

Daniel Alfredsson, born 11 september 1972 in Gothenburg, Sweden, is one of the most explosive players that can accelerate from standstill to maxfart in a short space of time. Alfredsson, a tendency to blow past the enemy and thus end up in good positions to make objectiv

Kenny Jonsson, born 6 October 1974 in Angelholm. A moving back which is a master of skating transitions from framlänges to backwards from backwards to framlänges on small surfaces. Kenny has an ability to get the fly out of transitions/twists, which means that he creates itself time with Puck. Niklas Kronwall born 12 January 1981 in Stockholm. An incredibly good Skate skier who has an ability to go out there and relaxed rhythmic on the ice,

Niklas Kronwall born 12 January 1981 in Stockholm. An incredibly good Skate skier who has an ability to go out there and relaxed rhythmic on the ice, Kronwall is one of the world's best hockey överstegsåkare, which means that he can come up in the attacks as an extra forward. Elected to the WORLD's best ski World Championships in Riga 2006.

Lillis & Roberts 3 WORKOUT TIPS STARS © SWEDISH ICE HOCKEY ASSOCIATION/development and Training department Graphics: BÖRJE NILSSON 1 SKATING ice hockey is the fastest game on the planet! Reason: skridskoåkningen! Sean Skinner, the higher you can jump-the faster you travel skating! Sean Skinner Hello! We will continue to present Training tips in each issue in the future. We start with ice skating. In the concept of skating includes several important features that:

- Balance
- Skiing framlänges and backwards
- Överstegsåkning framlänges and backwards
- transitions/twists framlänges to backwards backwards to framlänges
- Acceleration
- Stop
- slide bearing slewing
- Scooting
- Sidstep

When we look at the ice skating so describes principles most rearward. What do you see the big picture here next to with different specifications. To spread this next to presented also: Practice examples that can be implemented on training questions. The exercises are for players from 10 years up to junior age. Exercise Short överstegsslingan shows you how to train to get eurhythmics and relaxation in överstegsåkningen. Exercise Skate transition/turn-around will show you how to train to get better balance in transitions between forward and backward. Exercise, Acceleration will show you how to train to get better acceleration in the start-up phase. Anyone who wants to know and learn to find more tips and exercises in "the road to Elite 1 + 2" or "ABC-book" - talk to your Association! Good luck!

Robert Ohlsson

Stephan Lundh

"3 Acceleration • Point at blålinjen, start signal • 2 players go 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. Coach stresses the importance of acceleration in the start phase 1. Bend in the knee and ankle 2. Spring in time with short cuts begin to accept and longer-cutting as 3. High frequency in the arms and legs 4. Stick in one hand 5. At the stop: turn the shafts, hip and bend your knees, skew and pressure with the entire skridskorna Guide, spine and head kept upright to maintain balance 45 ° ankelvinkel! I.e. their laps are straight over toe upon skridskon. Players who are moving in the hip, knee and ankle win power and cutting length i.e., they are the fastest skiers!

. Daniel Alfredsson

. Daniel Alfredsson 90 ° knee angle! The fastest skater-skiers have a kneeling at 90 °. From 90 ° knee bending is the power of frånskjutet strongest and players can quickly reach maximum speed. 2 Skating transition/turnaround • Point at blålinjen, start at diagonally on signal • 2 players travel around the pylon, transition to backwards, around pylon, transition to framlänges, first to retrieve the puck in mittzon attacks, loser defends Coach stresses the importance of balance in transitions/turns 1. At framlänges transition to backwards: a. Makes a slide swing backwards b. Bend in the foot and knee joint during the u-turn, stretch at the end (c). the thorax above the ice man slipping on gives balance 2. At the reverse transition to framlänges: a. Open in the hips and turn out skridskon in åkriktningen b. Bend in the knee and ankle

