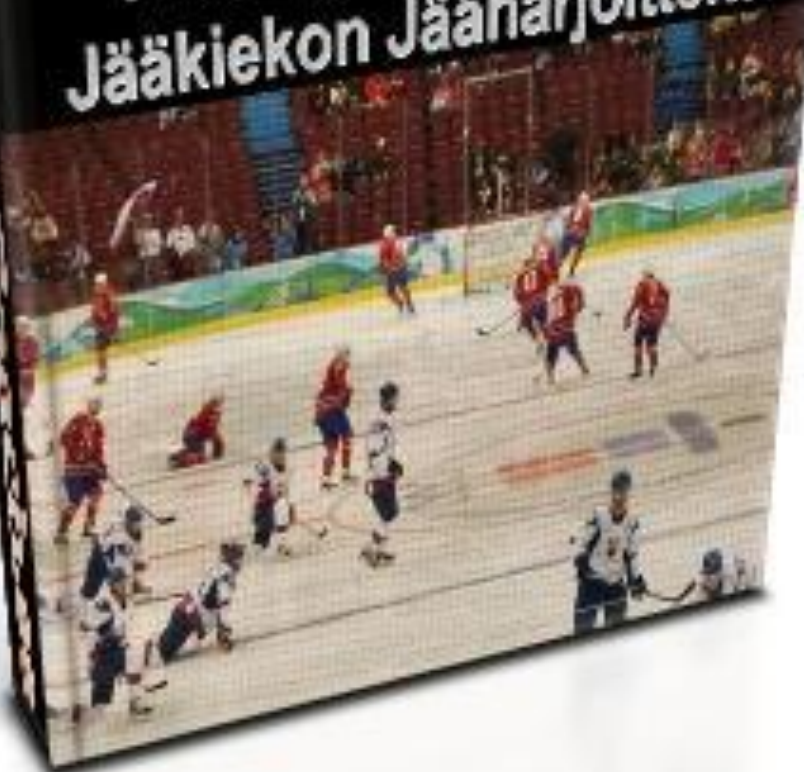




Hockey drill samples
Exempel på Hockeyövningar
Esimerkkejä Jääharjoitteista

HockeyCoach.se

Hockey Practice Drills
Hockeyns Isövningar
Jääkiekon Jääharjoitteita

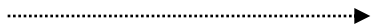


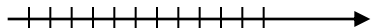
Drawing explanations

 Forward/Player/Fw 1


 Defender/def 1

 Coach

 Pass

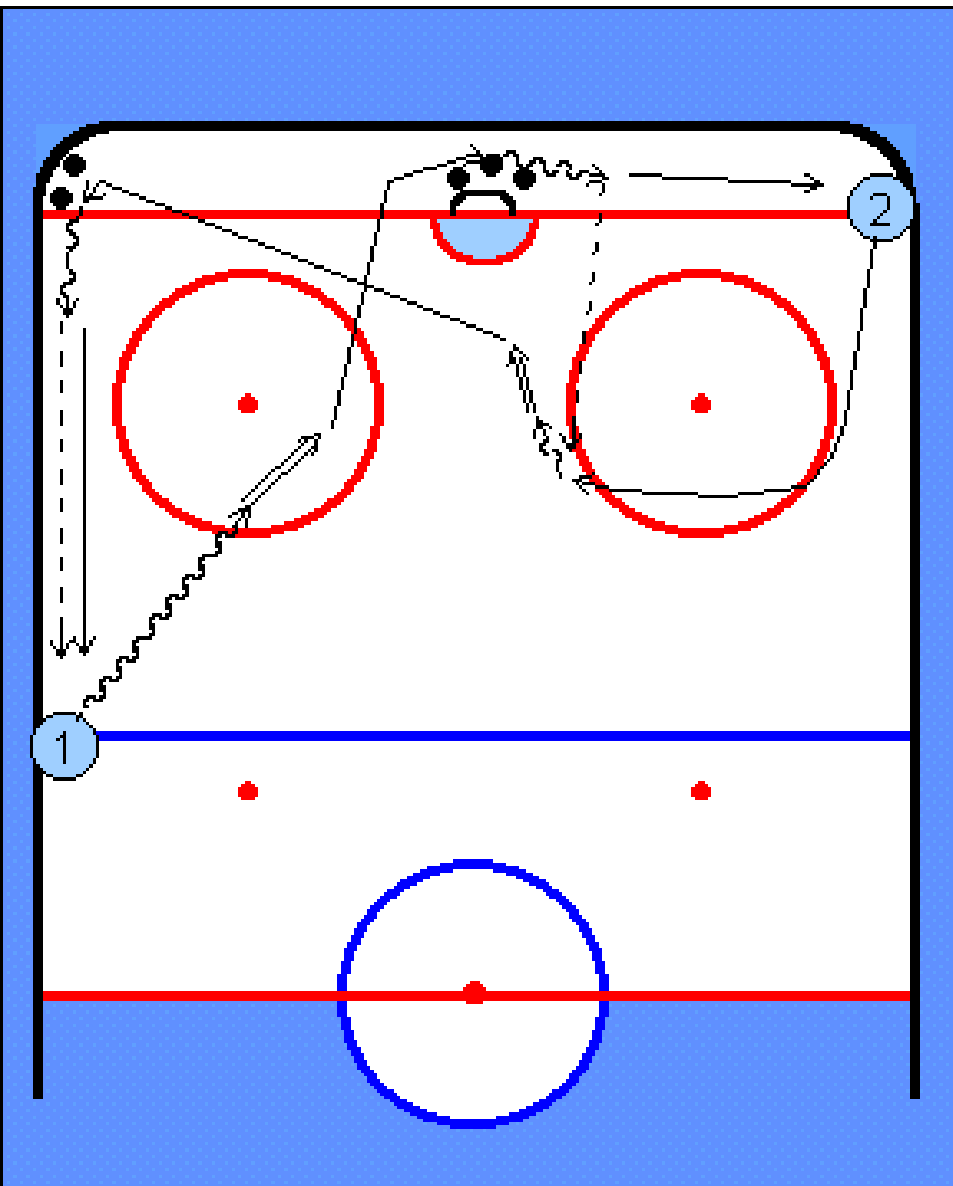
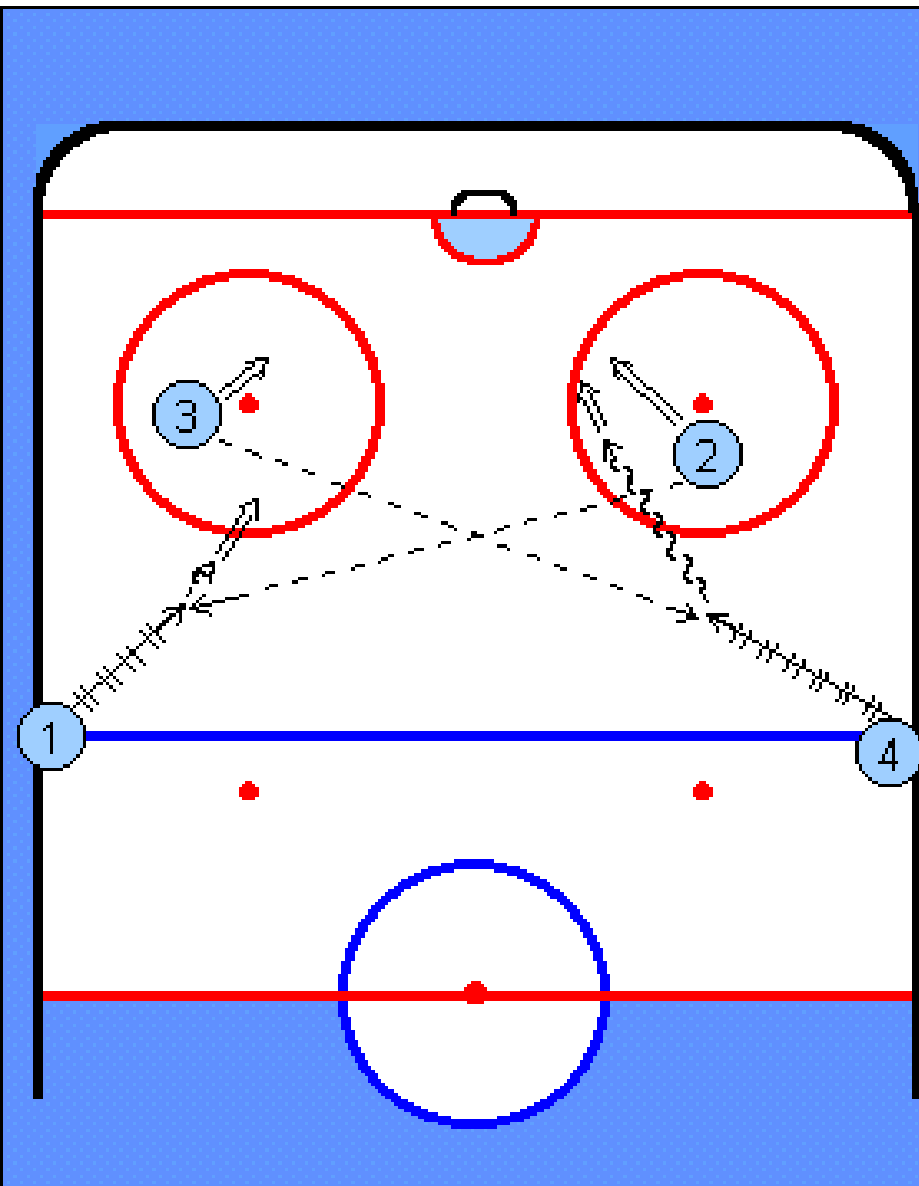
 Speed increase

