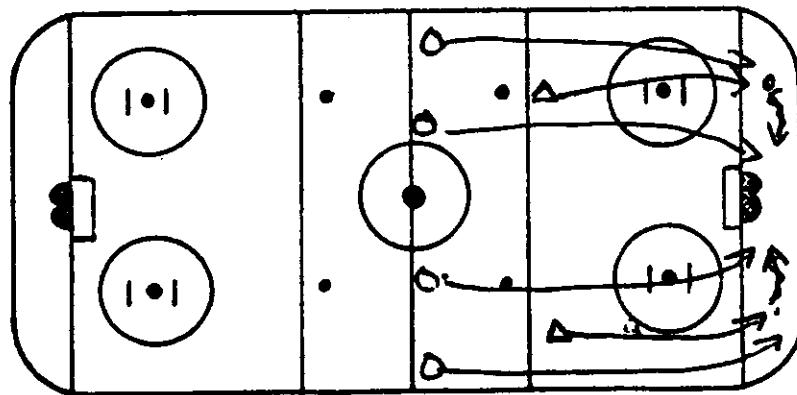
4. Around the goal cages.



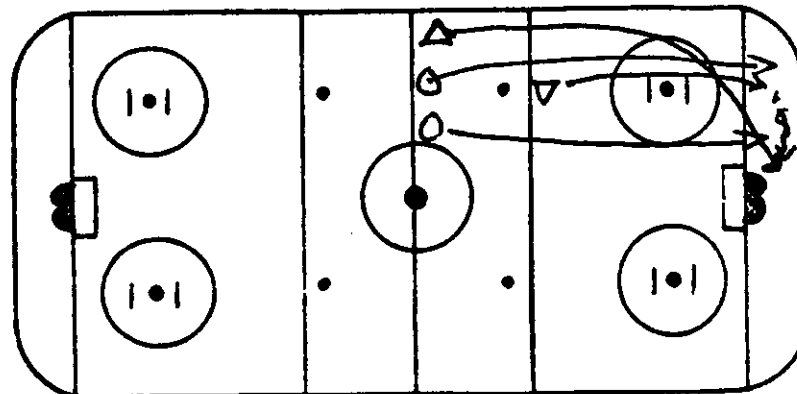
e) C passes to RW--RW--LW, who advances, takes a shot, passes to C who goes around the outside. LW skates into the box for rebound, and LW imitates them, draws one man to him.



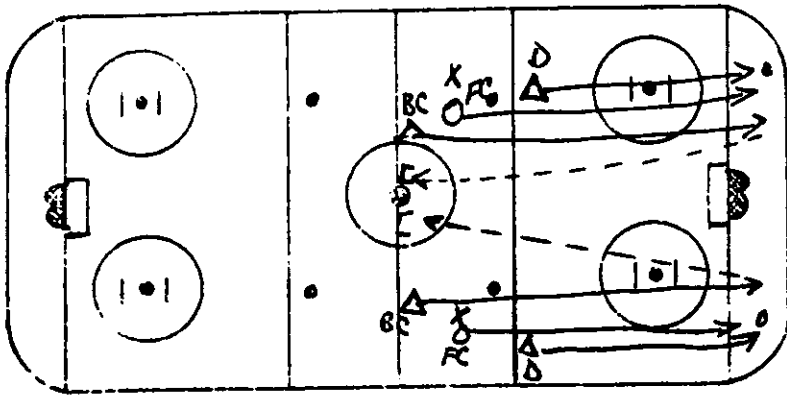
f) 5---3
 Positions: FD more advantageous at the blue line. LD and C placed at the face-off dots (shot position)
 LW and RW draw out or block opposing defensemen.



