

SWEDEN

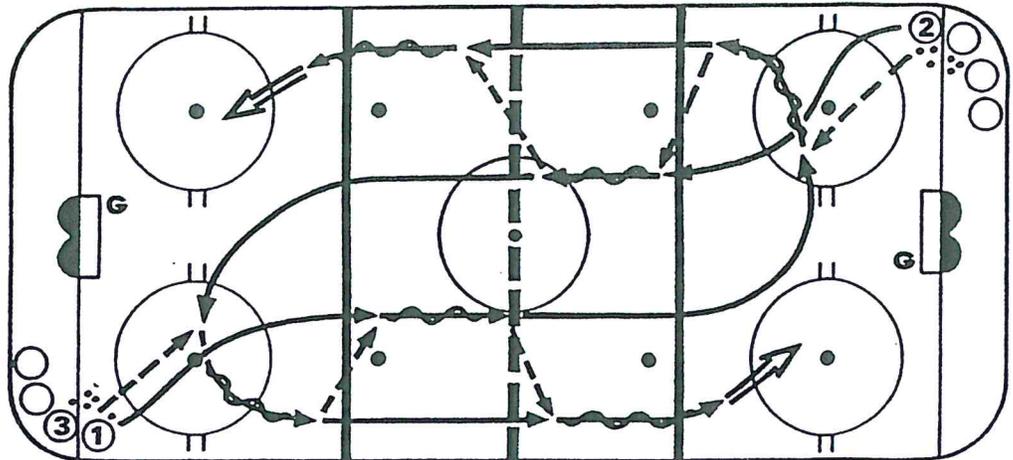


SWEDEN: PUCK CONTROL DRILL

1. TWO PLAYER PASS

Purpose:

- develop passing skills
- develop receiving skills
- warm-up for goaltenders.



Description:

- position the players in diagonal corners as shown
- ① begins by skating hard up-ice away from the boards
- ① curls deep across the net in the far zone
- ② passes to ① and skates inside ① up-ice
- ① and ② exchange passes
- ① drives the net for a shot
- ② curls deep across the net and receives a pass from ③ and so on
- after the shot the shooter gets into the line at the end.

Key Teaching Points:

- use forehand and backhand
- accelerate.

Progressions:

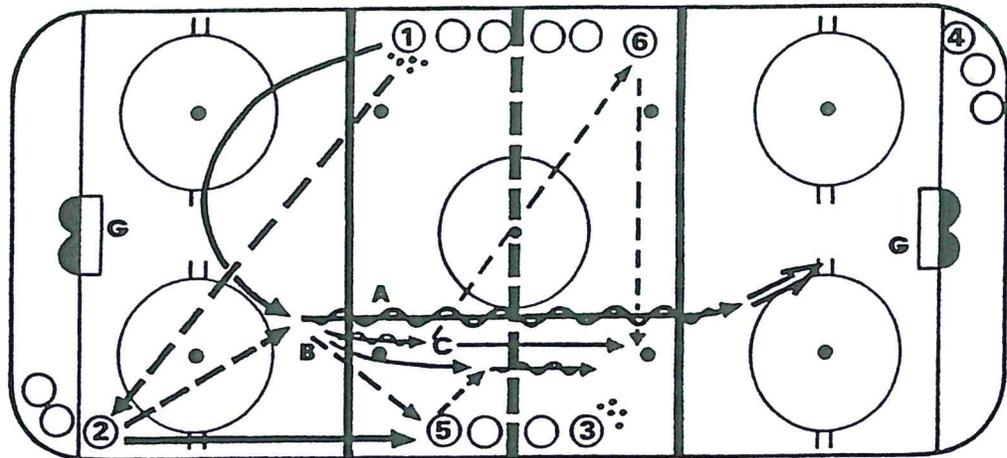
- none.

SWEDEN: PUCK CONTROL DRILL

2. DEEP CURL DRIVE

Purpose:

- passing skills
- receiving skills
- shooting skills.



Description:

- position players in four stations as shown
- in A, ① passes to ② then curls deep for the return pass
- ① drives the net and shoots
- ③ and ④ could do the same the other way
- in B, ① passes to ② then curls deep for the return pass this time doing a quick give and go with ⑤ before driving the net.
- in C, ① passes to ② then curls deep for the return pass this time doing a quick give and go with ⑥ and driving the net
- ③ does the same thing at the same time from the other end.

Key Teaching Points:

- hard accurate passes
- use the backhand
- good shots and rebounds.

