

Practical ISTRÄNING U16 and YOUNGER Prioritize technology in front of the sea-when the basics are taught in ice hockey is basically a complicated sport. It takes at least 10 years to become a complete ice hockey players if you count all the way from the start of the school that started the children of the senior age. And the basic technology not learned before 16 years of age, it may be hard to assimilate in full during the last years of his career.

"Practical isträning u-16 and younger" is a way to teach the basics in the right way of players at a young age.

Five fundamental elements of "Practical isträning u-16 and younger" deals with the following basic elements which each practice has only one (1) technical purposes.

- Skating • Fitting/reception
- Puckföring • Bulkhead/making objectives
- Närkamps games

There are exercises on ice in practical application to teach one thing at a time. No complicated exercises to teach several items at once. And technology in these exercises should be given priority over speed.

In the beginning with these exercises, you should simply go slowly when a correct technical implementation is important.

Increase speed as only when the player can carry out the exercise properly in a low pace, it's time to speed progressive acclimatization - but not more than the player always retains the right technology.

The objective is that the player after one year's time to apply the acquired knowledge in game situations.

Adds a lot of time and effort on these exercises recurring during the years up to 16 years of age, then the player a very good foundation - because it is during these years that the players are most susceptible and learn the most and easiest.

Each single moment is supplemented with a large number of exercises for the same thing so that training can be varied and become funnier and more interesting.

Good luck!

SWEDISH ICE HOCKEY ASSOCIATION and the National Department

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Practical ISTRÄNING u-16 and YOUNGER 2 LEGEND

= and shock but puck = Baklängesåkning

= Skiing with puck

= Direction change

= Passningspil

= stop sign

= Målskottspil

= Pylon = Leg/Barriers

= Player/storming players

= Player/defending player F1

= Storming forward 1 S1

= Player 1 B1

= Back 1 MV

= goalie T

= Coach www.coachescorner.nu

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SKATING. Framlängesåkning and baklängesåkning

1. On the one hand, go straight Skridskoåkningsgrunder over, other rests in the meantime.

2. Technical details

1. Bend in the knee and ankle

2. Weight transfer from bone to bone via case forward to page

3. Stretch in the knee and ankle, makes the entire strip

- 4 frånskjut. At the reverse: Makes frånskjut in half-circles

- 5 Move your body weight in sideways, from bone to bone

6. The arms are moving to the body, relaxed and rhythmic with stick in one hand.

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ICE SKATING.

Överstegsåkning framlänges and backwards

Short Överstegsslingan Överstegsåkning but puck, helvarv around

3 teknings circles technical details 1. Bend in the knee and ankle

2. Tilt the head and the thorax in åkriktningen 3. Axes parallel to the ice 4. Equal length cutting of outer and innerben 5. Frånskjut

with all strip 6.

ICE SKATING. Acceleration and stopping

3. Acceleration, stop, target 2 player starts on the signal, down to teknings circle point, an end, turning to backwards, around pylon, turning to framlänges, win puck as coach spends, the target shoots alternate backchecking technical details

1. Bend in the knee and ankle body falls forward

2. Skridskorna turns out wrong against the intended åkriktningen and forming the letter v

3. Spring started with short cuts initially and longer cutting as

4. Initially commuter arms tightly next to your body, straight ahead in åkriktningen

5. High frequency in the arms and legs, hammer in a small

6. At the stop: turn the shafts, hip and bend your knees, skew and pressure with the entire skridskorna Guide. Back and head kept upright to maintain balance. 5

6 ICE SKATING. Transition/twists relay

4. Transition/turn 2 player starts on the signal, around pylon, transition to backwards, around pylon, transition to framlänges, first to retrieve the puck in mittzon attacks, defending the loser. Technical details 1. At framlänges transition to backwards: make a plain swing backwards, bend in the foot and knee joint during the u-turn, stretch at the end. The body above the ice man slipping on gives balance

2. At the reverse transition to framlänges: Open in the hips and turn out skridskon in åkriktningen, bend in the knee and ankle frånskjut with far skridskon.

6 7 ICE SKATING. Scooting

5. Scootingteknik the S1 starts without a puck, go around teknings circle helvarv, uses scooting technology, retrieves the puck behind extended finish line, breaking up at the first pillar, the target shoots technical details

1. Bend in the knee and ankle

2. Stand with body weight on innerbenet

3. Frånskjut "pumpkin" with ytterbenet.

7 8 ICE SKATING. Sliding slewing

6. Star, slide turns Round 4 pyloner with sliding swung technology, in the shortest possible time. Technical details 1. Bend in the foot and knee and rotate the axes to which you turn 2. The hip is pressed inwards and axes parallel to the ice 3. Innerskridskon leads round, slightly above ytterskridskon.