C. Frånskjut with far skridskon Full stretch at frånskjut! The case at each frånskjut to win as much distance as possible. The starting point is a sharply bent knee and in the mode of a fully stretched, knee. . Kenny Jonsson Shoot away with the entire guide! This in combination with the powerful frånskjut creates speed! Frånskjutet runs from 15 ° (backward) in the initial phase of trying to reach 90 ° (sideways) at maxfart. Bredbent on innerskär! Travelling is the position of the player takes over ice skating, low most rearward provides better balance on the player. 1 Short överstegsslingan • corner • S1 starts without a puck, field were exceeded-skiing, helvarv around 3 teknings circles • Start not to close the coach stresses the importance of rhythmic and relaxed överstegsåkning 1. Bend in the knee and ankle 2. Equal length cutting of outer and innerben 3. Frånskjut with all the Guide 4. Weight transfer from bone to bone via case forward or sideways 5. Rhythmic and relaxed

. Niklas Kronwall Fredrik Bremberg, born 21 June 1973. An incredibly good passningsspelare which has an ability to keep eye contact with the recipient. Bremberg is one of the elite series best passningsspelare both with the forehand and backhand, making his teammates get a lot of great opportunities to score. Henrik Sedin, born 26 september 1980. A fitting and Entertainment Player. Henry has a capacity to receive the puck with both skridskon and sheet so that it always straight for the next session. Henrik ports in this way, rarely in time problem but can play hockey in the future. Daniel Sedin, born 26 september 1980. A NHL

players with a huge standby registry. Daniel is a great dancer
 direktpassa puck by moving the body weight from rear to front skridskon.
 Puck stops seldom of Daniel and the pace is powered up and the opponent
 does not catch. Lillis & Roberts 3 WORKOUT TIPS STARS © SWEDISH ICE
 HOCKEY ASSOCIATION/development and Training department Graphics: BÖRJE
 NILSSON 2 FITTING/RECEPTION ice hockey is the fastest game on the planet-
 thanks to skridskoåkningen and fitting game! Good fitting game runs
 up the pace! Puck is always faster than the fastest player! Hello!

After skridskoåkningen will we now present the fittings and receptions,
 we then continues with puckförling. In the concept of
 services/reception included more important features that: • Sweep
 services forehand and backhand • Droppassning • Sargpassning • Direct
 services • Palm fit • Flippassning • Masquerade ball • Skating
 reception • Body reception (hands and body) When we look at the
 services/reception so describes the principles that rotation on the puck
 from toe to the tip, as you can see on the big picture here next to with
 different specifications. To spread this next to presented also:
 Practice examples that can be implemented on training questions.
 Exercise n ° 1: Reception and fit "eight ball" will show you how to train
 to get soft wrists and eye contact with the recipient. Exercise 2:
 Skating reception will show you how to train to get better reception with
 skridskon so that it ends up where you want it for the next session.
 Exercise 3: Direct fittings will show you how to train to get better body
 movement against the front leg tyngds so that the tempo is powered up in
 the game. Anyone who wants to know and learn to find more tips and
 exercises in "the road to Elite 1 + 2" or "ABC-book" - talk to your
 Association! Good luck!

Robert Ohlsson Stephan Lundh "" 1 Reception and wipe fittings, an S1
 starts without a puck, turn to the backwards (in the case of the pylon)
 receiving services, around the pylon, turn to framlänges, fitting to S2,
 around next pylon, receive services, etc. Suit both with the forehand
 and backhand. Coach stresses the importance of: Curved bones, eye
 contact with the recipient and soft hand leads. Eye-contact with the
 recipient/Passport-ningsläggaren! The best passningsspelarna look not
 always at the receiver in standby at the moment, but they have already
 seen and read everything before fit delivered. Fredrik Bremberg
 Bendable wrists! Having variable wrists and move the bottom hand down
 on the shaft at the fitting/reception allows you more control. 2
 Skating clinics 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. Coach stresses the importance of: Curved
 bones, eye contact with passningsläggaren, angle skating guide so that
 the puck is controlled to klubbladet and receive it in order to get it
 right for the next session. ' Gilt-edged Fittings!

