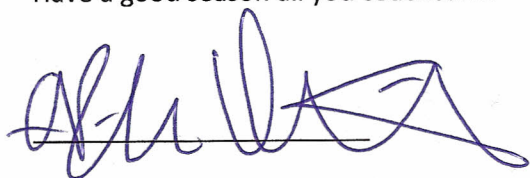


Hi Enio

Here is my drills for Drill of the week club 2013-14

Have a good season all you coaches!!!!

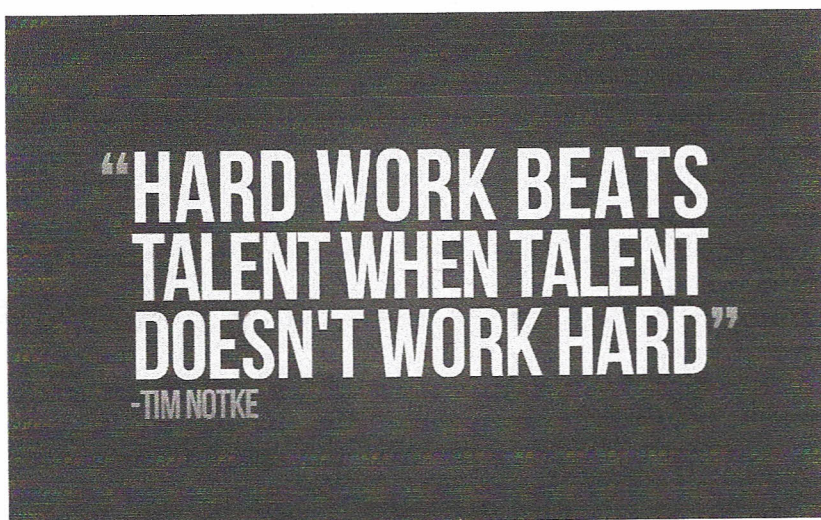
A handwritten signature in blue ink, appearing to read 'Erik Vikstrom', with a stylized, cursive script.

Erik Vikstrom

Development Coach Esbjerg Ik Denmark

Serben18@hotmail.com

Favorite quote:

