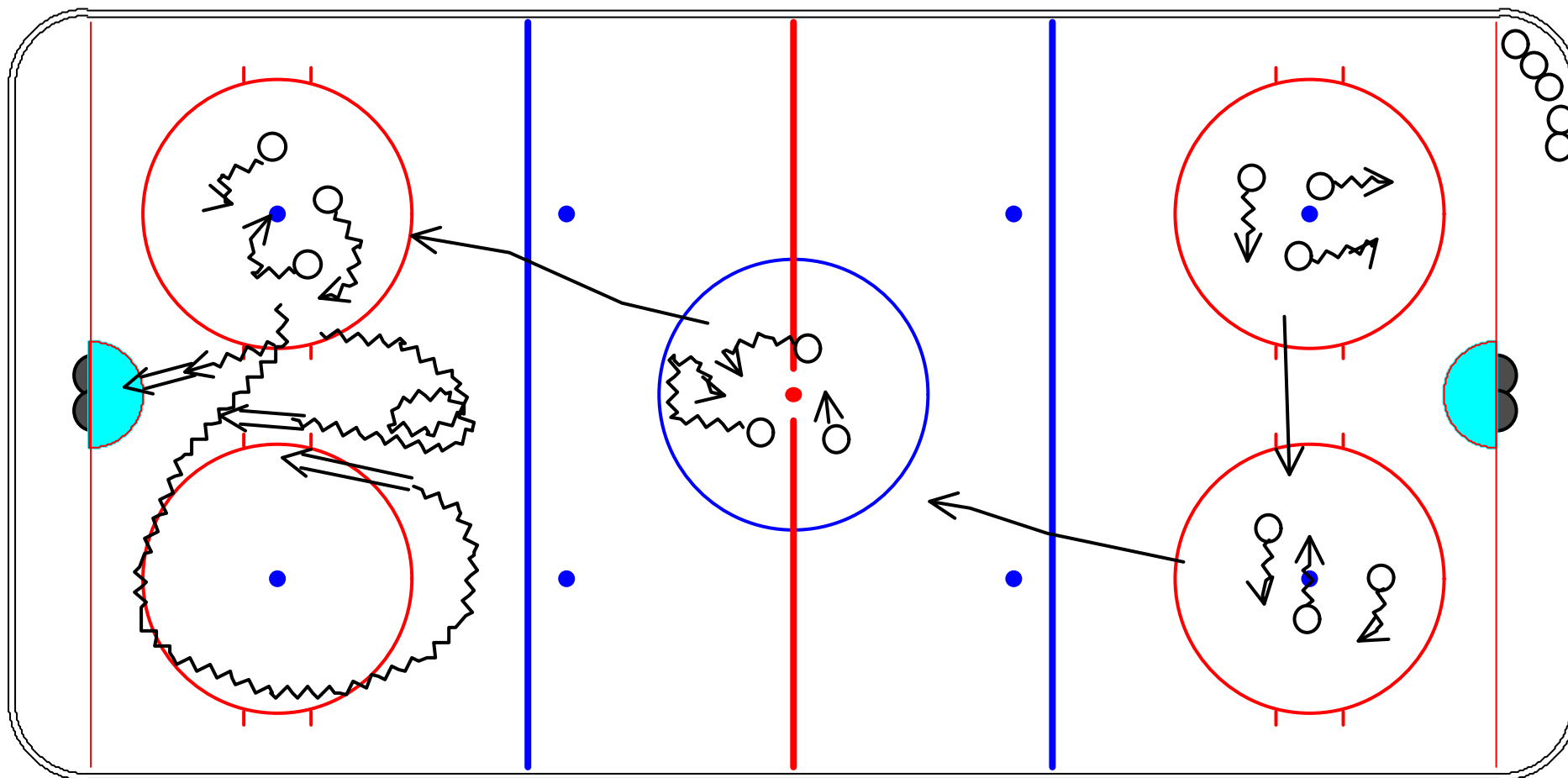


Träningsmoment
Databas : C:\spsw\Offside\JOACHIM.OTM

Datum : 020712
Skapad : 020712
Joachim Holst

Namn : Stickhandling 01
Grupp : 2002
Tema : Stickhandling inside the
circle, at the whistle change

Stickhandling inside the circle, at the whistle change
circle. At the end 1,2,3 goes wide to score.