Lillis & Roberts

Sweden OS-champion in ice hockey 2006! In the third period began
 skrinnade Peter Forsberg into Finnish zone, took to the Mats Sundin,
 suitable also for Nicklas Lidström. "Lidas" got a incredible full result
 from blue and puck for which a missile into the left check, 3-2.
 Skating reception so that it ends up where you want it for the next

moment ". Henrik Sedin Rotation on the puck, from heel to tip! To rotate the puck from toe to the tip on klubbladets provides better precision in fittings/v-footage. 3 Directly passing 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. Coach stresses the importance of: Curved bones, eye contact with the recipient, the movement of the body weight on the front leg and pressure to the puck in front of you with both hands (lower your hand moves down the stem). . Daniel Sedin Body weight towards the front leg Henrik Zetterberg, born 9 October 1980. Skilled at the puck in the path and drag on opponents. Have an ability to kroppsfinta opponent by tilt axis in one direction and tempoväxla past. Henry's kroppsfinter let him away enemy and constantly is a "threat" to the opponent. Mats Sundin, born 13 February 1971. A player who is fantastic opportunities to benefit from its scope with long spins and thus obtaining the opponent on the wrong glial bones. Mats has a capacity to adapt their speed to the enemy so that spins takes place at the right moment out there on the ice. Michael Nylander, born 3 October 1972. A player who has a cruel Club technology. Nylanders mobile wrist and sudden body movements means that he can fool the crates and goalies far up in the gallery. Nylander has a capacity for free modes to fool the goalkeeper by finta shots. Lillis & Roberts

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TRÄNINGSTIPS

STARS

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3

PUCKFÖRING

The best players in the history of Ice Hockey are excellent stickhandlers!

Sean Skinner

Stickhandlers
control the game!

Sean Skinner

3 FITNESS TIPS STARS © SWEDISH ICE HOCKEY ASSOCIATION/development and Training department Graphics: BÖRJE NILSSON 3 PUCKFÖRING The best players in the history of Ice Hockey are excellent stickhandlers! Sean Skinner Stickhandlers control the game! Sean Skinner Hello! After ice skating and fitting/reception, we will now present puckföring, we then go to the bulkhead. In the concept of puckföring included more important

features that: • Kroppsfinter • Long spins • Short spins • Frilägesfinter • Standby fine • Tittfint • Överstegsfint • Dahle 'nfint • Sternerfint • Swivel fine When we look at puckförling so describes the principles that side-side, diagonally, up and back, as you can see on the big picture here next to with different specifications. To spread this next to presented also: Practice examples that can be implemented on training questions. Exercise n ° 1: Puck-bearing devices, body fine and "whip" shows you how to train for the puck in the banana and kroppsfinta opponent in one direction by lowering the axis and whisk with stick around the puck past the enemy and tempoväxla. Exercise 2: filibustering shows you how to train to get your opponent to the wrong glial bones by dragging the puck far out on the forehand and then withdraw puck near the body to backhand. The practice also shows the start of the draw in order to adjust yourself from the enemy. Practice # 3: Free State fine shows you how to train to get more mobile Guide and how to dupe the goalkeeper in free mode. The practice also shows the start of frilägesfinten. Anyone who wants to know and learn to find more tips and exercises in "the road to Elite 1 + 2" or "ABC-book"-talk to your Association! Good luck Robert Ohlsson Stephan Lundh "" 1 Puck-bearing stratagems Body fine and "whip" 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. Coach stresses the importance of: Curved bones, looking upwards towards the opponent, begin the body-monetary unification in good time, tilt the head and lower shaft on one side. At whip: gavel fast around the puck in the same direction as the axis will be reduced, tempoväxla. . Henrik Zetterberg Tilt axis! Increase the pace of monetary unification! Kristian Huselius Three basic patterns in puckförling: 1) page-page, 2) diagonally, 3) back and forth. Mobile Guide! Fool targets-watch! 2 filibustering S1 starts with puck, go straight ahead, filibustering in the red line and at blue line, driving up against objectives, target shooting, ev. return. Coach stresses the importance of Looking up against enemy:, begin the draw 3-4 metres before the enemy, drag the puck long forehand, get your opponent to the wrong glial bones, withdraw the puck near the body far out on the backhand, tempoväxla.