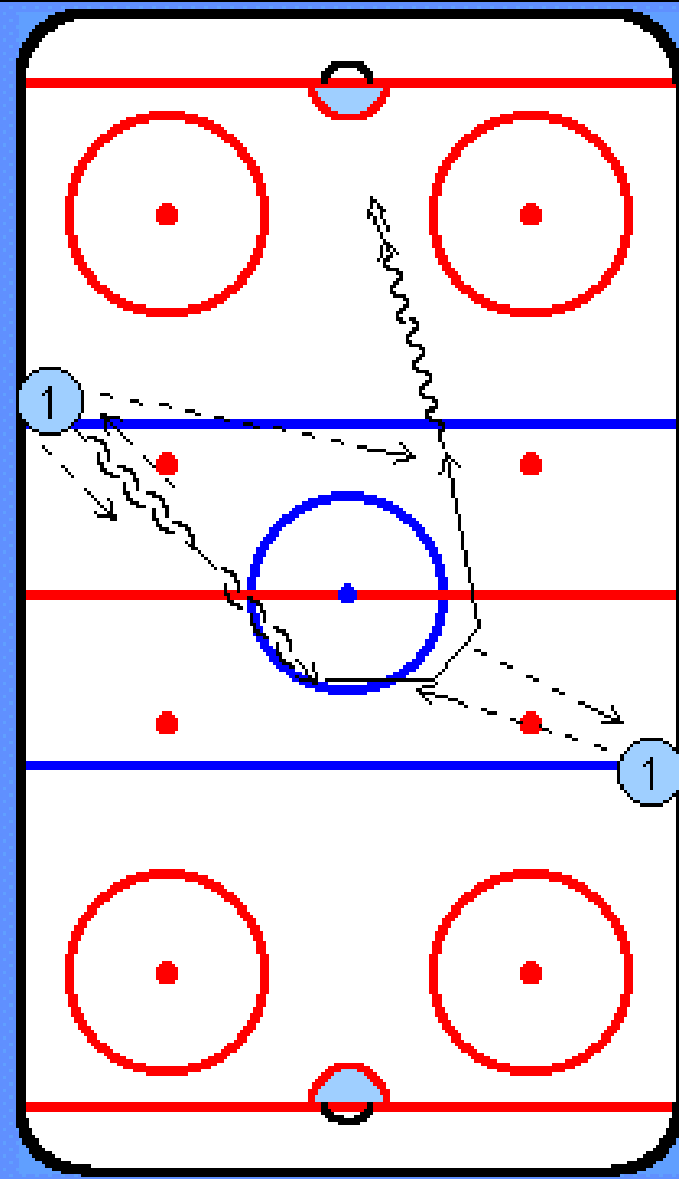
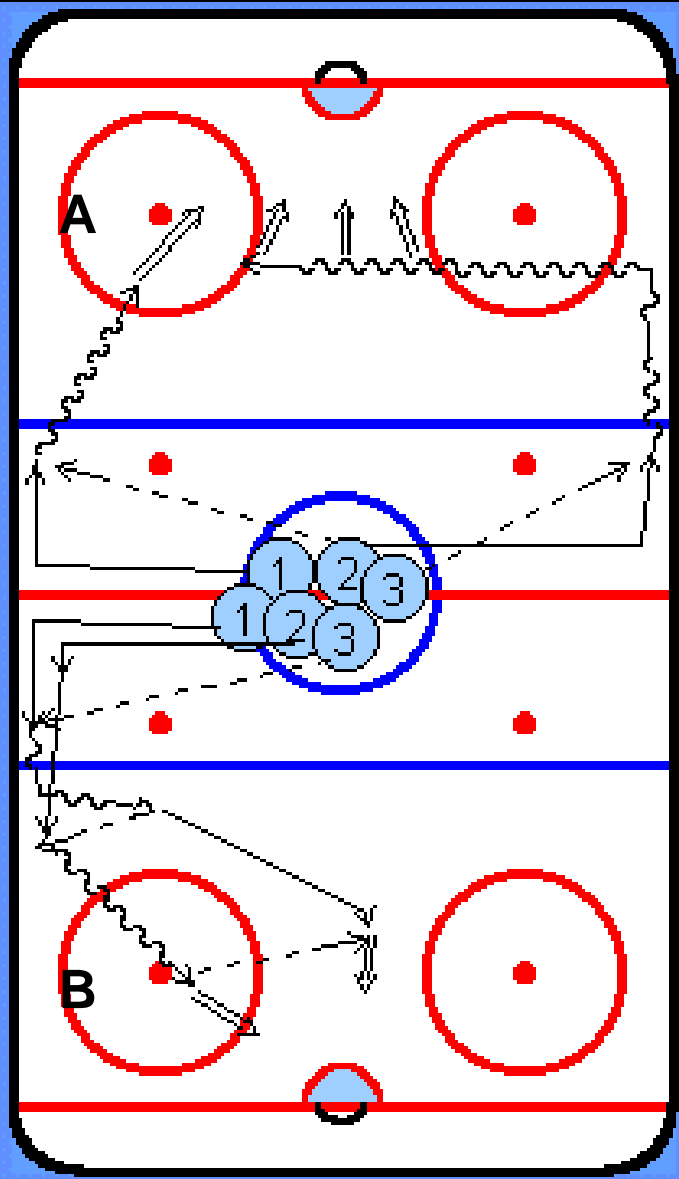
 Skating without puck