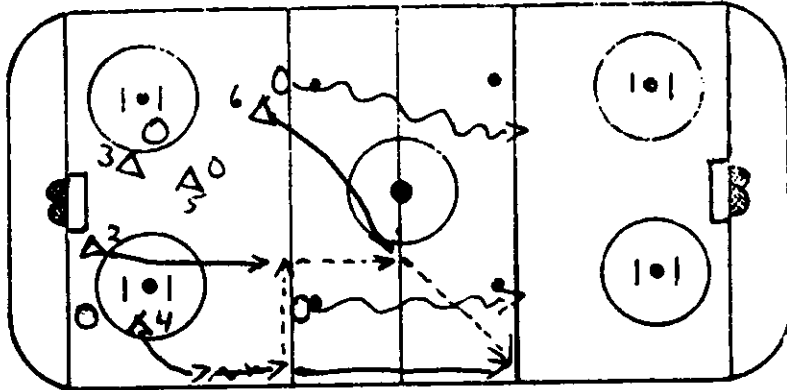
11. Additional drills
 a) Forechecking drill.
 Two against one. Two forecheckers start at the red line, at the same time as a defenseman starts at the blue line. The forecheckers check out the puckcarrier.



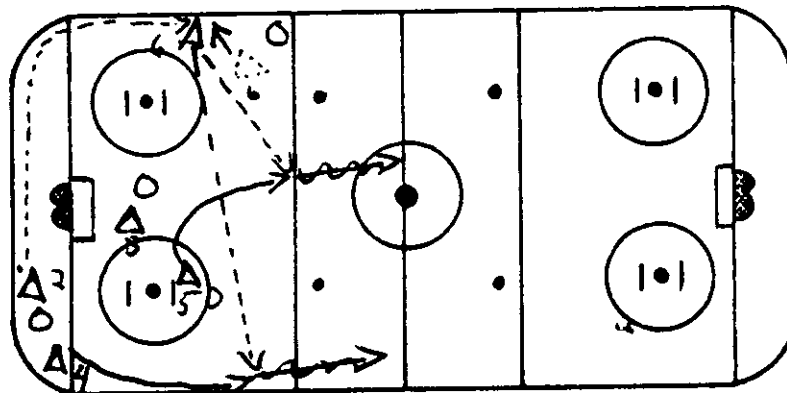
b) Fore-backchecking drill
 practice two against two, as above with the addition that a backchecker starts together with the forechecker on the red line.



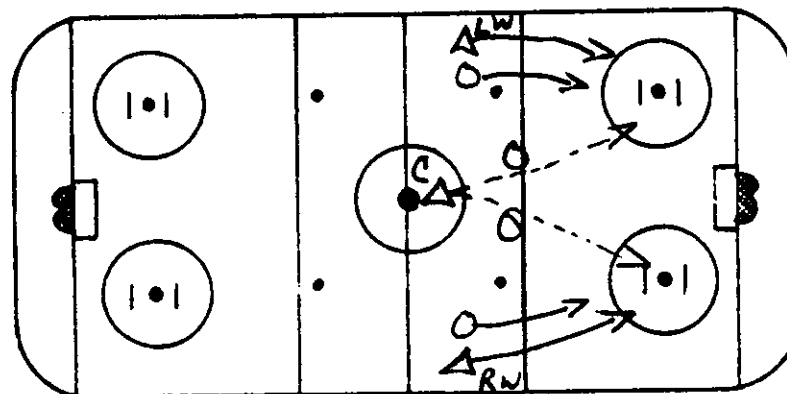
c) Backchecking drill
 Defenseman starts on signal from the blue line, FC (forward checker) starts from the pylons and BC starts from the center. The defenseman and the BC work together against the FC. One takes the player, one gets the puck. Pass the puck to small goal cages on the center line.



d) Play out of the defensive zone.
 Defenseman passes to the free winger (4), passes back to the defenseman (2) who passes to PM (6), who skates free in the center zone.



e) Play out of the defensive zone.
 The defenseman (2) makes board pass to PM (6), who passes across to either winger (4) or C (5), who skates into the center.



f) Breaking into the attack zone.
 flips the puck into the zone, for LW and FW to skate after.