. Mats Sundin

Customize the go! 3 FrilägesfintS1 starts with puck, going against the goalkeeper, free mode fine 3-4 meters away from the goalkeeper, and make targets. frilägesfintar Coach stresses the importance of Looking up against: goalkeeper, take up approximately 4 m from skottfinten goalkeeper, drag the bogie is far out on the forehand, finta shots. high elbow and lift the rear leg (get the goalkeeper to act on the bulkhead), withdraw the puck near the body far out to backhand, lifting the cap on/on page on the goalie. . Michael Nylander Mats Sundin, born 13 February 1971 in Bromma. A player with many qualities and gunner has an ability to use Mats of precision and a quick wrist motion snärtig to Puck, extra speed so that the goalkeeper has a major problem with that react. Daniel Alfredsson, born 11 december 1972 in Gothenburg. Alfredsson has a capacity to exactly know how he'll get right to the fittings in the area called the Castle. Through their excellent "timing" to both passningsläggaren and puck in the bulkhead at the moment produce Daniel many target year after year in the NHL. Markus Näslund, born 30 July 1973 in Härnösand. Näslund makes many destination thanks to its

understanding of target skyttets grounds. Markus knows that in positions near objectives need to be high and bulkheads in certain situations, it is good with low masked shot. He makes use of high and low follow-up with their legs. Lillis & Roberts 3 WORKOUT TIPS STARS © SWEDISH ICE HOCKEY ASSOCIATION/development and Training department Graphics: BÖRJE NILSSON 4 SHOTS Hello! After skating, fitting/reception and puckföring, we will now present the bulkheads. In the concept of shots contained several important features that: • Sweep shots •the Hand point shots •the Free progress shots •the Direct shots •the Slagskott • Bulkhead in wiper • 360-degree shots spets!

When we look at the shots so describes principles to the movement of body weight from rear to front leg gives more power into the bulkhead. What do you see the big picture here next to with different specifications. To spread this next to presented also: Practice examples that can be implemented on training questions. The exercises are for players from 10 years up to junior age. Exercise wrist shot shows you how to train to get a wrist motion snärtig and better precision. Exercise direct shots will show you how to train to get better timing to the bulkhead and the area where it is favourable to shoot directly. Exercise free progress shots showing how you train to target, the follow-up you should have on the bulkhead movement as well as when to shoot. Anyone who wants to know and learn to find more tips and exercises in "the road to Elite 1 + 2" or "ABC-book"-talk to your Association! Good luck! Robert Ohlsson Stephan Lundh "1 wrist shots •the Ranks above teknings circular edge. • S1 starts with the puck at the top of teknings circle edge, operates in a couple of quick cutting, precision, for example, in the arms of the goalkeeper, quickly target the bulkhead (wrist shot), download new puck, etc. 3 find pucks/players. Coach stresses the importance of: 1. A rapid and snärtig wrist motion. 2. Curved legs. 3. Movement of skridskorna. 4. See door (precision). 5. bend the wrists and drag klubbladet backwards. 6. Body weight from rear to front leg, snärtig wrist motion. If I mention Brett Hull or Al McGinnis, what do you think of? S-K-O-T-T! -Sean Skinner-aim, see door! Let the hips lead pipes-elsen! ; Mats Sundin Snärtig wrist movement! 2 Direct shots •the 2 players behind the extended finish line with pucks at the front of the goal, 1 player. • S1 starts without a puck, going against passningsläggaren, contrary to the backward from the goal, services-direct shots, go to the other, on the contrary to passningsläggaren backward from the goal, services-direct shots, etc. Coach stresses the importance of: 1. "Timing" of direct shot. 2. eye contact with passningsläggaren. 3. Movement of skridskorna to get right to the fittings. 4. aim, see keeper position. 5. Nyp to about the stem in the bulkhead at the moment. COMPLETE THE MOVEMENT! High follow-up with hammer = high bulkhead and low follow-up = low shoots Poke-ation of Puck, heel to tip!