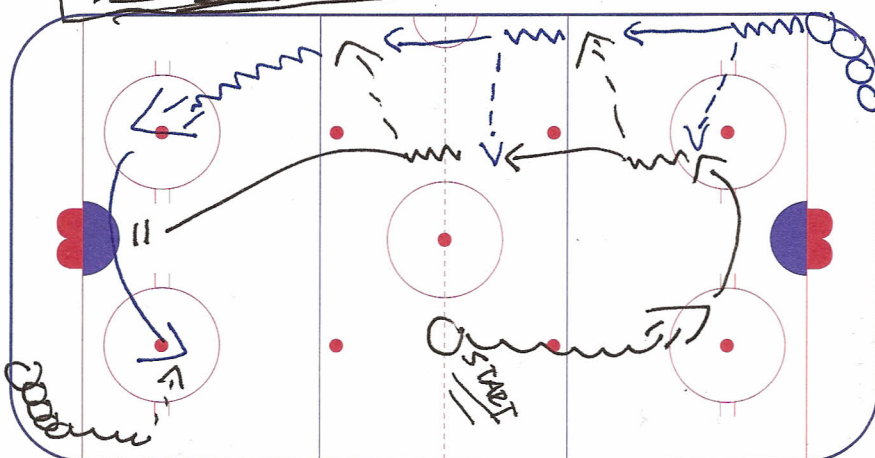


INTERNATIONAL FROM ERIK VIKSTRÖM ICE HOCKEY FEDERATION



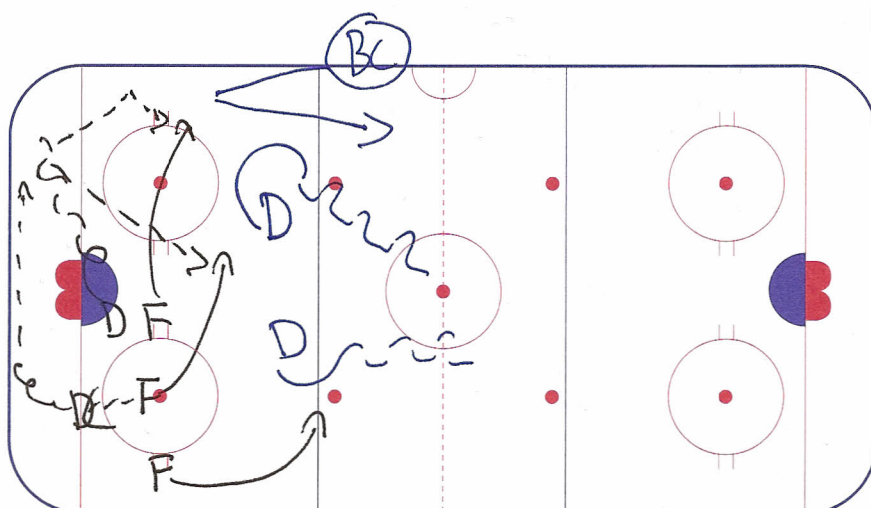
SPORT DEVELOPMENT PROGRAM

DRILLS: DRILL OF THE WEEK CLUB 2013-14



(A) WARMUP

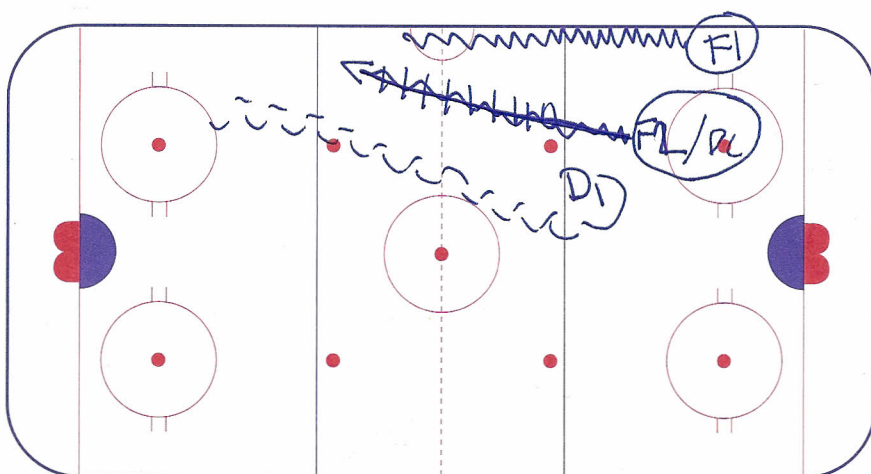
- TIMING
 - GOOD PASS
 - 1-0
 - 2-0
 - 3-0
- COMMUNICATION



(B) 3-2 QUICK BREAKOUT

- START: "WIN FAGOPE"
- D-D PASS
- FW: SHOW UP
- GO 3-2

ADD: BC FW AND
PLAY 3-3



(C) 1-2

- PRESS ON PUCK
- GAP CONTROL
- TRANSITION IF D OR F WIN PUCK.

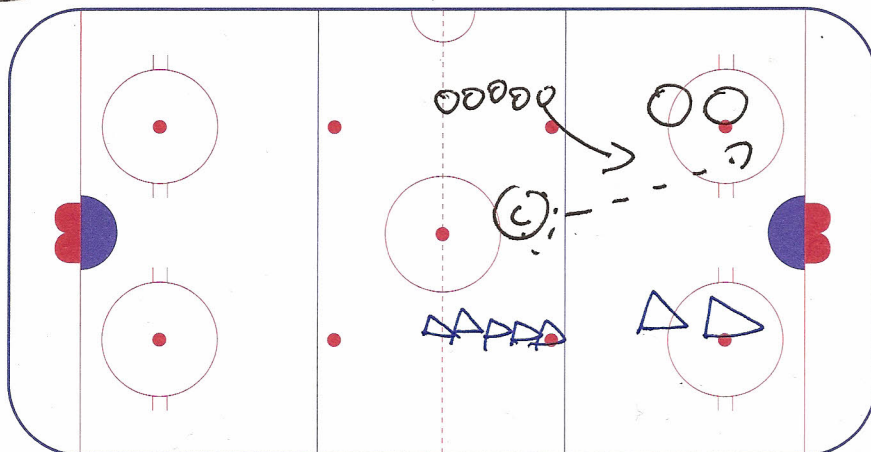
"Partnership for Progress"