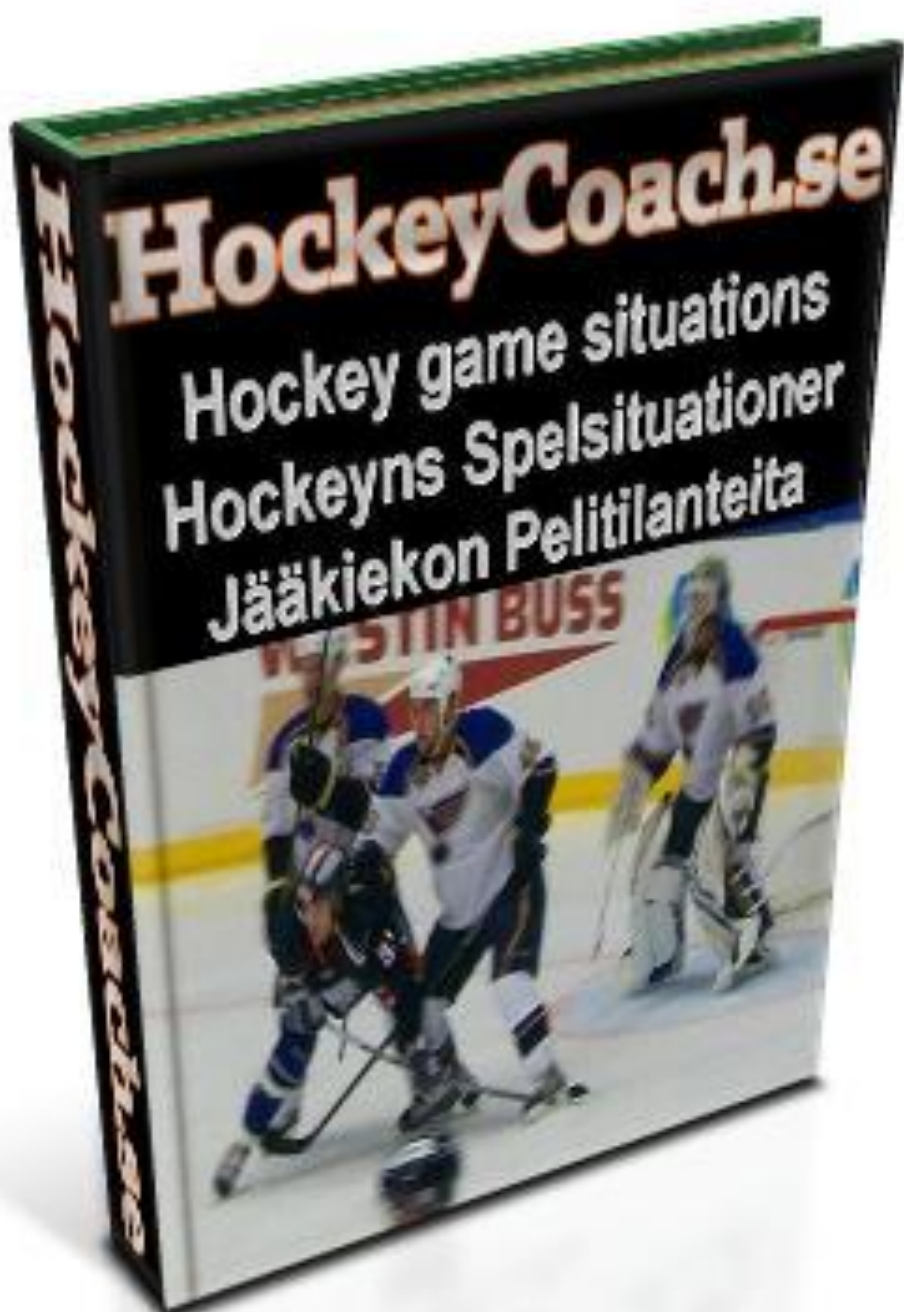
 Shot

 Skating with puck

 Skating backwards



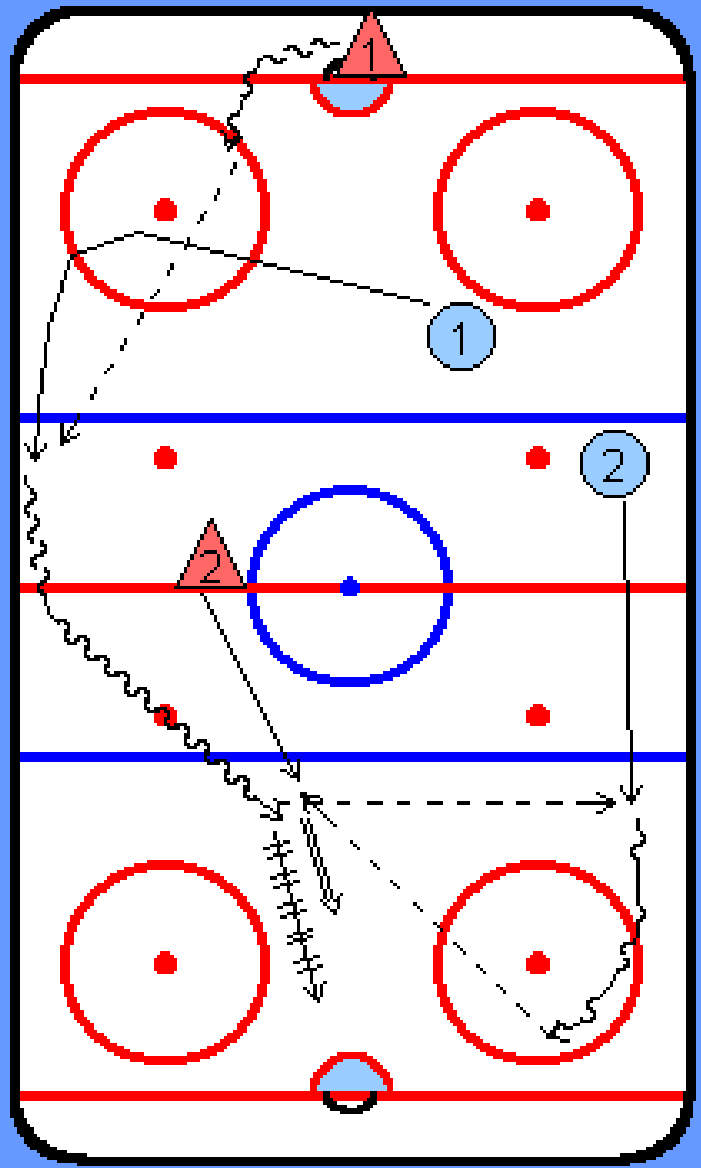
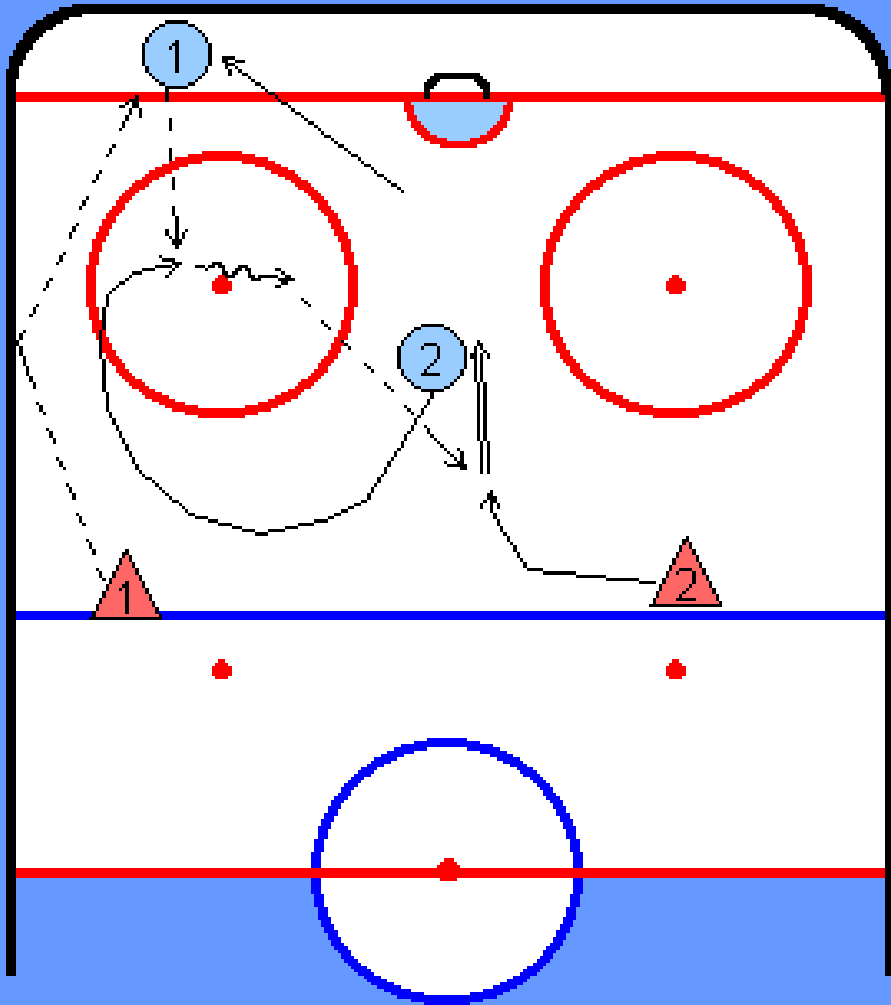