8 9 SERVICES and reception. Reception and sweep fitting technology

1. Services and entertainment technology "Seth" S1 starts without a puck, turn to the backwards (in the case of the pylon) receiving services, around the pylon, turning to framlänges, fitting to S2, around next pylon, receive services, etc. Suit both with the forehand and backhand.

Details about the technique

1. Bent leg 2. Eye contact with the recipient 3. Soft hand leads 4. Moving body weight from rear to front leg 5. Puck rotates from the heel to the Tip 6. Follow-up with blade against the recipient's sheet 7. At the reception, eye contact with passaren, was sufficiently durable and receive it in order to get it right for the next session.

9 10 SERVICES and reception. Reception technique Skate 2. -Page 2 of 0, skating reception 2 and 2 travel and fit and receives fittings with skridskon on long edge, at the far blålinjen driver 1 players against the far post for ev. genomspel. Details about the technique 1. Bent leg 2. Eye contact with passningsläggaren 3. Angle skating guide so that the puck is controlled to klubbladet 4. Receive the puck in order to get it right for the next session. 10

11 REPEAT and reception. Direct fitting technology

Mittzonsväggen Point at blålinjen, start at diagonally. S1 starts without a puck, wall fittings with S2, S3, S4, receive services from S5, recover quickly target shots, take ev. return. Return loop for the next shot.

Details about the technique 1. Bent leg 2. Eye contact with the recipient 3. Press to puck in front of him with both hands 4. Body weight forward 5. Sheet light angled of puck 6. Lower your hand moves down the stem 7. Follow-up with blade against the recipient's blade.

11 12 SERVICES and reception. Sargpassningsteknik 4. Loose-tight situations with sargpassningar S1 starts in the corner of the driver with the puck against objectives, services via sargen up to the Hill, which takes up the puck along blålinjen and a wrist shot against obscured goalkeeper. Details about the technique 1. Use sargspelet for width and djupleds game 2. Different studs in different halls 3. Approach – bleed angle 4. Find faces for players to go to.

12 13 SERVICES and reception. Flippassningsteknik 5. 2 and 2 flippasningar Nivåanpassat distance with an obstacle subcontracted to flippa Puck, fit with both backhand and forehand. Details about the technique 1. Bent leg 2. Eye contact with the recipient 3. Soft hand leads 4. Moving body weight from rear to front leg 5. Puck rotates from the heel to the Tip 6. Club sales from outside and up 7. Pressure to the wrists 8. Follow-up with blade against the recipient's blade.

13 14 SERVICES and reception. Masquerade-fitting technology 6. Masked fittings in circle Players are at the edge of the circle and 1 teknings players with the puck in the middle. S1 will go in one direction and fits the other way to any receiver, S1 may back puck goes in one direction and fit it to another, etc. Details about the technique 1. Bent leg 2. Soft hand leads 3. Look in one direction, fit in the other direction 4. Surprise your opponent.

14 15 FITTING and reception. Reception with body 7. High fittings, reception with the body and is at a distance nivåanpassat. S1 moves forward, backward and turn to receive high fittings with body and fit back. Details about the technique 1. Bent leg 2. Eye contact with passningsläggaren 3. Receive the puck with his chest or his hands 4. Receive the puck in order to get it right for the next session.

15 16 PUCKFÖRING. Puck-bearing devices-Body fine and "whip" 1. Body fine and "whip" at lines S1 starts with puck, go straight ahead, kroppsfintar ALT. "vispar" at the red line and at blue line, runs straight down to the point, target shooting, ev. return. Details about the technique 1. Bent leg 2. Look up against enemy 3. Puck straight ahead 4. Tilt head and lower axis at one direction 5. At the "whip" to quickly stick around the puck in the same direction as the axis 6. Turn the back of your body in the direction you are 7. Tempoväxla.

16 17 PUCKFÖRING. Filibustering 2. Filibustering for lines S1 starts with puck, go straight ahead, filibustering in the red line and at blue line, driving up against objectives, target shooting, ev. return. Details about the technique 1. Bent leg 2. Look up against enemy 3. Go straight towards the foe 4. Drag the puck far out on the forehand 5. "Get your opponent to the wrong ben" 6. Withdraw the puck near the body far out on the backhand 7. Tempoväxla.