INTERNATIONAL ICE HOCKEY FEDERATION



SPORT DEVELOPMENT PROGRAM

DRILLS: DRILL OF THE WEEK CLUB 2013-2014



(D) SMALL AREA GAME

— PLAY 2-2

— COACH CALL

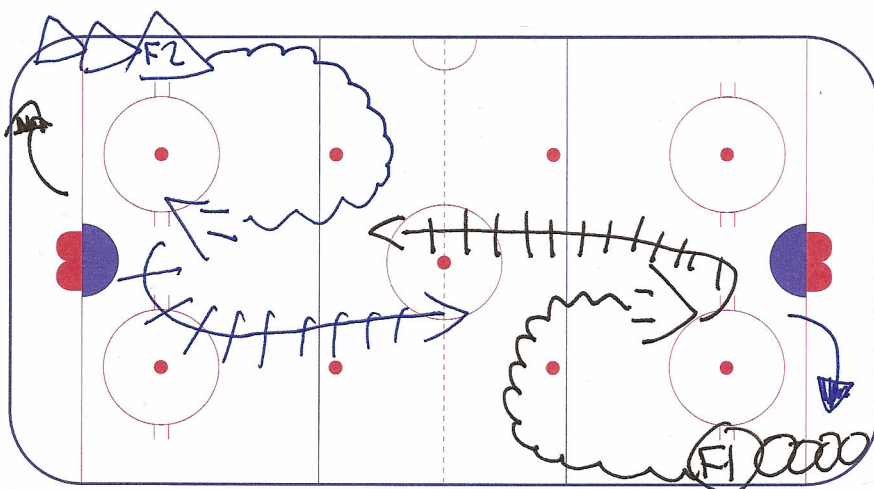
— 3-2 OR

— 3-3 OR

— 4-3 OR

— 4-4

COACH DECIDED 1



(E) 1-0 + BC

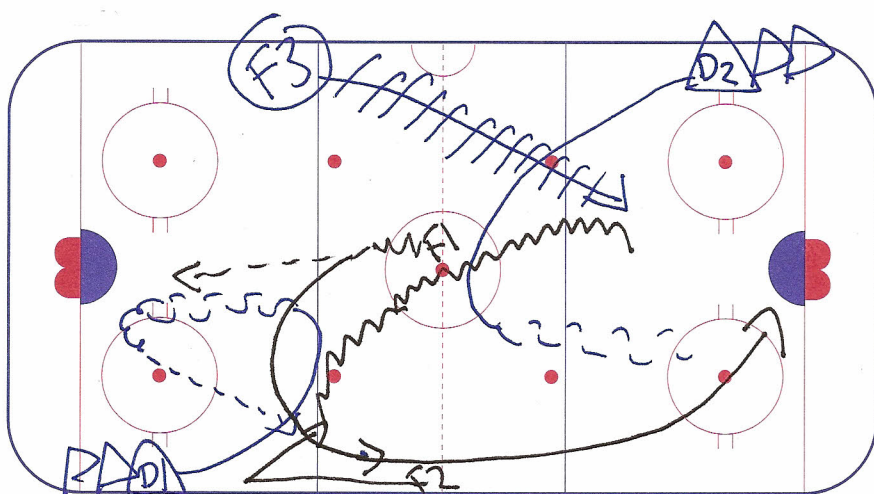
— F1 SHOOT UP TO BLUE

— COACH CALL

— F2 START

— F1 BC

Flow DRILL



(F) 2 vs 1 + BC

WHEN F1 OR F2 GO
OVER RED LINE F3 START
SLATE AND BLUARD HOME
D2 STAY UP SUPPORT FROM F3

"Partnership for Progress"