Progressions:

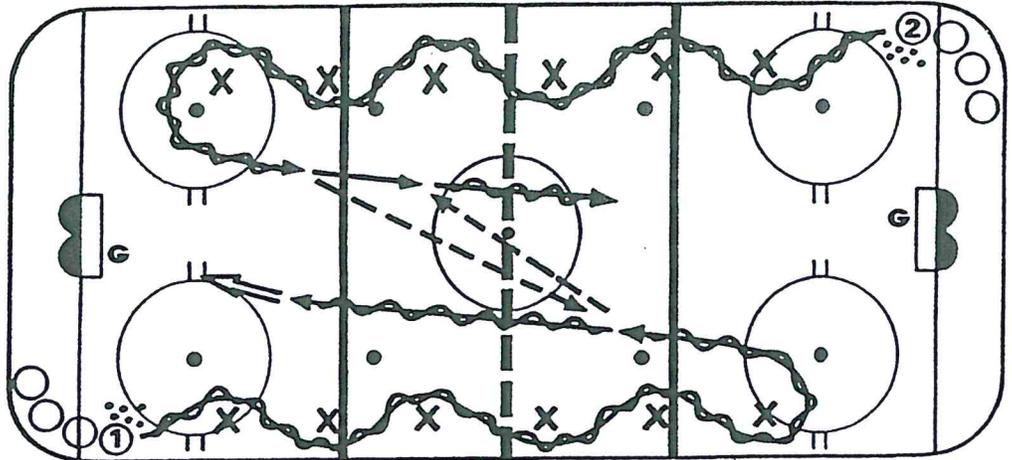
- none.

SWEDEN: PUCK CONTROL DRILL

3. CHANGING PUCKS

Purpose:

- passing and receiving in motion
- puck control
- agility skating.



Description:

- the X's are pylons
- position players in diagonal corners as shown
- ① and ② weave down the pylon line on each side of the ice, after the last pylon they turn for the drive to the net in the end they started from
- in the neutral zone they change pucks, drive and shoot and end up in the same line
- next two go.

Key Teaching Points:

- speed
- awareness (head-up)
- good shots.

Progression:

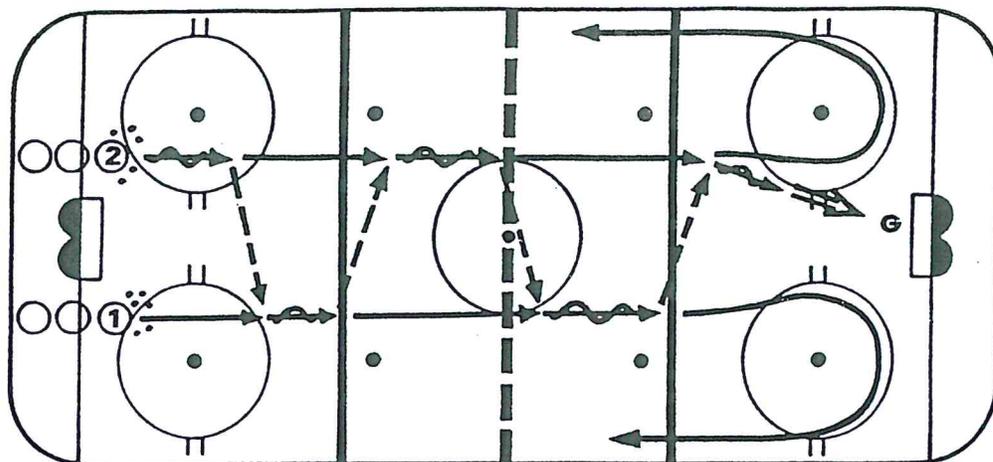
- vary the skating around the pylons.

SWEDEN: PUCK CONTROL DRILL

4. 2 AND 2 PASS

Purpose:

- passing and receiving technique
- good warm-up.



Description:

- position the players in two lines as shown
- ① and ② drives down the ice together exchanging as many passes as possible, finish with a shot then return down the boards doing stretches
- continuous.

Key Teaching Points:

- quick passes
- soft hands.