. Daniel Alfredsson

Body-weight from rear to front leg gives more power into the bulkhead. 3 Free progress shots •the Led in the center circle. • 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 (4 metres from goalkeeper). Coach stresses the importance of: 1. High and low follow-up with hammer.

2. Puck behind or on the side of the body. 3. See keeper position, push the Insert. 4. Shots near the goalkeeper should be high. 5. Wipe shot or a wrist shot. 6. Mask shot. Nicklas Lidström ABC. Markus Näslund Tomas Holmström, born 23 January 1973 in Piteå. A player whose task it is to park in the area in front of the opponents' goal. Tomas has an ability to win the deal above/around objectives find pucks. He sometimes gets out of their offices and wins the puck in kortsarg to team by to surprise the enemy with aggressive body checks. Mattias Norström, born 2 January 1972 in Stockholm. One of the NHL's best defensive backs. A mobile Skate skiers acting firmly and powerful in närkamps game. Mattias provides most of the time "a little space on the outside of the first State, to the next stage quickly be there and close the door with a sizeable hip rig. Nicklas Lidström) (born 28 april 1970 in Västerås. A player with many qualities. Is considered by many to be one of the best slopes in THE NHL. Which has a capacity of närkampsspelare Lidström to be incredibly smart and safe investment. Nicklas makes use of sheets of paper technology and stötbryter in the right positions to win the puck.

Lillis & Roberts

3 FITNESS TIPS STARS © SWEDISH ICE HOCKEY ASSOCIATION/development and Training department Graphics: BÖRJE NILSSON 5 NÄRKAMPS GAMES Samuel Pålsson Hello! After skating, fitting/reception, puckföring and shots we present now närkamps games. In the concept of närkamps games include several important features that: • Shock break • Sweep break • Lifting the opponent's leg • Lock the opponent's leg • receive tackling • Body rolling • Cover shots • the Shoulder rig • Offensive tackle • Hip rig When we look at närkamps game describes principles timing and low centre of gravity. What do you see the big picture here next to with different specifications. To spread this next to presented also: Practice examples that can be implemented on training questions. The exercises are for players from 10 years up to junior age. Exercise offensive tackle will show you how to train to be able to surprise the enemy and that you are approaching from bottom to top. Practice lap rig will show you how to train to be able to control your opponent against sarg let hips lead tacklingen. Exercise, shock break will show you how to train to become better on defense-in-page and how you act with shock breaks. Anyone who wants to know and learn to find more tips and exercises in "the road to Elite 1 + 2" or "ABC-book" - talk to your Association! Good luck! Robert Ohlsson Stephan Lundh 1 Offensive tackle • Point above teknings circular edge, 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 players following S1, receives an offensive tackle. Coach stresses the importance of: 1. tackling from bottom to top. 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. Accelerate out of situ ationen! Over-raska v-stånda-clean! • Thomas Holmstrom 2 Lap tackling • Point at blålinjen and at red line • Defender starts with puck, fitting out to S1, turn to the backwards around pylon, pressuring sargen, S1 to stop with hip tackling • S1 receives services, driving along långsargen (close to), try to get around defenseman on the outside alt receive tackling Coach stresses the

importance of: 1. To act firmly and powerful defender. 2. looking at the enemy's movements. 3. the hammer in the ice. 4. Bend in the foot and knee to get good balance, bend your body forward and makes a sharp turn to the page. 5. To hips leads the u-turn, meet anfallarens waist. Curved legs! 3 Shock break • 1 striker and 1 defenders within a limited area (corner). • Defending player will prevent an invading players to operate with Puck under control. • Defending players make use of the sheet to sheet-technology and shock breaks. Coach stresses the importance of: 1. Sheet against anfallarens sheets and controlled shock breaks. 2. Curved bones (low center of gravity). 3. Befinn you between that term and the objective (defending page). 4. Active ice skating and sheet against anfallarens sheets. 5. Impact hammer against the puck in a quick motion, keep the balance. 6. Not chance breaks. • Mattias Norström Närkamps game four cornerstones: (1) Physical ability 2. Technical know-how 3. Mental strength 4. Sanity-Björn Kinding-"Timing and low centre of gravity into the närkamps-situations!