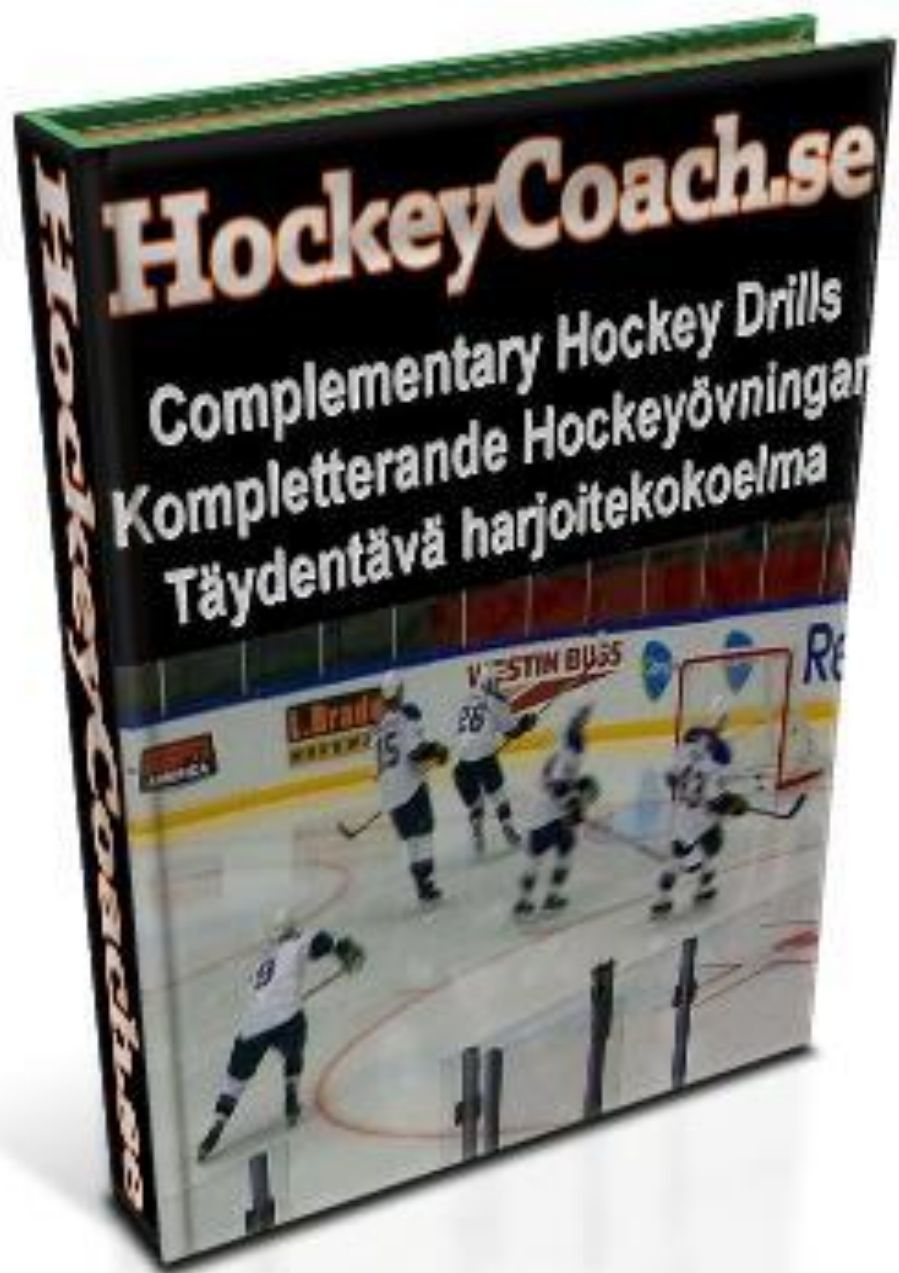


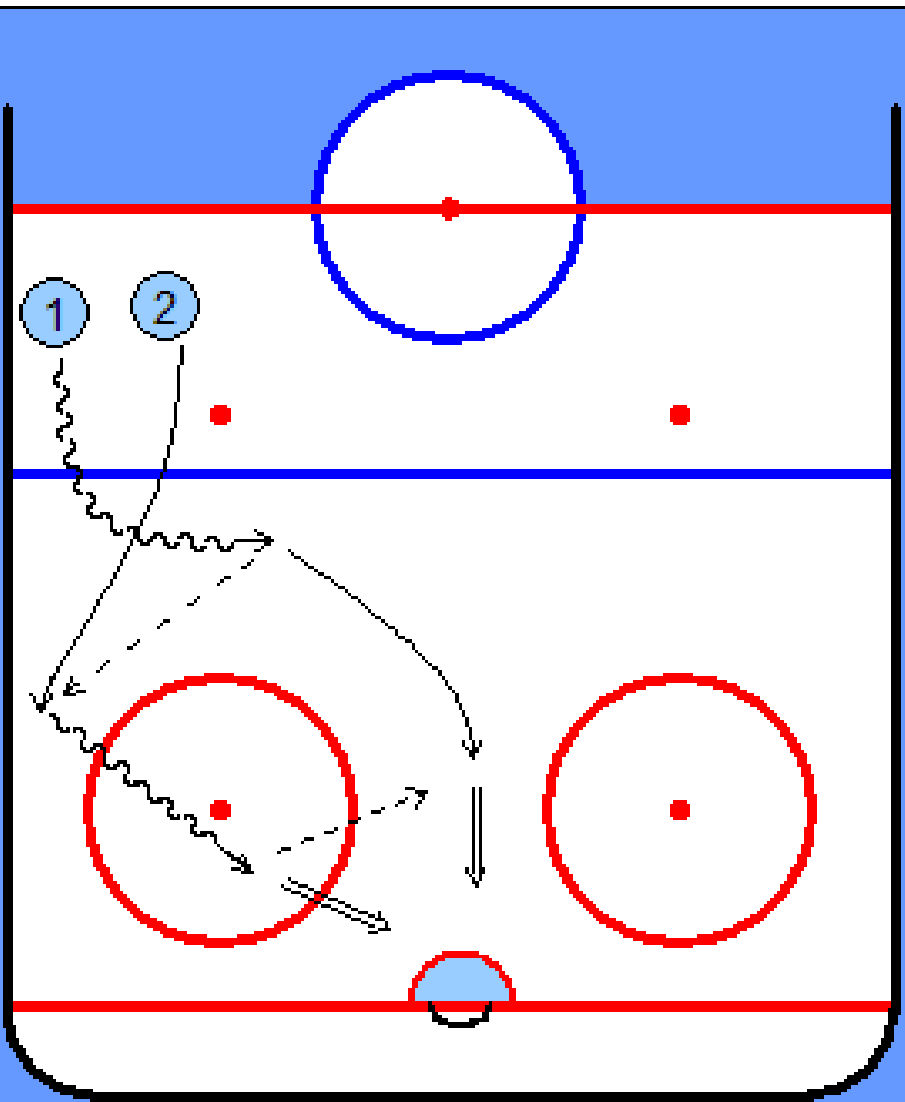
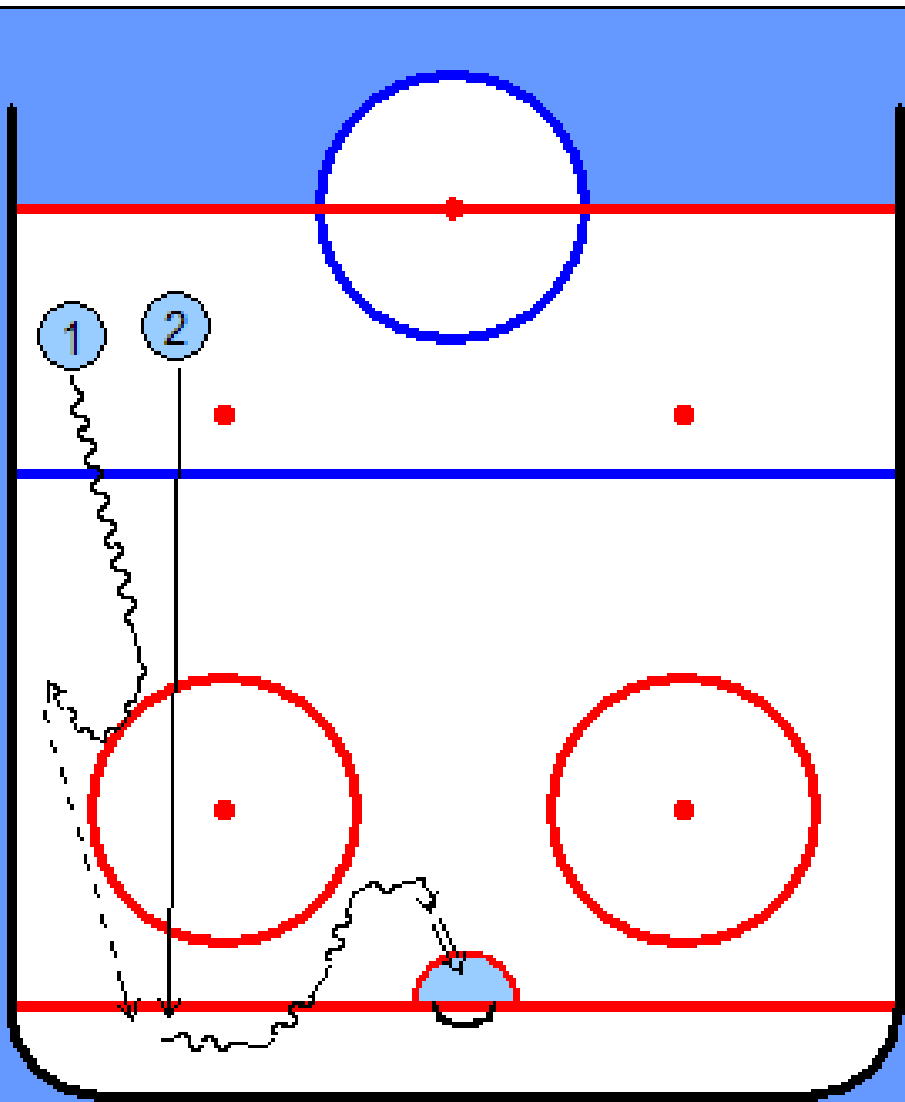
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