Progressions:

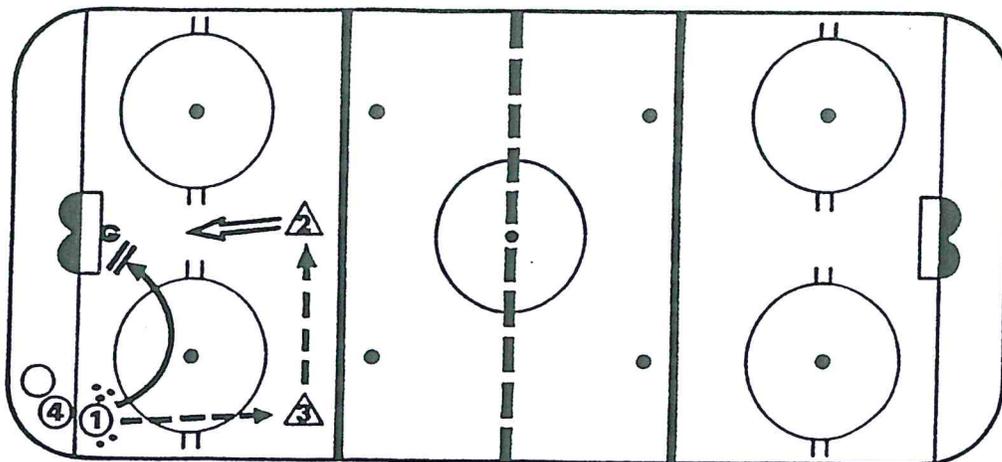
- vary the assignments for the return down the boards.

SWEDEN: SHOOTING DRILL

5. DEFENCE SHOT

Purpose:

- developing the point shot
- forward deflections.



Description:

- position players in the corner as shown
- preset defence $\triangle 3$ and $\triangle 2$
- $\textcircled{1}$ passes to $\triangle 3$ who passes to $\triangle 2$
- $\textcircled{1}$ goes to the net for a deflection as $\triangle 2$ shoots
- $\textcircled{4}$ follows when $\triangle 2$ is clear
- use both ends of the ice
- change the defence periodically
- switch sides after a time.

Key Teaching Points:

- good passes
- low, hard shots.

Progressions:

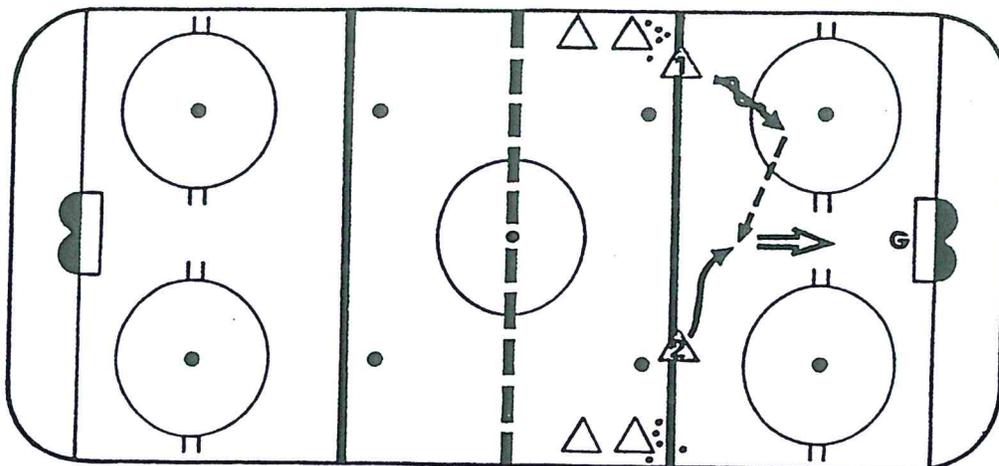
- one timer shots.

SWEDEN: SHOOTING DRILL

6. DEFENCE DRIVE

Purpose:

- shooting technique
- set up passes.



Description:

- make two lines of defence along the boards just outside the blue line as shown
- 1 starts towards the net
- 2 cuts into the middle along the blue line
- 1 lays a soft pass to 2
- 2 shoots
- 1 looks for rebound
- use both ends
- change sides with the pucks.

Key Teaching Points:

- shoot from a good angle
- shoot low and hard
- good passes.

Progression:

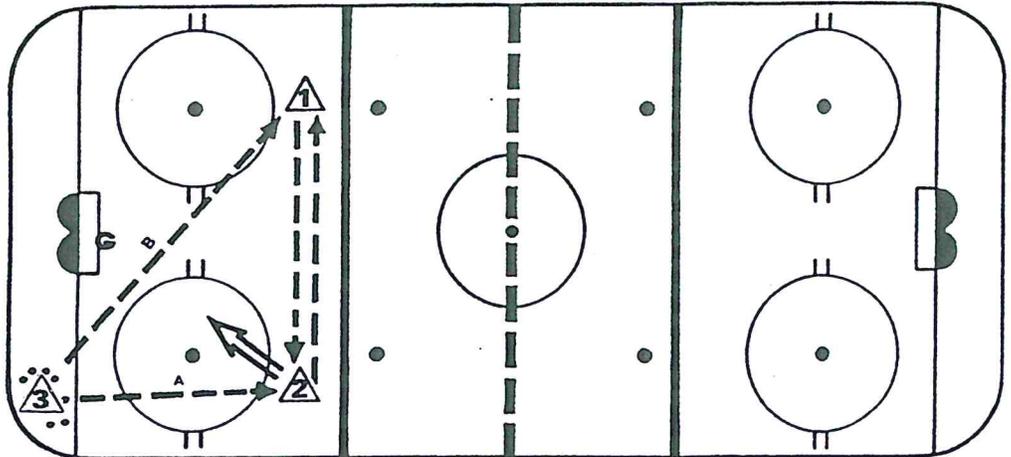
- deflections by the passer
- one timer shots.