17 18 PUCKFÖRING. V-fine 3. V-fine came to quickly target the bulkhead centrally S1 starts with puck, go straight ahead, make a quick stop, V-fine, fast target shots. Details about the technique 1. Bent leg 2. Look up against enemy 3. Puck alongside/behind body 4. Make a quick stop 5. Puck drawn diagonally forward, forehandsidan 6. Withdraw the puck diagonally on the backhand, behind the body 7. Came quickly to the goal shots.

18 19 PUCKFÖRING. Direction change 90 degrees 4. Direction change 90 degrees, collect key S1 start with puck, going against the outside of the pylonen, makes a 90-degree direction change, pushing up against the central line, fast target shots. Details about the technique 1. Bent leg 2. Look up against enemy 3. Go straight to the opponent's "outside of the axis" 4. Turn the header and insert the axle on the opponent's "outside of the axis" 5. Turn the back of your body in the direction you are going to 6. Makes a 90-degree direction change (sliding slewing) 7. Tempoväxla.

19 20 PUCKFÖRING. Free mode fine 5. Free mode fine against goalkeeper S1 starts with puck, going against the goalkeeper, free mode filtration, lift the puck in the target. Details about the technique 1. Bent leg 2. Look up against goalkeeper 3. Drag the puck far out on the forehand 4 metres from goalkeeper 4. Finta shoot high elbow, lift the rear leg 5. "Give goalkeeper misinformation" 6. Withdraw the puck near the body far out to backhand 7. Lifting the cap on/on the goalie.

20 21 PUCKFÖRING. Sternerfint 6. Sternerfint inside blålinjen S1 starts with puck, go straight ahead, make a Sternerfint at coach driving up against objectives, target shooting, ev. return. Details about the technique 1. Bent leg 2. Look up against enemy 3. Go against the opponent's "inside axis" 4. Trickle back the CAP against the inside of the outer skridskon 5. "The enemy is expecting a droppassning" 6. Kick the puck forward on the outside of the adversary, 7. Tempoväxla.

21 22 PUCKFÖRING. Frånvändning 7. Frånvändningsteknik in high speed S1 starts with puck, go deep into the a-zone, try to break up behind the coach (fail), make a frånvändning, main bulkhead ALT. Services, take ev. return. Details about the technique 1. Bent leg 2. Look up against enemy 3. Go against the opponent's "outside of the axis ' 4. Keep it away from your opponent 5. Try pedaling around your opponent in the first mode 6. In frånvändningen, use sliding slewing with exceeded, was quickly into the path.

22 23 PUCKFÖRING. Break-in 8. Inbrytnings technology at first; select S1 starts with puck, go deep into the a-zone, breaking up behind the coach, driving for target shooting, ev. return. Details about the technique 1. Bent leg 2. Look up against enemy 3. Lower body weight by bending in the leg and knee. 4. pull out the puck in a protected location out of the reach of your opponent 5. Cover off the enemy with the next leg and arm, push yourself up diagonal 6. Use scootingekniken gauge leg.

23 24 PUCKFÖRING. Dahlénfint 9. Hip opening Dahlén, with shots S1 starts backwards but puck, receives services from the stage, flip to framlänges, at offensive blålinje, hip opening (Dahlén), all the way around the aim, Mattia up for target shooting, ev. return. Details about the technique 1. Bent leg 2. Look up against enemy 3. Go against the opponent's outside of the axis 4. Twist your body and open the hips, heels against each other, 5. Continue slipping in åkriktningen 6. View the puck without försvaren reaches the 7. Enter framlängesåkning, tempoväxla.

24 25 PUCKFÖRING. Cover the puck 10. Cover the puck in sarghorn 2 and 2, S1 is fudging in corner and covers the puck, defending players working in the back and try to Puck, limited surface. Details about the technique 1. Bent leg 2. Makes you a great deal with a low centre of gravity and use the gavel which support 3. Cover off the enemy with body 4. Twist and was sufficiently durable and have maintained the balance 5. Use the opponent's pressure to get out of the situation.

25 26 SHOTS. Wipe the bulkhead 1. Forwardskott the S1 starts without a puck, receive services from S2, around teknings circular edge, fast target shots (sweep shots), take the ev. return. Go out around other teknings circular edge, receives repeat frånS3, quickly target the bulkhead (sweep shots), take the ev. return. Technical details 1. Bent leg 2. Movement on skridskorna 3. Puck on hand and body weight from rear to front leg 4. Rotation of the puck, complete with a snärtig wrist motion 5. Complete the movement.