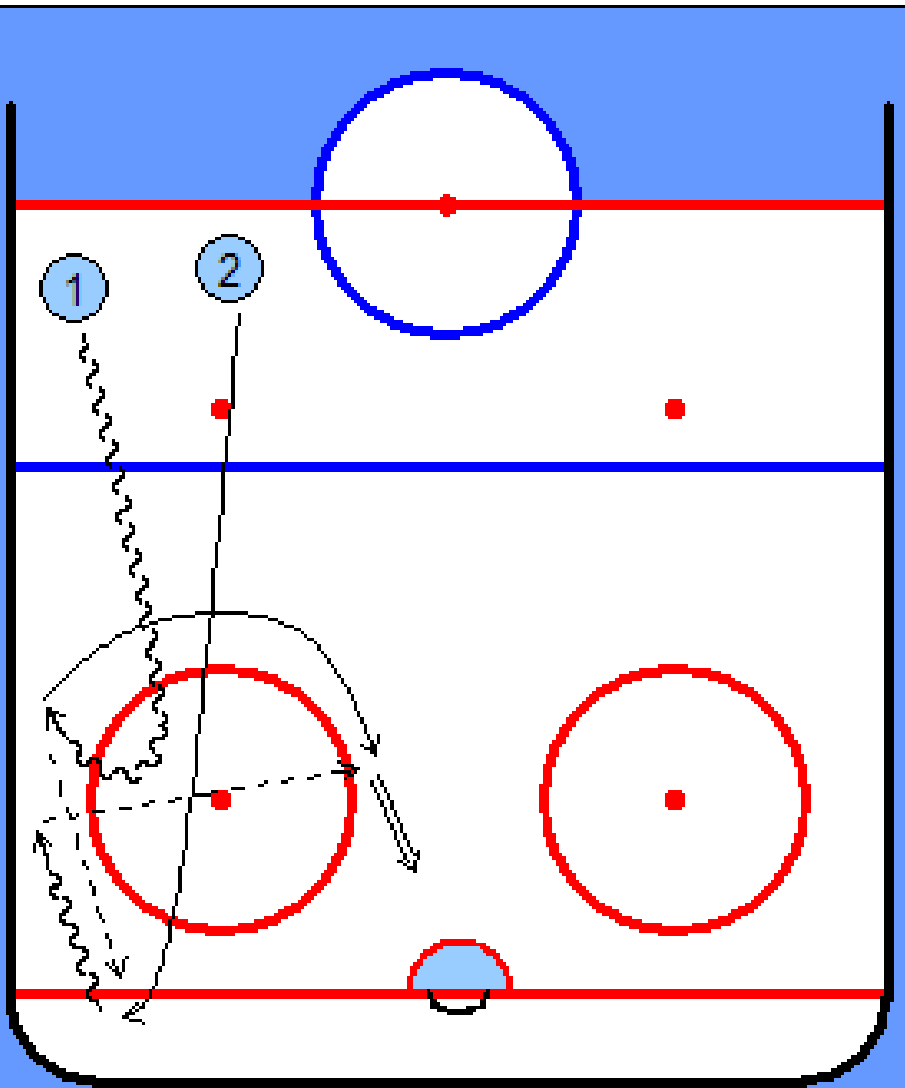
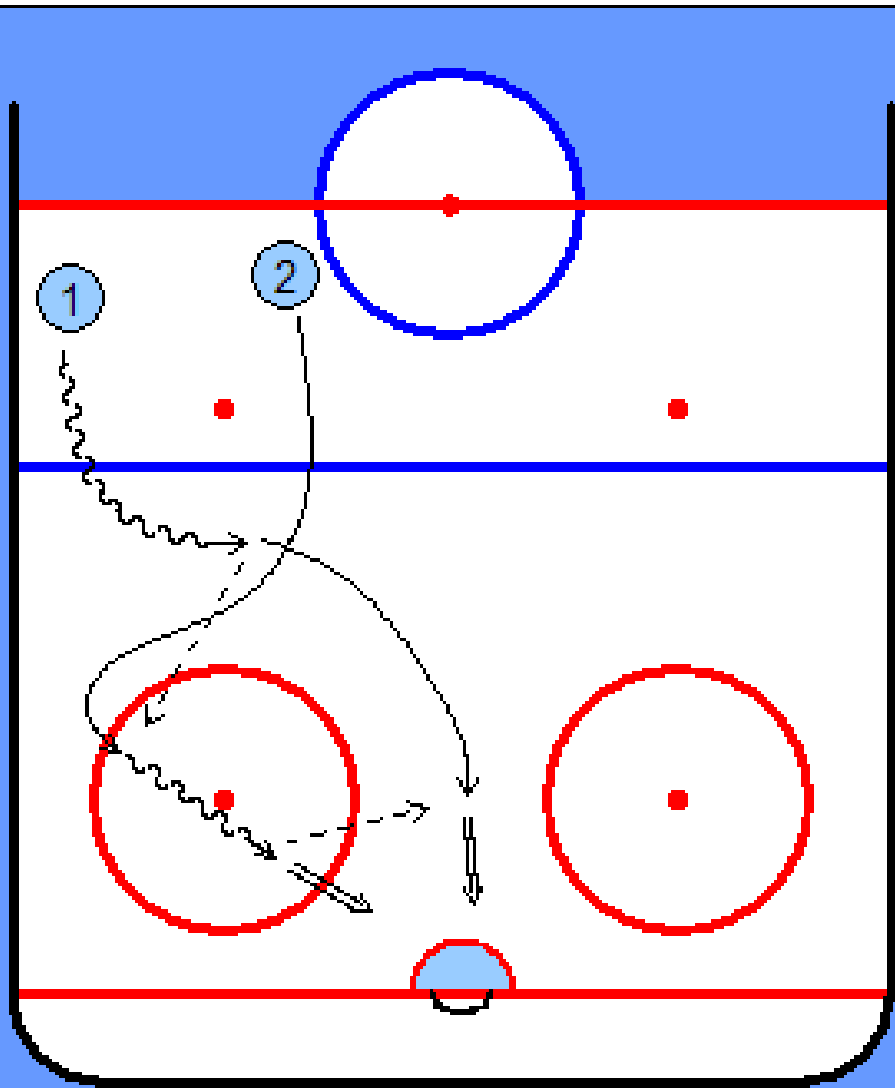
Hockey game situations
Hockeyns Spelsituationer
Jääkiekon Pelitilanteita