SWEDEN: SHOOTING DRILL

7. DEFENCE EXCHANGE

Purpose:

- shooting technique.



Description:

- position players in a triangle as shown
- in A, $\triangle 3$ begins with a pass to $\triangle 2$
- $\triangle 2$ passes to $\triangle 1$ who returns quickly to $\triangle 2$, $\triangle 2$ shoots
- in B, $\triangle 3$ begins with a pass to $\triangle 1$, $\triangle 1$ passes to $\triangle 2$ for the shot
- use both ends
- start from the other corner
- change players often.

Key Teaching Points:

- demand quality shots
- precise passes.

Progressions:

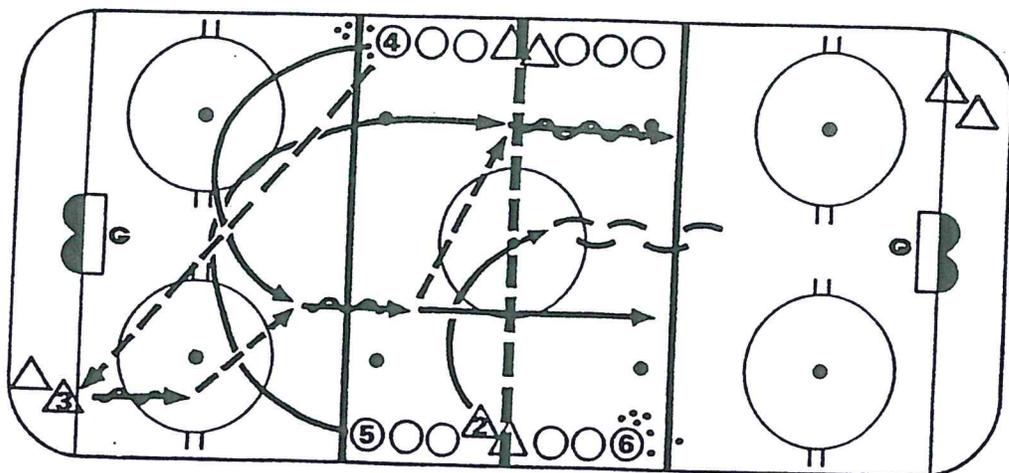
- deflections
- position of shooter.

SWEDEN: 2 VS 1 ATTACK DRILL

8. 2 VS 1 ATTACK

Purpose:

- scoring technique
- defending 2 vs 1.



Description:

- position players in four stations with some defencemen in diagonal corners and on the boards at the red line and the forwards along the boards between the blue lines
- ④ passes to ③ in the corner then crosses deep with ⑤
- ③ passes to ④ who attacks 2 vs 1 with ⑤ against ②
- once they are clear ⑥ starts a new action the other way.

Key Teaching Points:

- forwards cross deep
- accelerate on attack
- timing/co-ordination.

Progressions:

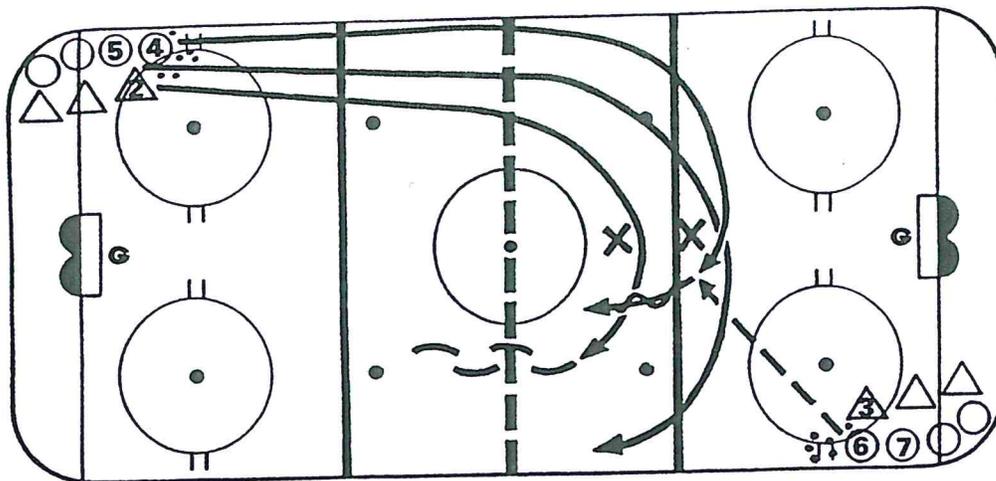
- 2 vs 2
- 3 trails.