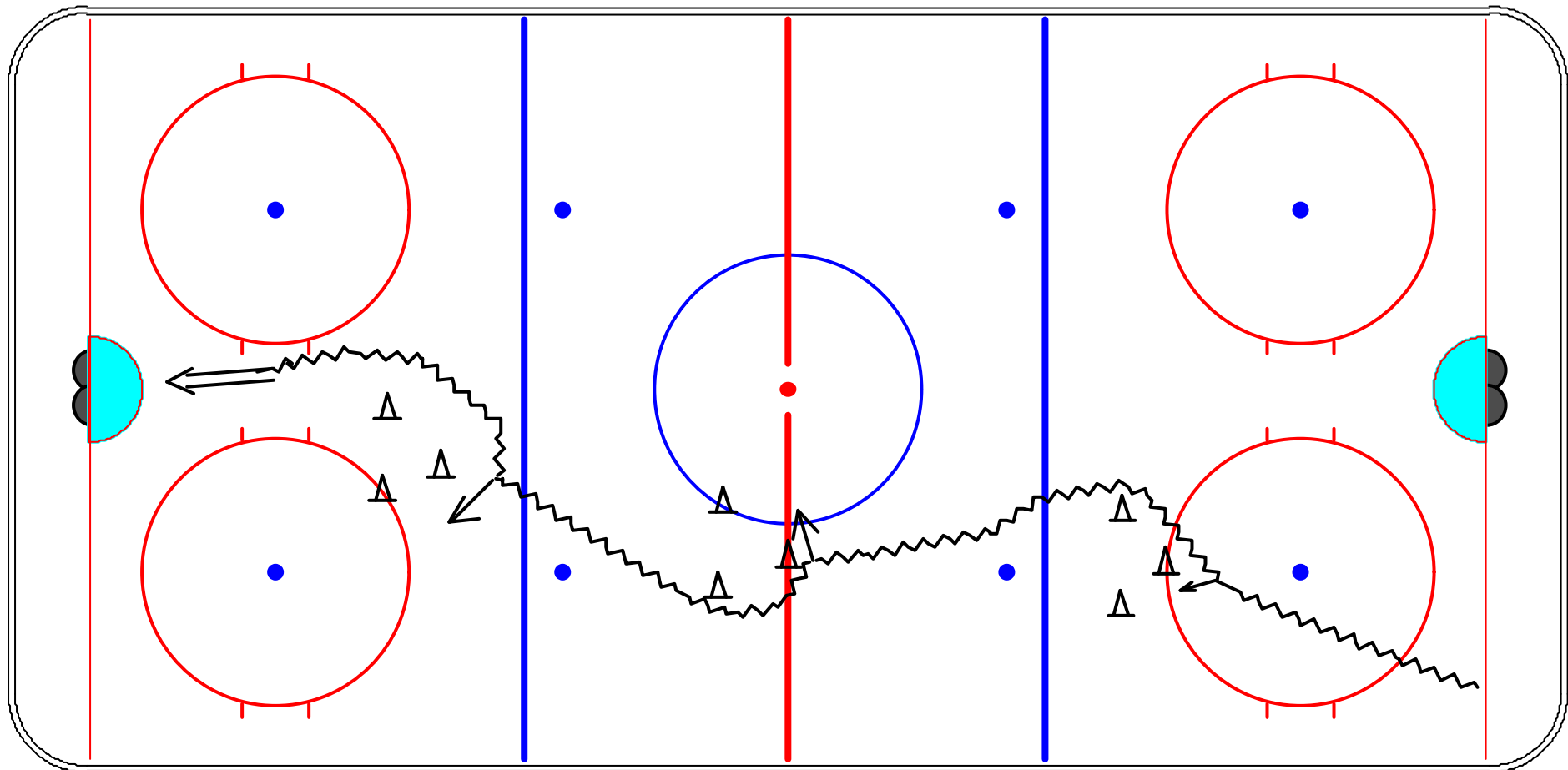


Träningsmoment
Databas : C:\spsw\Offside\JOACHIM.OTM

Datum : 020712
Skapad : 020712
Joachim Holst

Namn : Stickhandling 02
Grupp : 2002
Tema : Use different kind of
fakes, but always repeat same

Use different kind of fakes, but always repeat same each
time you drive. Front fake / Double front fake...