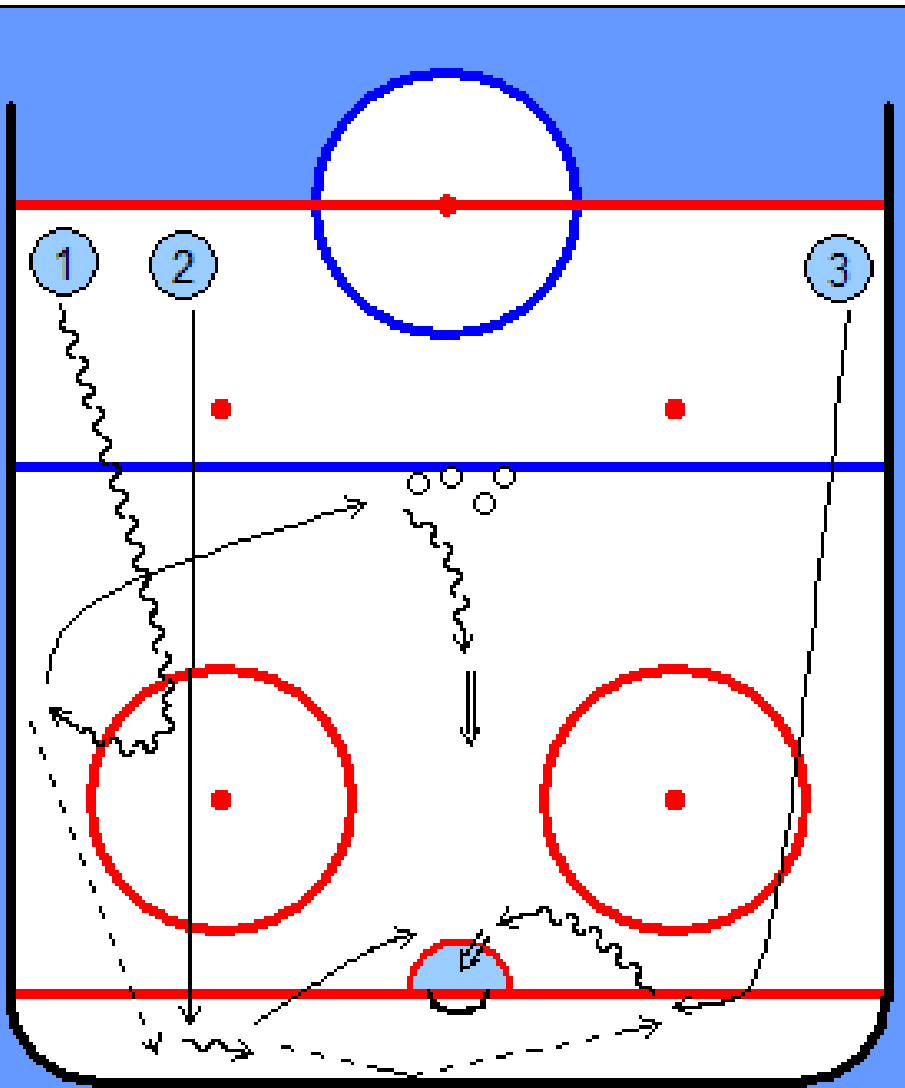
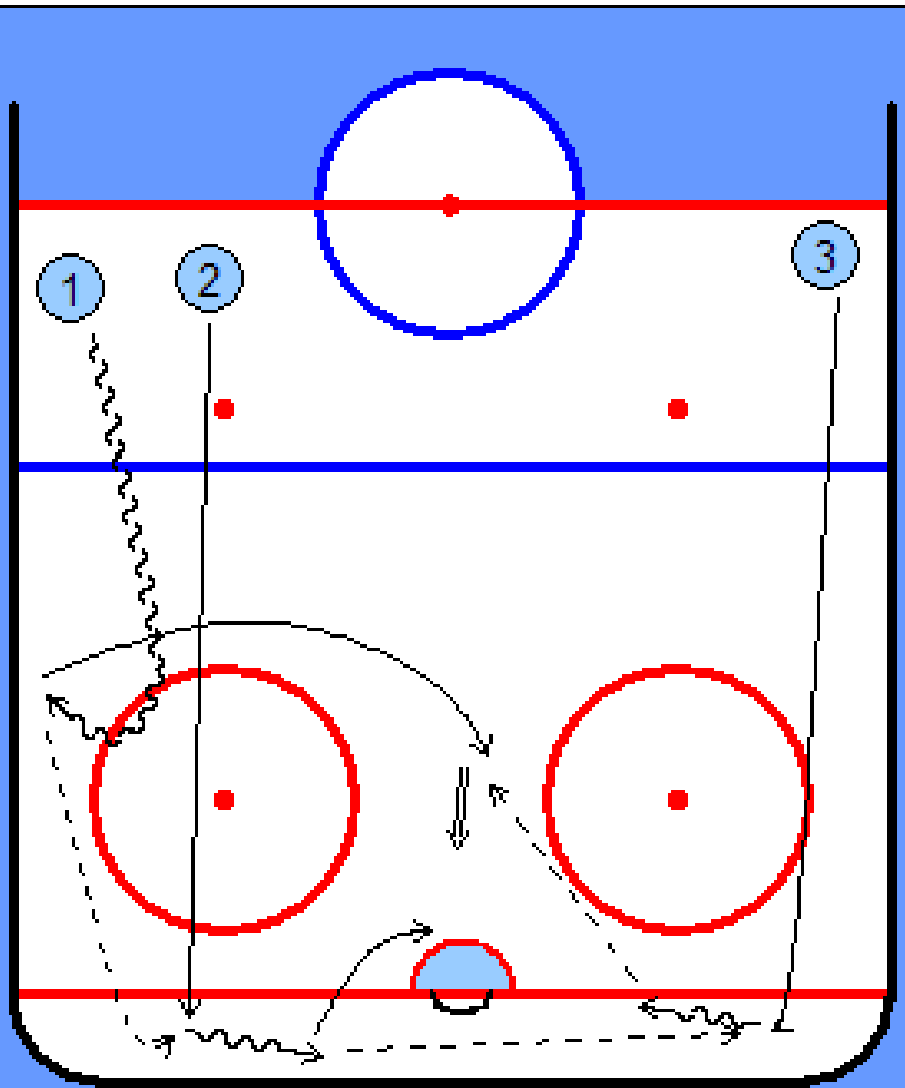