SWEDEN: 2 VS 1 ATTACK DRILL

9. 2 VS 1 SWING

Purpose:

- scoring technique
- defending the 2 vs 1.



Description:

- position a line of offensive and a line of defensive players in diagonal corners as shown
- ④, ⑤, and ② break down the boards
- ④ and ⑤ swing deep and one of them receives a pass from ⑥
- ② swings earlier and now defends against ④ and ⑤ as they come back on the attack
- once clear ⑥, ⑦, and ③ begin a new action from the other end.

Key Teaching Points:

- co-ordinated attack
- good passes.

Progressions:

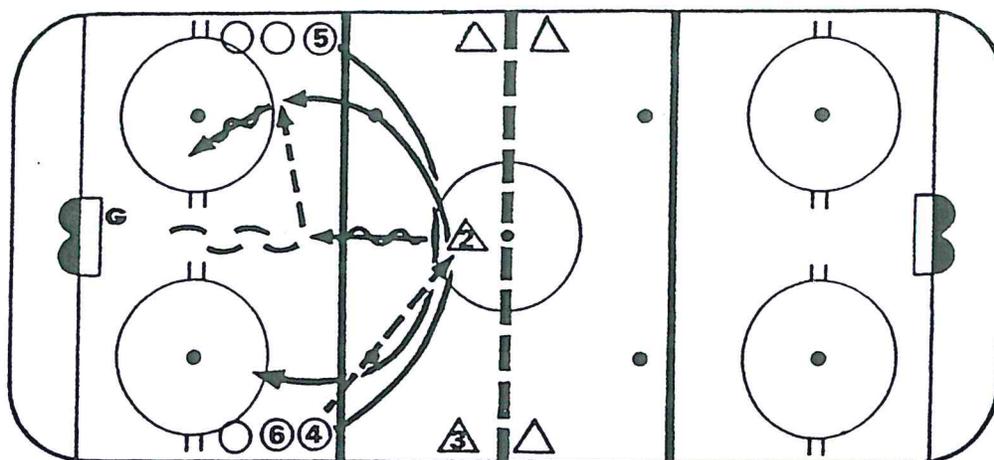
- 2 vs 2
- attack alternatives.

SWEDEN: 2 VS 1 ATTACK DRILL

10. SHORT CROSS 2 VS 1

Purpose:

- 2 vs 1 technique
- scoring technique.



Description:

- position forwards in two lines along the boards inside one blue line
- position a defencemen near centre ice while the other defencemen wait their turn
- ④ passes to ②
- ④ and ⑤ cross at mid-ice and attack ②, 2 vs 1 after ② sets the puck for them
- once clear ⑥ will initiate a new action with a pass to ③ who replaced ②
- use both ends.

Key Teaching Points:

- quick attack
- goaltender plays shooter
- defence plays forward without the puck.

Progressions:

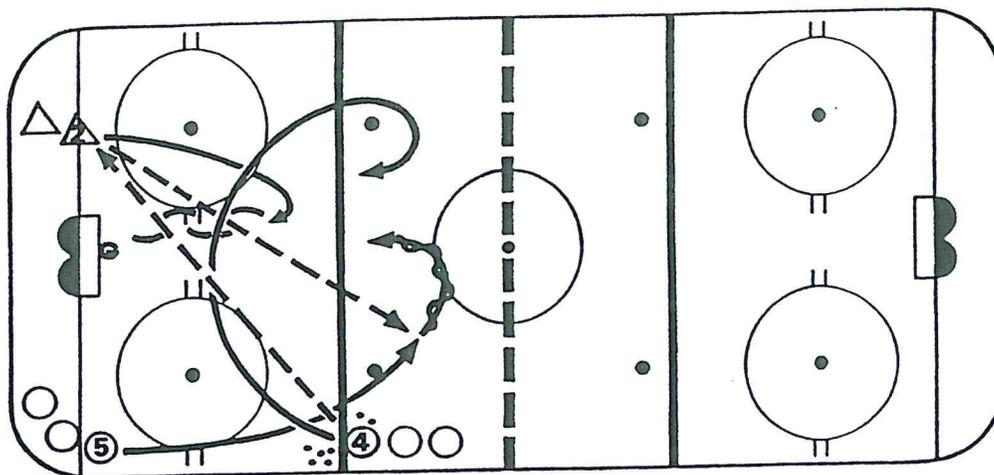
- none.