. Nicklas Lidström

Lillis & Roberts ', ' distinction between the General speed and special speed. The General speed is generic and is governed by factors without focusing on a specific sport. The special speed is related to the specific sports branch and the movements are exercised. Mag team/trunk stability offloads and prevent back pain and inguinal damage. Strong stomach muscles are the Foundation for a safe and proper completion of weight training. ! ! WORKOUT TIPS © SWEDISH ICE HOCKEY ASSOCIATION/development and Training department Graphics: BÖRJE NILSSON 6 Fysträning/Off-Ice Hello! After närkamps game we present now off-ice training for ice hockey players. In the off-ice training includes several important features that: • Sustainability • Power • Speed • Coordination • Movement • Skotträning • your technique with tråkula it is widely known that physical education improves performance. All training must be targeted and you need to train many times before you notice any improvement. Important to note that your movements must be trained in the right from the beginning in a quiet tempo, then you can gradually increase the load. To spread this next to presented: Practice examples that can be carried out during off-ice season. The exercises are for players from 10 years up to junior age. Practice your technique with tråkula shows how you train up your club technology and coordination. Exercise obstacle course shows you how to train your stamina. how much energy you can get to work through the beef energy advisory process. Exercise push-ups shows you how to train your endurance strength in breast back which is useful in närkamps game and in the firing movement. Exercise, sit ups will show you how to train to get strong and smooth stomach muscles. Strong stomach muscles are the key to becoming a allroundstark ice hockey player. Exercise skotträning shows you how to train to get better wipe, backhand, quick and slagskott. Exercise special speed shows how you train to be skating faster. Anyone who wants to know and learn to find more tips and exercises in "the way to the top-class 1-3" or "ABC-book" - talk to your Association! Good luck! Robert Ohlsson Stephan Lundh 3. Obstacle course track with various obstacles increases your endurance-ability. For that you will be able to train and play games, you need a good endurance-ability. Good

endurance capability makes it possible to deliver more oxygen to the muscles which lets you tether on plan. . Your technique with tråkula-based exercise your technique with tråkula around outsourced pucks at increases your coordination ability. "Practice with a tråkula that dribbla around outsourced pucks at throughout the summer. Nötandet will make you a better coordination and dribblingar ". Technical details: 1. Curved bones 2. Look up 3. Mobile Guide. Sit ups Sit ups boost up your stomach muscles and makes it possible for you to become a good Skate skiers, passningsläggare, puck driver, gunner and the target närkampsspelare. 40-60 m TIPS! Run the 30 seconds of work on 30 seconds of rest and 10 repetitions. Technical details: 1. Sleeping on the floor with bent knees 2. Have the hands behind the neck 3. Breathe in 4. Travel up the chest (pressure) against your knees are 5. Breathe out 6. Slow slow back down toward the floor TIPS! 3 set x 25 repetitions and rest as long as the work. TIPS! Driving range-training: 4 minutes of work with 2 minutes of rest and 8 repetitions. 1 2 times