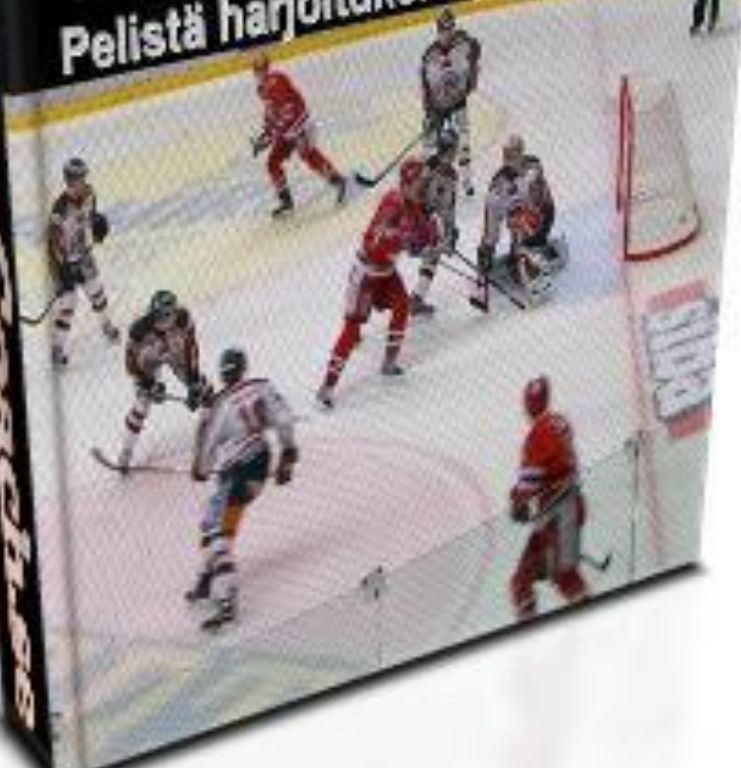




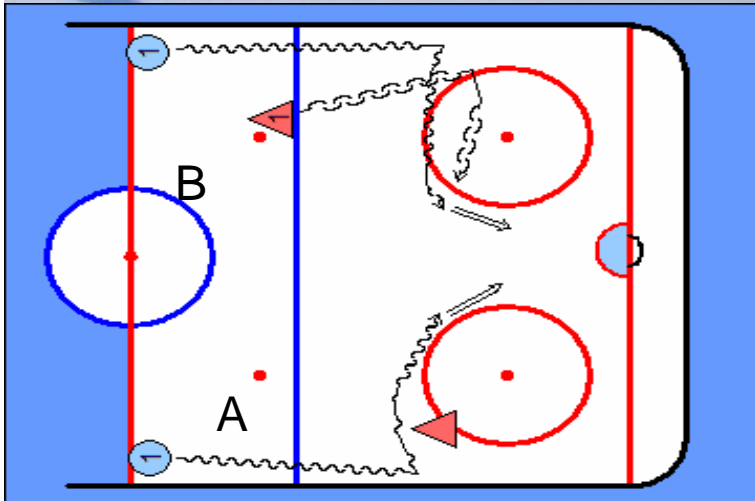


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Live to Practice Hockey Drills
Live till Träning Hockeyövningar
Pelistä harjoituksiin jääharjoitelta



1 on 1 – 1 mot 1 – 1 vastaan 1



- A. P1 starts with puck, makes a sharp turn into the centre and shoots.
 B. P1 starts with puck, D1 skates backwards and acting passively in the beginning.

- A. P1 åker med puck, gör en skarp sväng in i banan och skjuter.
 B. P1 åker med puck, D1 åker baklänges och agerar passivt.