SWEDEN: 2 VS 1 ATTACK DRILL

11. 2 VS 1 LOOP

Purpose:

- 2 vs 1 offensive tactics
- 2 vs 1 defensive tactics.



Description:

- position forwards in the corner and along the boards outside the blue line on the same side
- position the defence in the opposite corner as shown
- ④ passes to ② then curls deep to come around the face-off dot on the other side moving outside-in
- ⑤ skates down the boards and turns outside-in around the blue line face-off dot on the side
- ② passes to ⑤
- ⑤ and ④ attack 2 vs 1 against ②
- use both ends.

Key Teaching Points:

- co-ordinate movement
- defence skate hard.

Progressions:

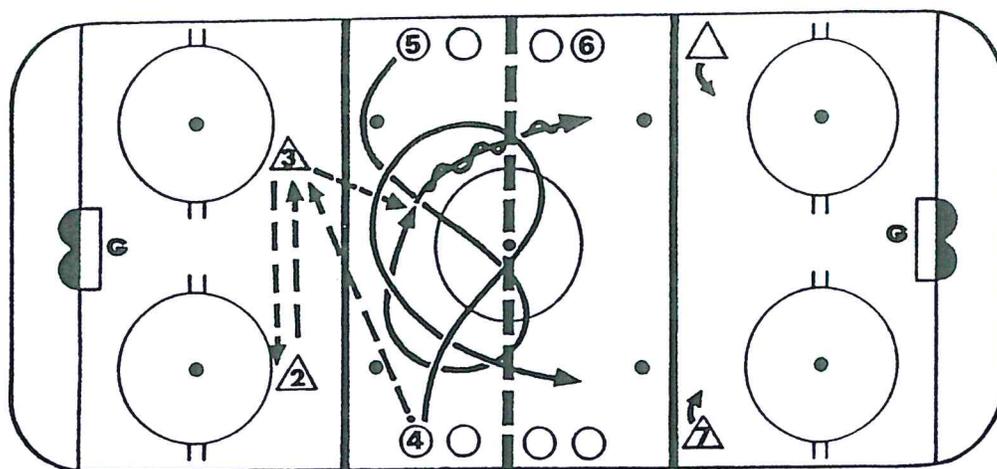
- none.

SWEDEN: REGROUP DRILL

13. 2 VS 0 AFTER DELAY

Purpose:

- puck control for the defence
- regrouping to new positions.



Description:

- position forwards along the boards between the blue lines
- preset \triangle 2 and \triangle 3 as shown
- others wait their turn
- $\textcircled{4}$ passes to \triangle 3
- \triangle 3 makes a quick exchange pass with \triangle 2
- \triangle 3 passes to $\textcircled{5}$ who has looped and delayed with $\textcircled{4}$
- $\textcircled{4}$ and $\textcircled{5}$ attack 2 vs 0
- once clear, $\textcircled{6}$ starts a new action with \triangle 7 going the other way continuous.

Key Teaching Points:

- co-ordinated movement
- crisp passes
- eye contact
- stick ready
- good shot and rebound.

Progressions:

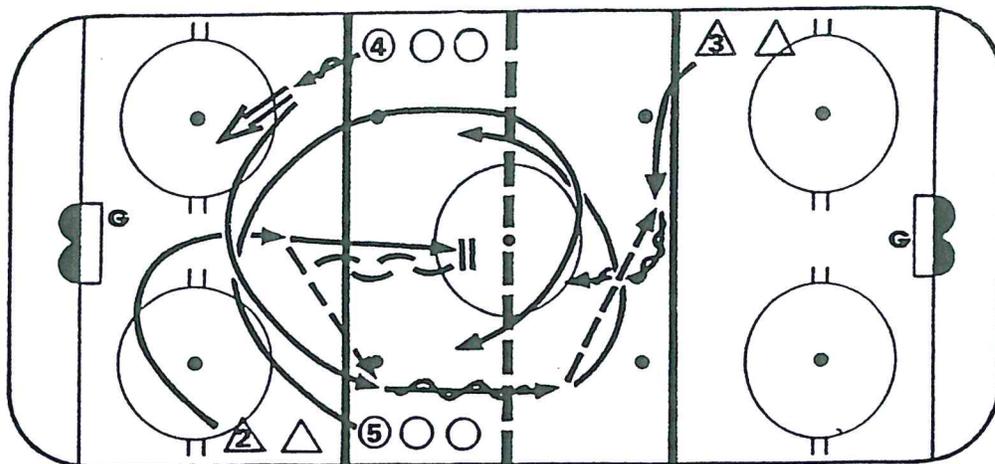
- use three forwards.