. Skotträning Shoot technology: practice shoot sweeps, backhand, quick and slagskott with puck from a sheet of plywood over the summer. Nötandet will do to get a better technical shots movement, but also a more precise and more shots. Technical details: 1. Go, see door 2. Body weight from rear to front leg 3. Let the hips lead movement 4. Rotation of the puck, heel to tip 5. Snärtig wrist motion 6. Complete the movement 7. High follow-up with hammer = high bulkhead and low follow-up = low shot TIPS! Train all bulkheads after each other 1 x 4 set x 25 repetitions. 4 2 10 times/S-P-U-R-T 6. Push-ups push-ups gives endurance strength in chest back and increases your power in the bulkheads. "This kind of weight training aims at improving your muscles so they can work for longer periods of time, become more sustainable, or perform a larger force, become stronger. Train with many repetitions and low load so trained its staying power, but the train with heavy weights and few repetitions, it provides increased muscle strength ' technical details: 1. Axel widespread distance between the hands and feet together 2. Lower chest against the floor 3. Bend at the elbow joint 4. Look straight forward 5. Straight in the body (svanka not) 6. Push you straight up (åla not) TIPS! 3 set x 25 repetitions and rest as long as the work. At coordination training trained and improved your interaction of muscles and nerves. " . Special speed Sprint starts from stationary increases your speed capability. The basic principle for all speed experience is short working time and long rest. Sprint around the set from the start mode ryggliggande. Work 5-8 sec. Rest 1 min. Run 5 repetitions. 2 series with 3 my active rest in between. 5 . MAX tempo. . Start 10 m ice hockey player's body is a machine. It must have fuel to operate. It may, when the carbohydrate, protein and fat is broken down into their smallest components. Diet and the liquid is of great importance for your performance. The right nutrition can be injury prevention and strengthen the immune system which allows you to train better! Lillis & Roberts ' "take one or more snacks to cope perform the best you can. Without snack, it is virtually impossible to get enough energy. ! ! WORKOUT TIPS © SWEDISH ICE HOCKEY ASSOCIATION/development and Training department Graphics: BÖRJE NILSSON 7 nutrition Hello! After off-ice wrapped presents we now

nutrition for ice hockey players. In the concept of nutrition includes several important nutrients that: • Carbohydrate • Protein • Grease • Fluid • Minerals • Vitamins • Antioxidants When we look at the nutrition so describes principles disc model for high energy consumers. What you see in the picture here next to with different specifications. It is not possible to simply train and rest to build muscles but you also need to eat right to become stronger. Education, food and recovery should be seen as a unit together affect your performance. Tough training session also requires that you eat enough carbohydrate and protein. The need for energy varies from person to person. What affects the amount of energy you need is primarily the physical activity, but also age, sex, inheritance, body size and climate matters. If you want to perform well in ice hockey, it is important that you are in the energy balance, that is, that you eat as much as you are in a day. May you not the energy you need to perform the way you worse. For example, if the training grows, you need more energy and need to eat more food. Therefore, it is important to you that are active in ice hockey plans in 7-8 meals each day: breakfast, snacks, lunch, snacks, dinner, recovery objectives and evening meal. It is important that you eat 2 to 3 hours before training, always drink water and as soon as m

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3

B-vitamins. Upload food slip high energy consumers. Tips on snack: When it is cooked food at home, take the opportunity to make a little extra if there is such a food that you can take with. Cold pancakes, pasta salad, fruits, sandwiches, yoghurt, Kasha, rose hip, banana and milk. TO LOAD AHEAD OF THIS WEEKEND'S MATCH! ä Breakfast Crushed, milk, juice, banana, sandwiches. root-fruit green-stuff + liquid pasta potatoes rice + bread, meat, fish, bird eggs Snacks. Tips on snack foods: Fruit salad with cottage cheese, 1 slice of wholemeal bread with ham and a glass of milk. AND EVERY DAY OF THE WEEK IF YOU HAVE A TOUGH PROGRAMS! + fruit Lunch Rice, cheese/ham sauce, bread, milk/juice. . During the Game! Take every opportunity you can sip of water. The term breaks, you can eat bananas, a little white bread or similar. . After the Match! Tips on Recovery objectives: Drink water as often as you can eat and drink multimjolk and 1-2 bananas. Plate model is a good idea to use to get the correct proportions between the different foods. In order to ensure a high level of energy to get enough carbohydrate must at least half of the plate filled with pasta, rice or potatoes. Add a quarter vegetables and root vegetables. Tallriken's last quarter are filled with protein from meat, fish, fowl or eggs. The three main objectives Snack-they give you the main energy! Dinner, Pasta, sauce, bread, milk/juice. . More dining tips: Rice, chicken, salad and dessert in the form of ice cream with berries. . It is a long time between dinner and breakfast. By eating carbohydrate rich evening meal, the body can fill on glykogenlagren. Snack, THE MAIN OBJECTIVE IS the most important part of A HOCKEY PLAYER'S DAILY LIFE BECAUSE IT HELPS WITH THE MAIN OBJECTIVE ENERGY. Evening meal Muesli, curdled milk, banana, sandwiches. "In the fruit and vegetables, vitamin c and minerals which allows you to take up more iron. To go up in weight, eat often and much carbohydrates. One way to find out how