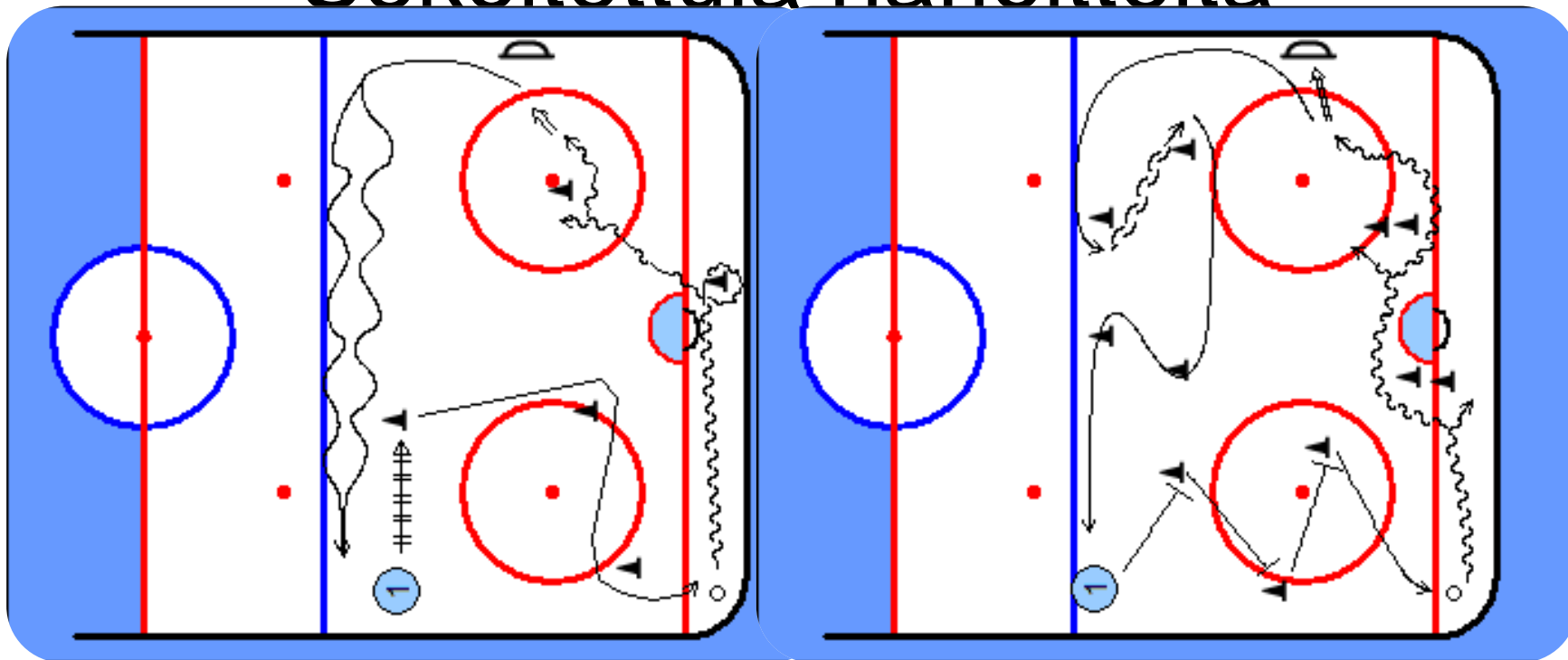
- A. P1 luistelee kiekon kanssa, kääntyy jyrkästi keskelle ja laukaisee.
 B. P1 luistelee kiekon kanssa, puolustaja luistelee takaperin ja on passiivinen.

Hockey Drills
Hockeyövningar
Jääkiekkoharjoitteita

6-10



Mixed drills – Mixade övningar – Sekoitettua harjoitteita



Sidesteps – slalom – take a puck – 360 turn – feint – shot – bubbles back

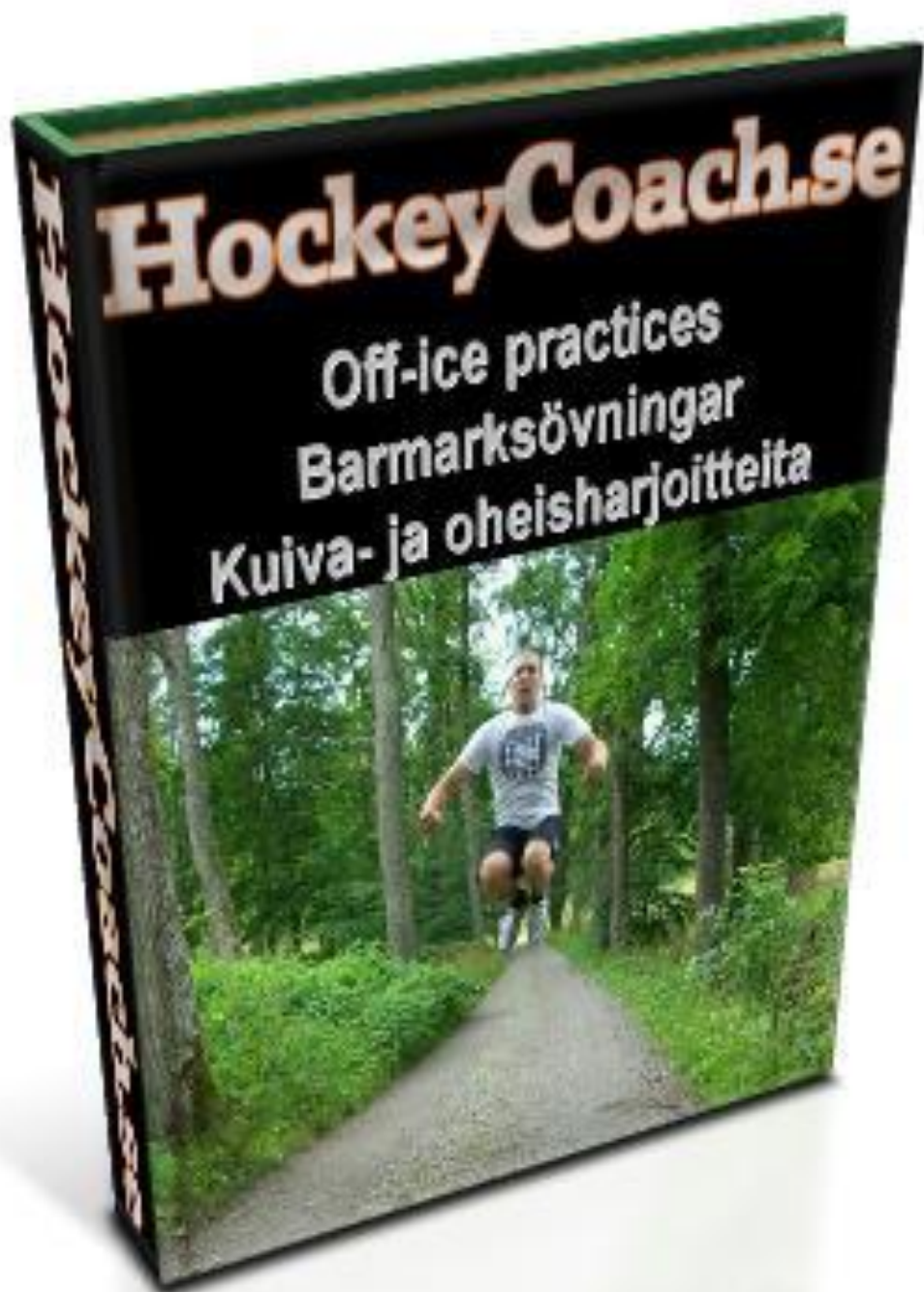
Sidosteppa – slalom – ta en puck – 360 vändning – fint – avslut – bubblor tillbaka

Sivuaskelleita – pujottelua – ota kiekko nurkasta – 360 käännös – veto – kuplia takaisin

Stops – take a puck – feints – shot – forward – backward – turns forward

Stopp – ta en puck – finter – avslut – framlänges – baklänges - skridskosvängar

Stoppeja – ota kiekko nurkasta – harhautuksia – veto – etuperin – takaperin - pujottelua



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Off-ice practices

Barmarksövningar

Kuiva- ja oheisharjoitteita

Jumping – Hopp - Hypyty



Low starting position, with your left/right foot in front. Jump up, move the opposite foot in front, land with the same foot in front of you as you started.

Start jumps with both left and right foot in front.

Låg startposition med höger/vänster ben framför, upphopp och saxning i luften landa med samma ben framför som du startade med.

Kör hoppserier där du varierar benet som är framför (hö/vä)

Hypyty kyykystä, vasen/oikea jalka edessä, saksaus ilmassa, laskeutuminen samaan asentoon kuin lähtö. Aloita hyppysarjat kummallakin jaloilla (oi/va)

Stickhandling

- Klubbteknik
- Mailatekniikka



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In front – Framför - Edessä



In front – Framför - Edessä