SWEDEN: REGROUP DRILL

14. BREAKOUT REGROUP

Purpose:

- regrouping
- passing and receiving.



Description:

- position forwards along the boards just outside the blue line as shown
- put a line of offensive players just inside each blue line across the ice from each other
- ④ begins with a shot
- ② retrieves and starts up-ice
- ④ and ⑤ curl deep
- ② passes to ④ and follows ④ and ⑤ up-ice
- ④ passes to ③ and then crosses and turns with ⑤
- ③ passes to ⑤
- ⑤ and ④ attack 2 vs 1 against ②
- once clear, ⑥ starts a new action.

Key Teaching Points:

- co-ordinated movement
- defence mobility.

Progressions:

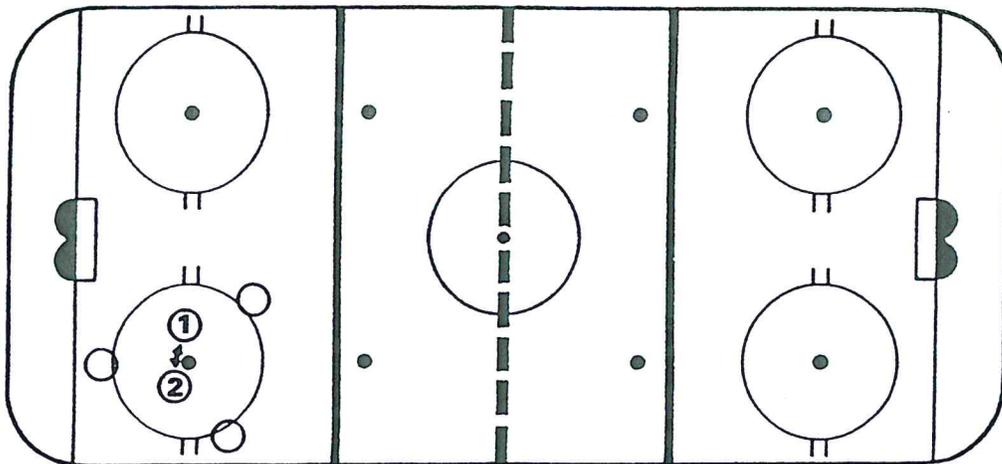
- use three forwards.

SWEDEN: FUN DRILL

15. KING OF THE CIRCLE

Purpose:

- fun
- body control.



Description:

- set the players around a face-off circle as shown
- put ① and ② in the circle
- on command they each try to remove the other from the circle
- the winner stays in the circle with a new opponent
- use more circles as desired
- no sticks are used.

Key Teaching Points:

- determination.

Progressions:

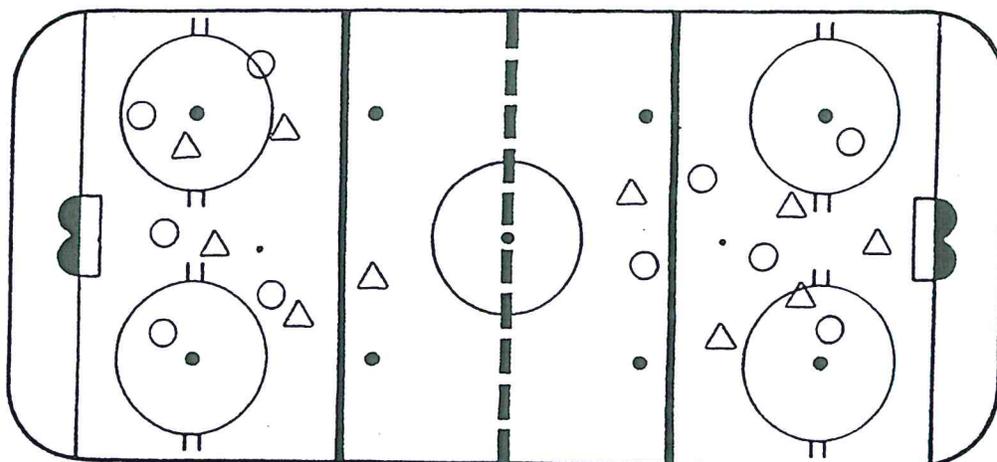
- none.