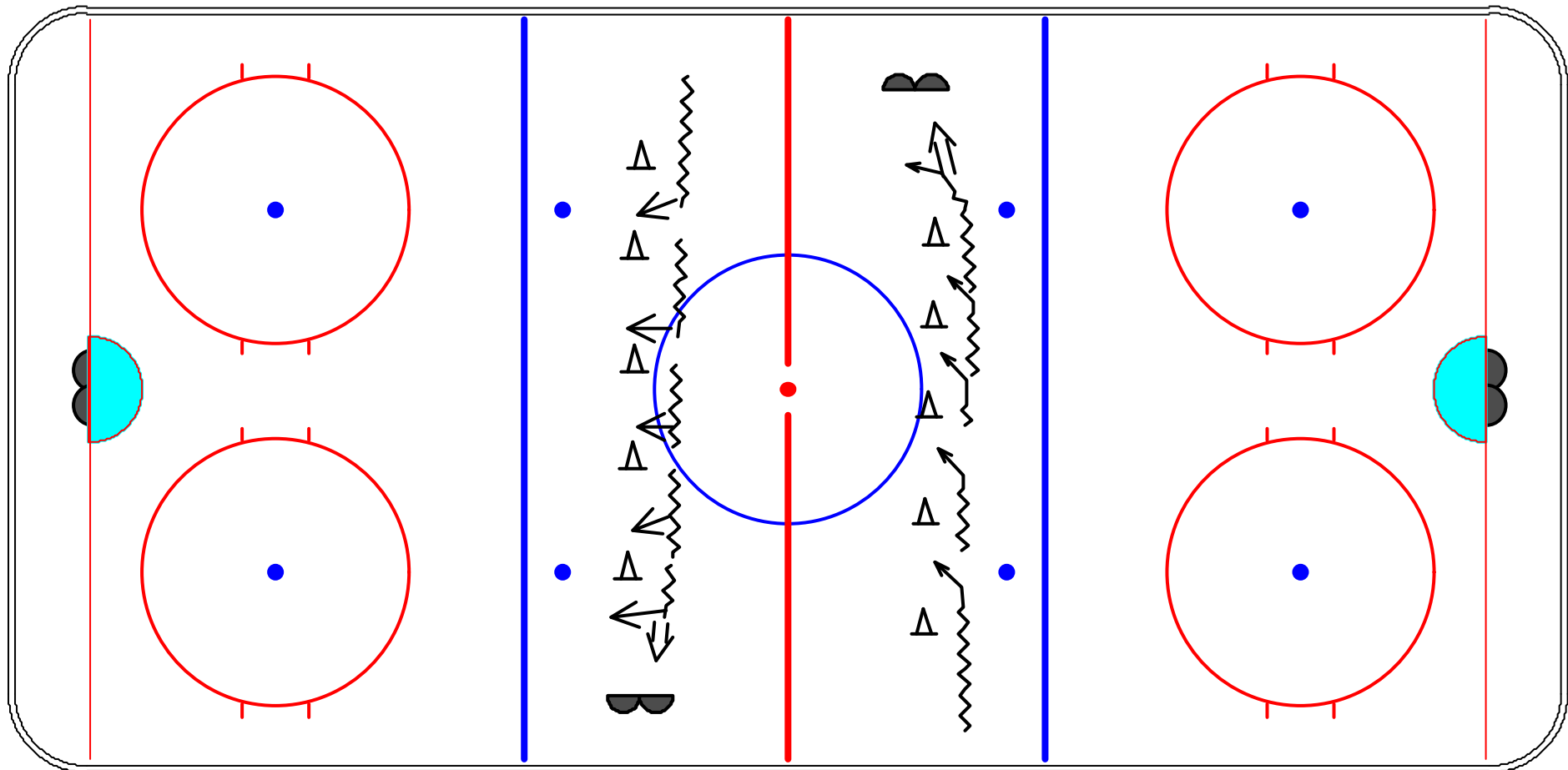


Träningsmoment
Databas : C:\spsw\Offside\JOACHIM.OTM

Datum : 020712
Skapad : 020712
Joachim Holst

Namn : Stickhandling 03
Grupp : 2002
Tema : Fake at same side
between the cones.

Fake at same side between the cones.