26 27 SHOTS. Backhands shot 2. Backhand shot backwards and framlänges S1 starts backwards but puck, go around teknings pie edge, receiving services, shoots a backhand shot backwards, to ev. return. Out to other corner turns to backwards, receive services, turning to framlänges, shoots a backhand shot framlänges, ev. Enter technical details 1. Bent leg 2. Movement on skridskorna 3. Puck at the heel of the sheet, behind the body 4. Body weight from rear to front leg 5. Fold the sheet over the puck at the beginning of the

bulkhead 6. Rotation of the puck, complete with a snärtig wrist motion 7. Complete the movement.

27 28 SHOTS. Wrist shot 3. Fast wrist shot, precision S1 starts with the puck at the top of teknings circle edge, operates in a few quick cuts, quickly target the bulkhead (wrist shot), download new puck, etc. 3puckar/player technical details 1. Bent leg 2. Movement on skridskorna 3. Bend the wrists and drag klubbladet back 4. Body weight from rear to front leg 5. Snärtig wrist motion, Puck hits the center of the sheet and rotates away 6. Complete the movement.

28 29 SHOTS. Slagskott 4. Back bulkheads, slagskott B1 starts without a puck, full speed down and retrieve the puck, backwards up to blue, sid led motion along with blålinjen, shoot a target shots (slagskott). Technical details 1. Bent leg 2. Movement on skridskorna, sid led motion after blålinjen 3. Puck between legs, natural space 4. Body weight from the rear to the front leg is reconciled in the ice 5. Let the whole body press in shot 6. Complete the movement.

29 30 SHOTS. Direct shots 5. "High finishing" direct shots, V-skiing S1 start without puck, going against passningsläggaren, contrary to the backward from the goal, services-direct shots, going against the other, on the contrary to passningsläggaren backward from the goal, services-direct shots, etc. Technical details 1. Bent leg 2. Eye contact with passningsläggaren 3. Movement on skridskorna (shots ready) to get right to the passing 4. Puck located halfway between or something closer to the front skridskon 5. Nyp to on the stem of the bulkhead at 6. Timing of the bulkhead.

30 31 SHOTS. Free mode shoots 6. Ålskott S1 starts with puck, travel at top speed towards the target with the puck at the side of the body and shoots a goal shots in area b. Technical details 1. Bent leg 2. Have the puck behind or on the side of the body, use wipe bulkheads or drag the puck forward for a wrist shot 3. Masked shot in wiper 4. Shots near the goalkeeper should be high 5. Shots from the goalkeeper should be low.

31 32 SHOTS. Skating reception, fast shot 7. Quick Skate reception S1 starts without a puck, travel at top speed towards the target, receives fit from S2 with skridskon and shoots a goal shots as quickly as technology permits. Details about the technique 1. Bent leg 2. Eye contact with passningsläggaren 3. Angle skating guide so that the puck is controlled to klubbladet 4. Receive the puck in order to get it right for bulkhead 5. Fast raids on the puck.

32 33 SHOTS. "Silent shot"/Trafikskott 8. Quiet shots from blålinjen B1 start backwards but puck, receive services from B2, page led motion after blålinjen, target shots (quiet shots), go to B3, "väggpassa", flip to the backwards, receive services from B3, page led motion after blålinjen, target shots (quiet shots). 1 players working in front of goal to obscure and take ev. returns. Details about the technique 1. Bent leg 2. Movement on skridskorna, sid

led motion after blålinjen 3. Bend the wrists and drag klubbladet back 4. Body weight from rear to front leg 5. Smooth quiet wrist motion, Puck hits the center of the sheet and rotates away 6. Complete the movement.

33 34 SHOTS. Foppaskott 9. Peter Forsberg S1 starts with puck, operate against target, covers the puck and pressure behind the goal of S2, S1 driving near the destination up at the far post, climb in banana flips up and shoots a fast and high goal shots. Technical details 1. Bent leg 2. Movement on skridskorna 3. Break in at the far post 4. Rotation of the puck, complete with a snärtig wrist motion 5. Complete the movement.

34 35 CLOSE COMBAT. Hold against your opponent. 1 on 1 with press S1 starts with puck, defenseman go on inside and presses with its axis (not take puck). S1, are against, to recover for the target shooting. Details about the technique 1. Curved bones (low center of gravity) 2. Balance 3. Tilt axis against opponent 4. The hammer in the ice 5. Cover the puck.

35 36 CLOSE COMBAT. Offensive tackle 2. 1 v 1 Offensive tackle the coach put puck in kortsarg. S1 full speed down download puck in the corner, offensive tackle on defenseman, driving up against objectives, target shooting, ev. return. Defending player following the S1, receives an offensive tackle. Details about the technique 1. Curved bones (low center of gravity) 2. Surprise defenseman, don't show that they intend to tackle 3. Drop the puck from the sheet to which you want the CAP after the offensive tacklingen 4. Tackle from bottom to top 5. Accelerate out of the situation.

