

Swedish Coaching Methods

A – Individual Skills and Skating

A - Swedish Pro Demonstration of Backward and Transition Skating

A300 Shoot-Rebound-Walk In-Walk out - Swedish U20

A500 - Waggle - Fake Inside Go Outside - Sw

A500 - Tight Turn 8's - Sw

A500 - Puck Protection - Sw

A500 - Overspeed Puck Handling with a Shot - Sw

A500 - Keepaway Inside Circle - Sw

A500 - Gretzky Move and Shot - Sweden 3

A500 - Deke and Breakaway vs. Backchecker - Sw

B – Partner Skills

B - Forward Attack and Defend Skills - Sw

B Goal Scoring Stations - Sw

B Checking from the Defensive Side-Sw

B202 One Touch 2-0 Sweden U20

B202 – Passing Options – Sweden U20

B300 1-1 Protect the Dot - Sw

B300 Checking Along the Boards - Sw

C – Situation Drills

C1, 1 on 1 - Sweden

C1-C6, 1-1 x 2 From Blue Line and Corner - Sweden

[C2, 2-1, on Rush then from Cycle - Sweden U20 – 1](#)

[C2, 2-1 on Rush then from Cycle - Sw](#)

[C2, 1-0, Point Shot and 2-1 - Sw](#)

[C3 Breakout and Regroup Options - Sweden](#)

[C3, 2-1, from Corner and Backcheck to 3 on 3 - Sw](#)

[C5-6, 1-1 x 2 From Blue Line and Corner - Sweden](#)

[C6 1-1 Get Puck Out - Sw](#)

[C6, 1-1 in Front - Point Shots - Sweden](#)

[C6 1-1 Battle in Front of Net - Sw](#)

[C6 1-1 From the Corner - Sw](#)

[C300 1-1 Escape from Alcatraz - Sw](#)

[C300 Protect the Dot - Sw](#)

[C500 - 1-1 in Front and Support at Point and Behind - Sweden](#)

[D400 2-2 passes from behind net - Sweden U20](#)

[Series of Video Clips with English Sub-titles](#)

[A - Equipment and Skating Technique - Video Clips](#)

[S - Skill Technique - Video Clips on Technique - Sweden](#)

[Defenseman Offensive Skills - Sw](#)

[Puck Handling Skills - Sweden, Russia, Finland](#)