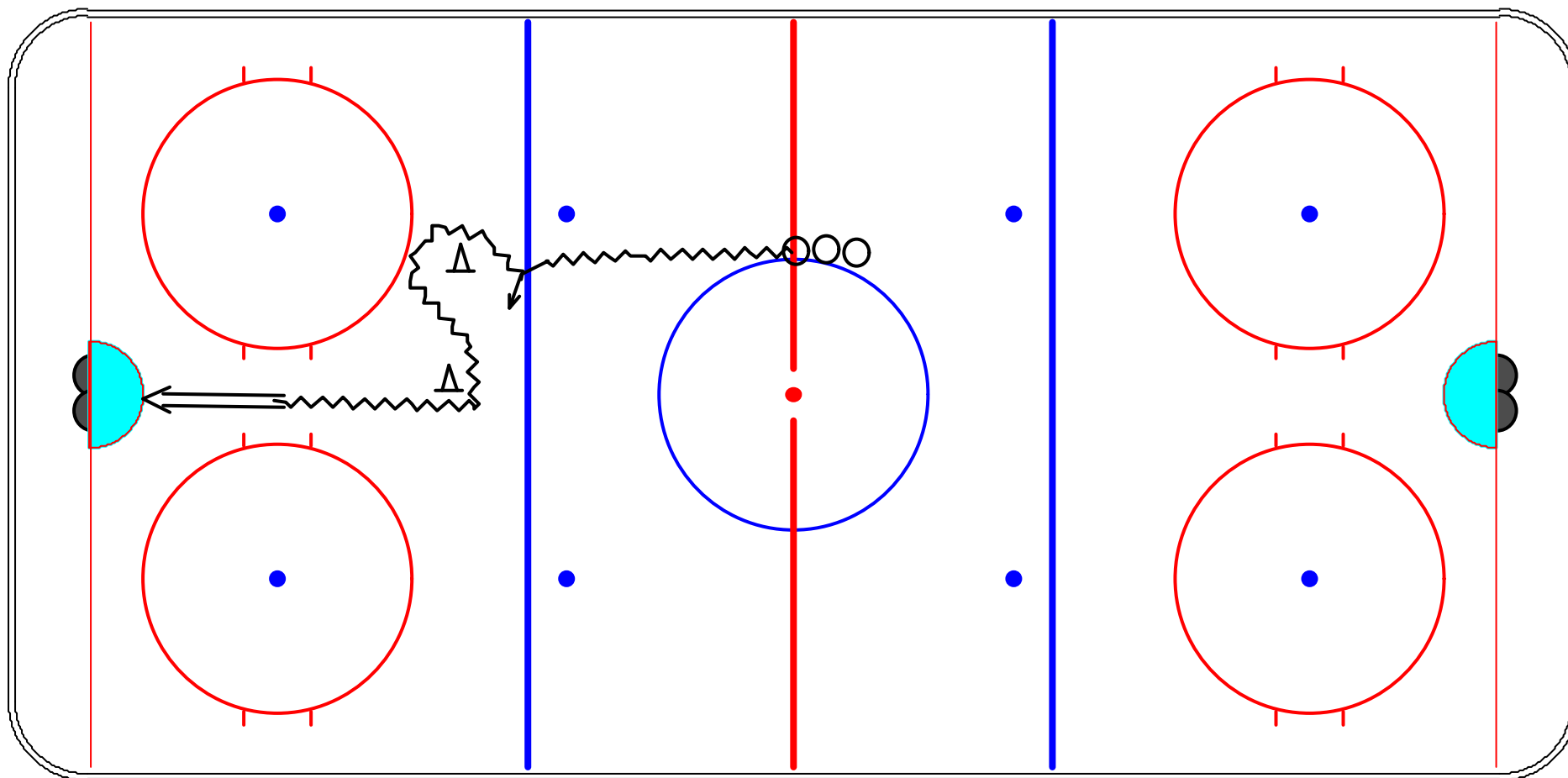


Träningsmoment
Databas : C:\spsw\Offside\JOACHIM.OTM

Datum : 020712
Skapad : 020712
Joachim Holst

Namn : Stickhandling 04
Grupp : 2002
Tema : Gretzky-Move

Gretzky-Move

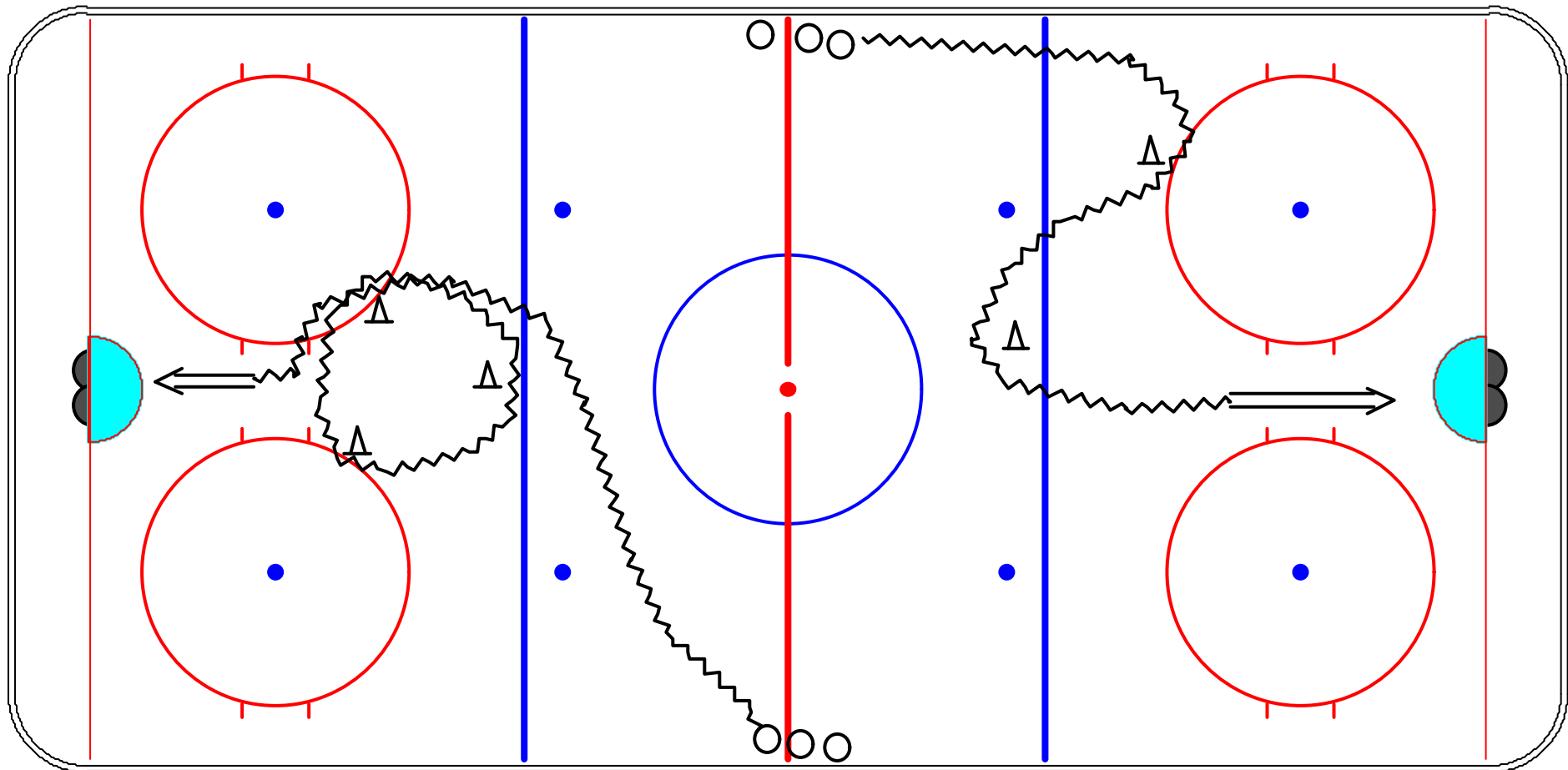


Träningsmoment
Databas : C:\spsw\Offside\JOACHIM.OTM

Datum : 020712
Skapad : 020712
Joachim Holst

Namn : Stickhandling 05
Grupp : 2002
Tema : Power-Skating with puck,
work with your wrists to control

Power-Skating with puck, work with your wrists to control
the puck.