36 37 CLOSE COMBAT. Bypass along sargen 3. 1 v 1 trough försvaren along sargen S1 starts with puck, driving along långsargen (close to), try to get around defenseman on the outside. S1 come away puck before the fight, go after the puck to recover against the target. Defenseman starts without a puck, turn to the backwards, losing fight against sargen, back of cheques on S1. Details about the technique 1. Curved bones (low center of gravity) 2. Shock away puck before the fight, which one wants puck after fight 3. Protect your head with extended shafts when you crawl up 4. Receive tacklingen deeply and accelerate directly after the fight.

37 38 CLOSE COMBAT. Shoulder rig 4. Defend the line 2 players go on either side of the line and try to tackle away enemy with skuldran in order to be able to go on the line. Details about the technique 1. Watch your opponent's movements 2. Have legs wide apart (balance) 3. The hammer in the ice 4. Make a frånskjut with outer leg 5. Stretch in your body forward – up 6. Hit the opponent's axis.

38 39 CLOSE COMBAT. The hip slide tackle 5. 1 v 1 Lap tackling Defender starts with puck, fitting out to S1, turn to the backwards around pylon, pressuring sargen, S1 to stop with hip rig. S1 receives services, driving along långsargen (close to), try to get around

defenseman on the outside. Details about the technique 1. Watch your opponent's movements 2. Go backwards, controls the term to a page 3. The hammer in the ice 4. Bend in the foot and knee to get good balance 5. Bend your body forward and makes a sharp turn to page 6. Hips leads the u-turn, meet anfallarens waist 7. Important that that term has a low centre of gravity in order to receive tacklingen.

39 40 CLOSE COMBAT. Cutting of gaming opportunities 6. Press angle to sarg, cutting off gameplay S1 starts with puck is driving up along sargen and receives the rig from S2. S2 "timar" in its arc, presses/angles S1, whistle, Puck collects, target shots to ev. return. Details about the technique 1. Working with active ice skating, inside and out 2. Hold down the hammer on the ice, use the gavel to control enemy 3. Push/push out your opponent against sargen by båga out enemy from page 4. "" Go to enemy Tima 5. Win the puck through various närkampstekniker.

40 41 CLOSE COMBAT. Lift the hammer and hammer lock 7. 1 on 1 in front of goal, Club lifting and Club locking the coach put pucks at the against targets. 1 striker and 1 defender in the limited space (in front of the goal). Defenseman starts in the back, working with lifting or unlock S1 's leg at the bulkhead and returns. S1 is working to have the hammer free and rotate into returns. Details about the technique 1. Curved bones (low center of gravity) 2. Befinn you between the opponent and the objective (defending page) 3. At Club lifting, hold the hammer in both hands, as close to the body as possible, please insert your arm and leg in front of the opponent. Lifting puck driver's legs, close to the heel of stick 4. At Club-lock, press and hold the hammer in both hands, as close to the body as possible, way below the gavel glove and smoother and hit the opponent's leg down 5. Timing is important (for bulkhead at the moment) because you can't lock or picking up the gavel during longer periods of 6. Remove the CAP.

41 42 CLOSE COMBAT. Shock break 8. Blade to blade, shock breaks 1 striker and 1 defenders of limited surface (corner). Defending player will prevent an invading players to operate with Puck under control. Defending player using sheets of blade technologies and shock breaks. Details about the technique 1. Curved bones (low center of gravity) 2. Befinn you between the opponent and the objective (defending page) 3. Keep track of your opponent and puck 4. Active ice skating and sheet against the opponent's sheet 5. Hold the hammer with upper hand 6. Drag the stick against the body and let that term was getting close to 7. Impact hammer against the puck in a quick motion 8. Take away the puck and look toward the term was 9. Maintain balance, not chance breaks.

42 43 CLOSE COMBAT. Sweep break 9. Deleting standby possibilities, sweep breaks 3 plays on the move in the edge of the circle and fit teknings puck to each other. 1 defending players are in the Middle, to prevent passing by to position themselves between the puck officer and recipients, and the use of sweep breaks. Details about the technique 1. Curved bones (low center of gravity) 2. Befinn you between puck officer and recipients 3.

Play in a low position 4. Hold the stick in one hand (increases the scope) 5. Wipe with gavel fast and impromptu online in a circular motion over the ice 6. Wipe with the opponent's motion, out from your own body 7. Hit the puck or puck driver's legs 8. Look to the puck driver and have control over their positions.

43 44 .