SWEDEN: FUN DRILL

16. ONE NET DRILL

Purpose:

- warm-up
- cool-down
- fun.



Description:

- play 5 vs 5 in one end using only one net
- use a tennis ball instead of a puck
- use both ends if desired
- stay within the blue line, no scoring on rebounds.

Key Teaching Points:

- support
- head on a swivel.

Progression:

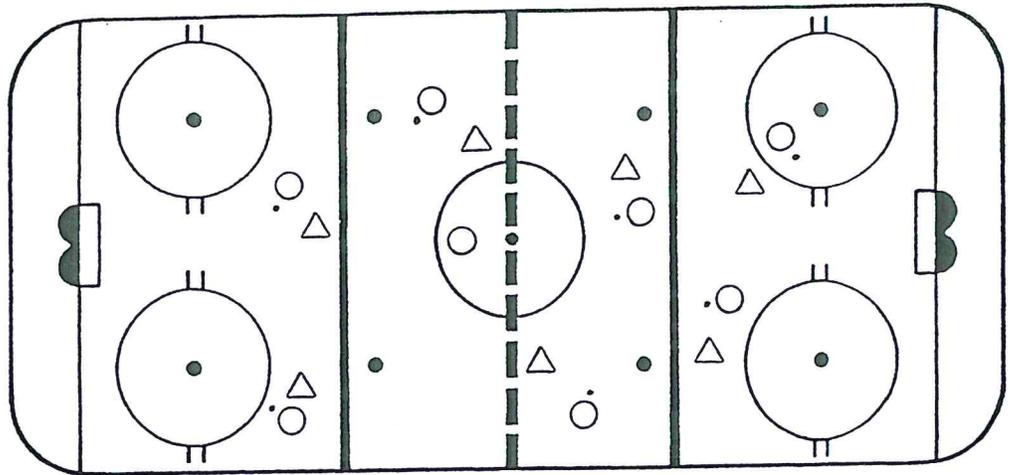
- none.

SWEDEN: FUN DRILL

17. HALF AND HALF KEEP AWAY

Purpose:

- awareness
- stick handling
- fun.



Description:

- use the whole surface
- use the whole team
- half have the pucks while the other half chases, if you loose the puck you chase.

Key Teaching Points:

- protect the puck.

Progression:

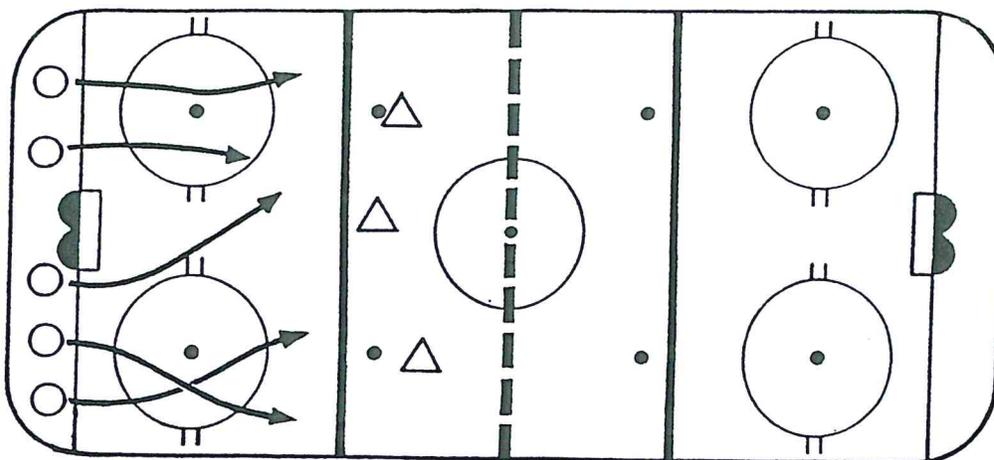
- the offensive players vs the defensive ones
- team structures
- time limits.

SWEDEN: FUN DRILL

18. POM POM

Purpose:

- skating agility
- acceleration
- fun, warm-up.



Description:

- put all the players behind one goal line
- preset some chasers in the neutral zone
- the offensive players try to get to the other goal line without being tagged by the defensive ones
- once tagged, "you're out!"
- no sticks are used.

Key Teaching Points:

- skating fakes.

Progression:

- none.