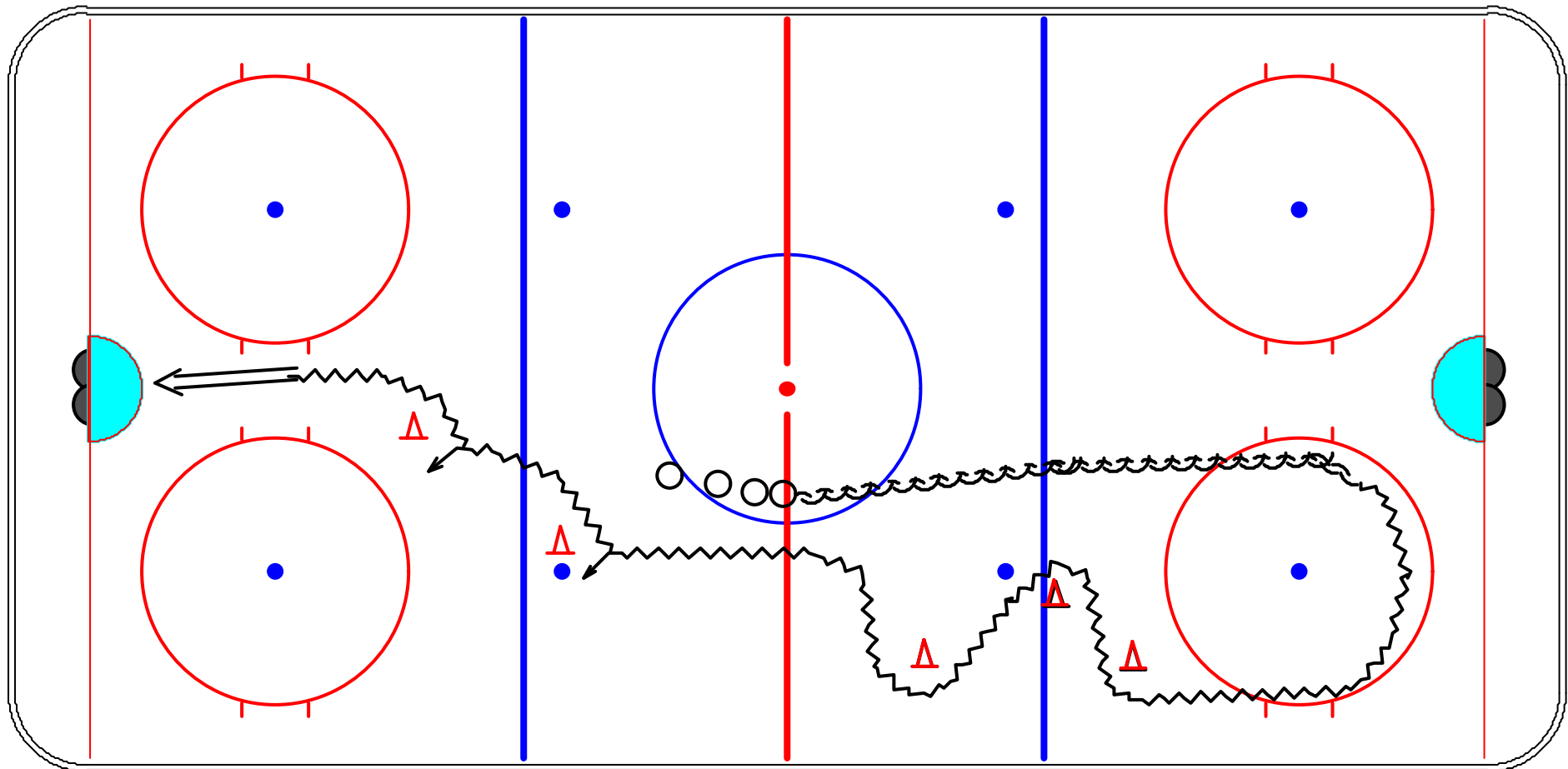


Träningsmoment
Databas : C:\spsw\Offside\JOACHIM.OTM

Datum : 020712
Skapad : 020712
Joachim Holst

Namn : Stickhandling 06
Grupp : 2002
Tema : Keep speed with puck,
accelerate out of each turn. Fake,

Keep speed with puck, accelerate out of each turn. Fake,
fake, score!