much you need to drink is weighing before and after the match or training. The difference in weight is explained mainly by the fluid loss. Night macka "Breakfast gives you energy until lunch so that as you want with school work. "Eat more portions and add fruits and vegetables if you need to eat more, be sure to drink plenty of water on the days that you load! Lunch for school lunch is a very important and good energy source. Contains everything you need. Dinner an important energy intake for an ice hockey player. Dine well together with the family. Mattias Norström, born 2 January 1972 in Stockholm. A shoe which has an ability to be on the right side of that term and shrink the ice surface of the enemy by being active in skridskoåkningen and play sheet in the sheets. Jonas Frögren, born 28 August 1980 in Ludvika. A tough physical gaming back adept at playing on the right side of that term, good on pressing delete that term at twilight times, and remove the puck and anfallarens leg at ev. returns. Ronnie Sundin, born 3 October 1970 in Ludvika. A defensive players with good physics which is positioning itself well out there on the ice and is adept at placing non-puck for the striker in standby shadow. Lillis & Roberts 3

WORKOUT TIPS STARS © SWEDISH ICE HOCKEY ASSOCIATION/development and training department Graphics: BÖRJE NILSSON 8 BACKARNAS actions in defence zone-but puck Hello! After nutrition presents we now conduct in defence zone Backarnas-without the puck In the concept of action in defense Backarnas zone-but puck included several important features that: • 1-1, 1-2, 1-3, 2-2, 2-3 • Right side/defense-in-page • Work from inside and out • Shrink is early • Timing • Active leg • Active ice skating • Närkamps games • communication with goalkeeper When we now look at the conduct of the defence Backarnas zone-but puck so describes principles as right side. What do you see the big picture here next to with different specifications. To spread this next to presented also practice that can be implemented on training questions. The exercises are for players from 10 years up to junior age. Exercise 1-1 from the corner, will show you how to train to defend yourself against the term was driving in from the corner of the window and how to position you on the right side to that term. Exercise 1-1 in front of goal, will show you how to train to defend yourself against the term was in front of goal and how to position you on the right side and cooperates with the goalkeeper. Exercise 1-2 from the corner, will show you how to train to defend yourself against two striker who collects from the corner and how you position Yourself to set non-puck for the striker in standby shadow. Anyone who wants to know and learn to find more tips and exercises in "the way to the top-class 1-3" or "ABC-book" - talk to your Association! Good luck! Robert Ohlsson Stephan Lundh Niklas Hävelid 1 Sheet to sheet • Limited surface • outside spelytan • Coach put pucks at • S1 starts in the corner and attacks against B1 • B1 starts and plays on the right side of that term was Coach stresses the importance of: 1. right of page 2. Active ice skating 3. Active leg 4. Sheet to sheet 5. Shrink is 6. Communication with goalkeeper Com-communications with target-guard! 1 to 1 from corners Lift and lock the opponent's leg at ev. Returns! . Mattias Norström 1 on 1 in front of goal 2 Lift and lock the hammer • Limited surface • outside spelytan • B1 starts and plays on the right side of the S1 • Coach put pucks at the Coach stresses the importance of: 1. right of page 2. Active ice skating 3. Touch of the

hand in the hip at twilight times 4. Lift and lock down the hammer on ev. returns 5. Communication with goalkeeper Active leg! Active skate-skiing! . Ronnie Sundin "Right side is the defence position that Hill takes to puck driver. To be on the right side is to stand between the puck officer and his own goalkeeper.

3 Standby shadow • Limited surface • outside spelytan • Coach put pucks at • S1 and S2 starts in the corner and forces attack • B1 starts and plays on the right side of the "Coach stresses the importance of: 1. right of page 2. Active ice skating 3. Active leg (sweep) 4. Standby shadow (standby line between the puck for the striker and non puck for the striker) 5. Communication with goalkeeper 1 to 2 from the corner. Jonas Frögren