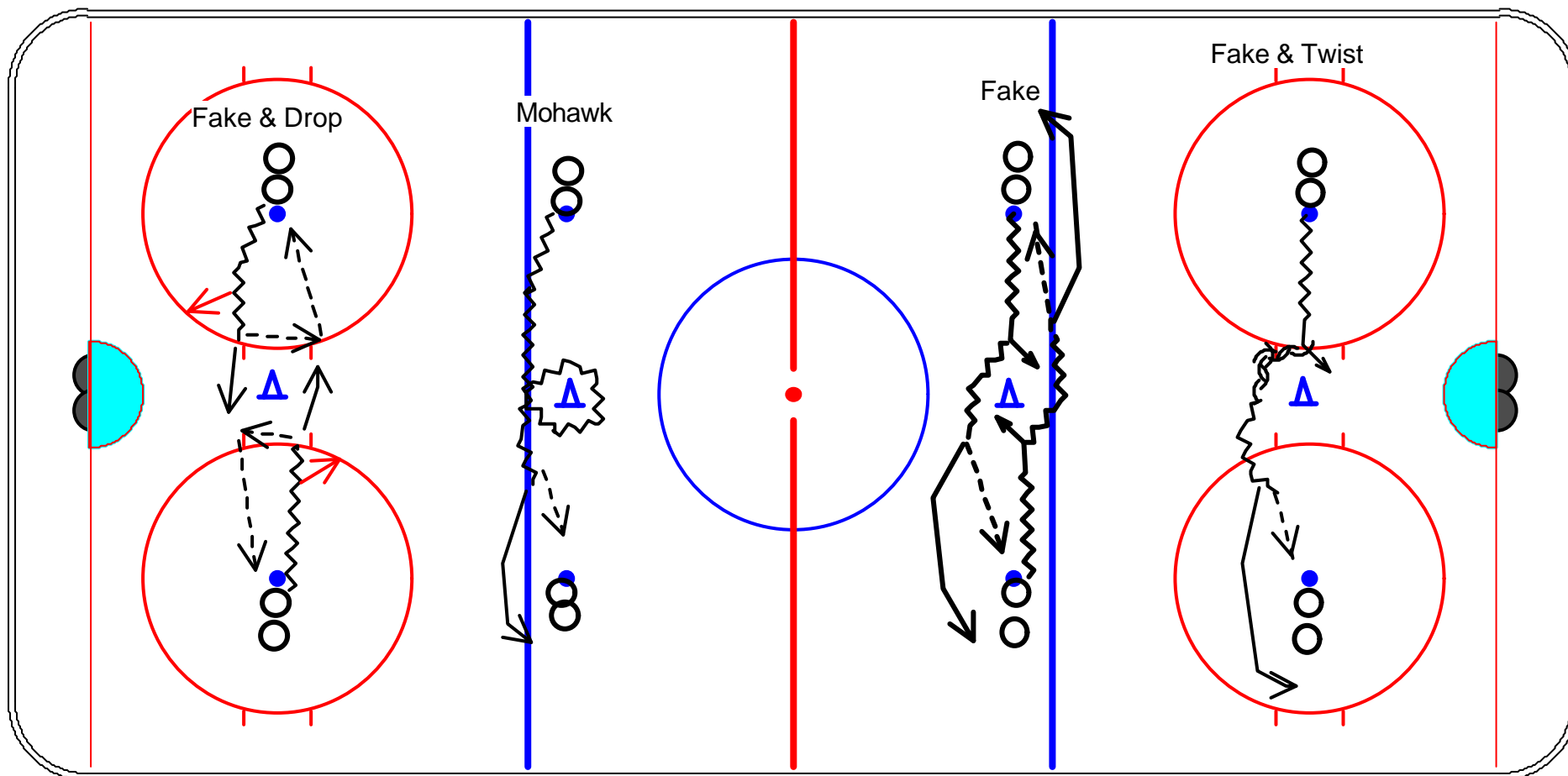


Träningsmoment
Databas : C:\spsw\Offside\JOACHIM.OTM

Datum : 020712
Skapad : 020712
Joachim Holst

Namn : Stickhandling 07
Grupp : 2002
Tema : Different moves cross the ice.
Accuracy and correct

Different moves cross the ice. Accuracy and correct
movements. Remember to accelerate!

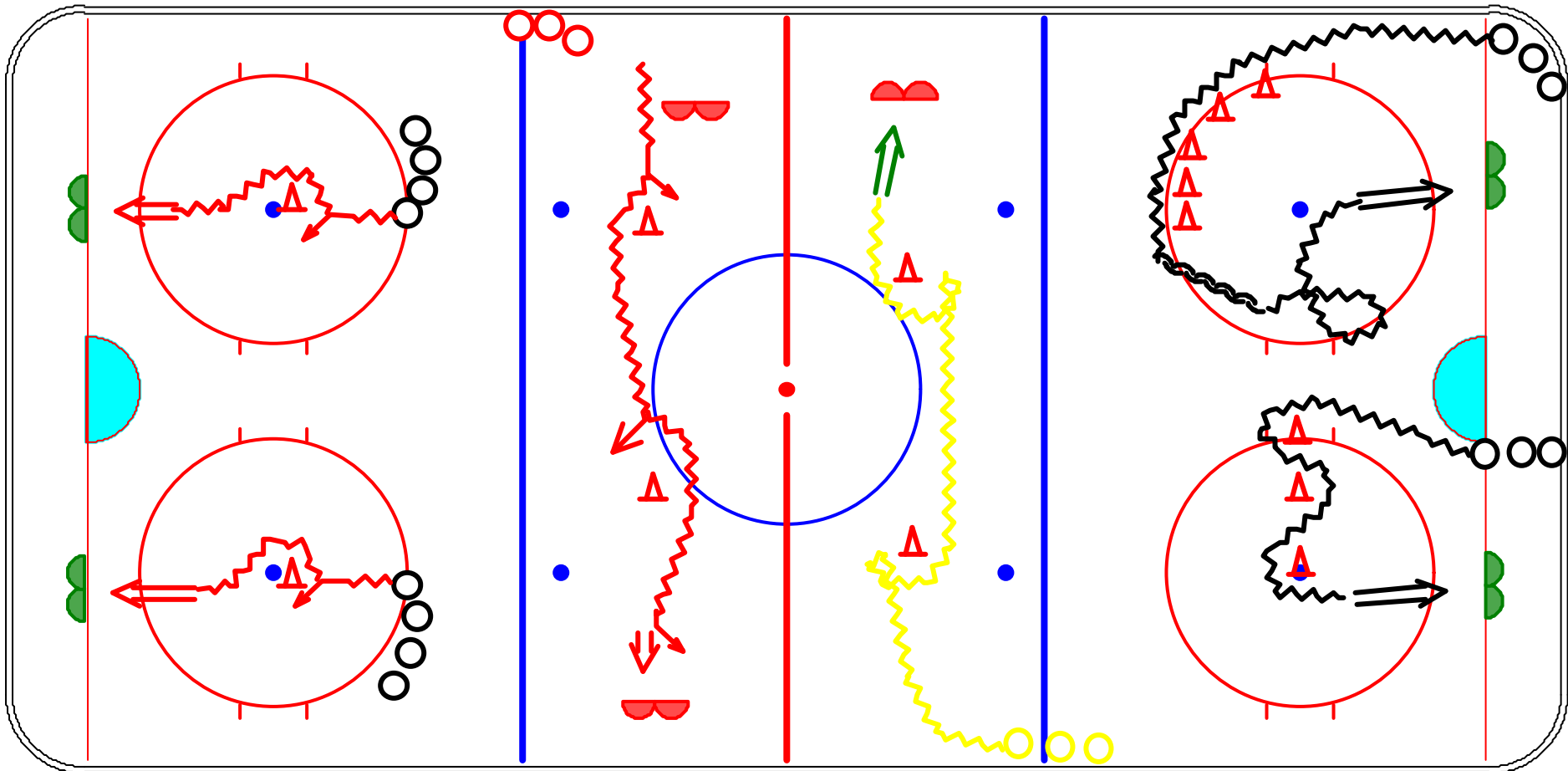


Träningsmoment
Databas : C:\spsw\Offside\JOACHIM.OTM

Datum : 020712
Skapad : 020709
Joachim Holst

Namn : Fake Practice
Grupp : 2002
Tema : Fake Practice

Fake Practice

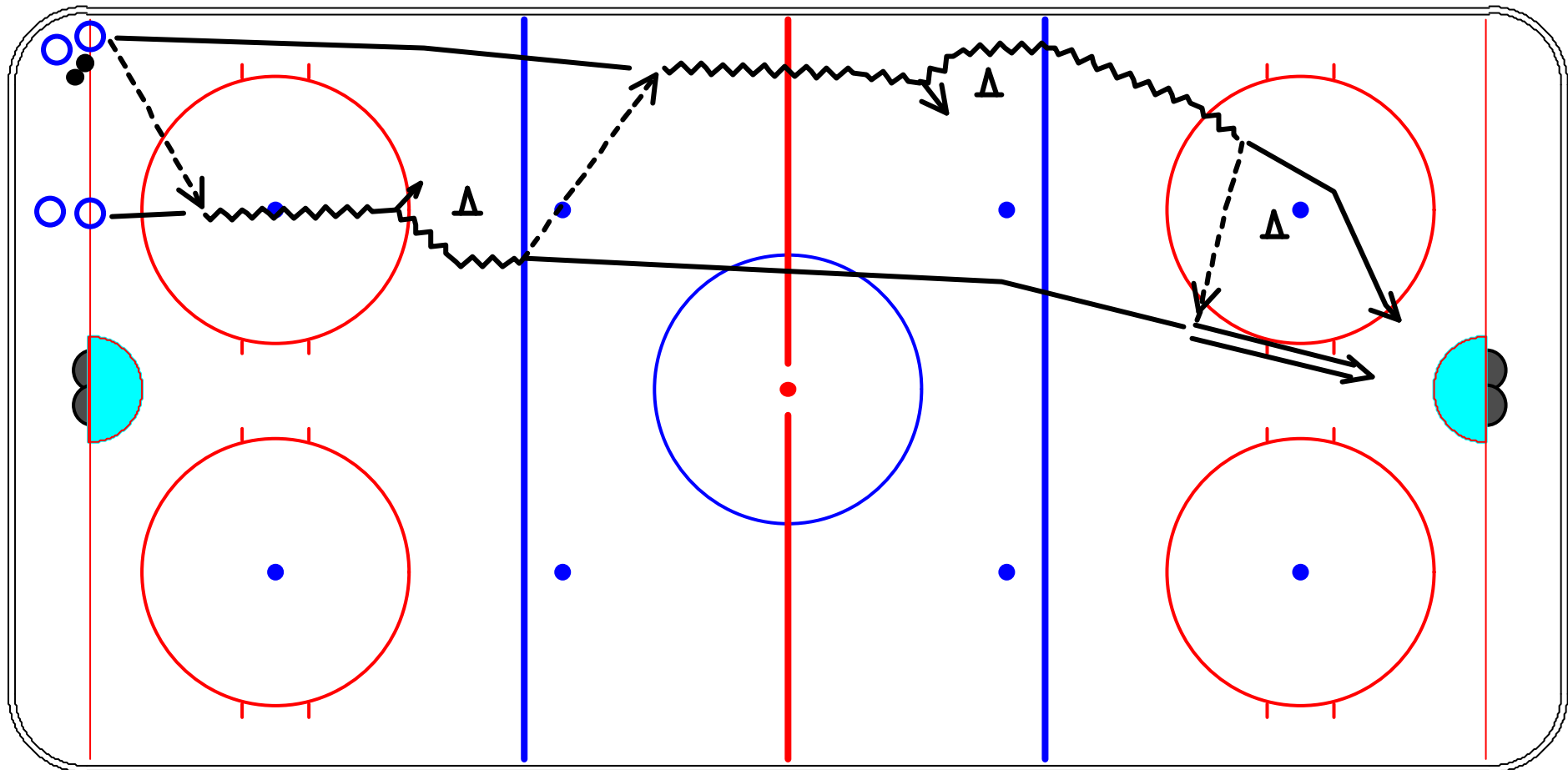


Träningsmoment
Databas : C:\spsw\Offside\JOACHIM.OTM

Datum : 020712
Skapad : 020712
Joachim Holst

Namn : Fake & Pass
Grupp : 2002
Tema : Make a move or fake and then pass, then accelerate and then pass, then accelerate and

Make a move or fake and then pass, then accelerate and pass.



Träningsmoment

Databas : C:\spsw\Offside\JOACHIM.OTM

Datum : 020712

Skapad : 020712

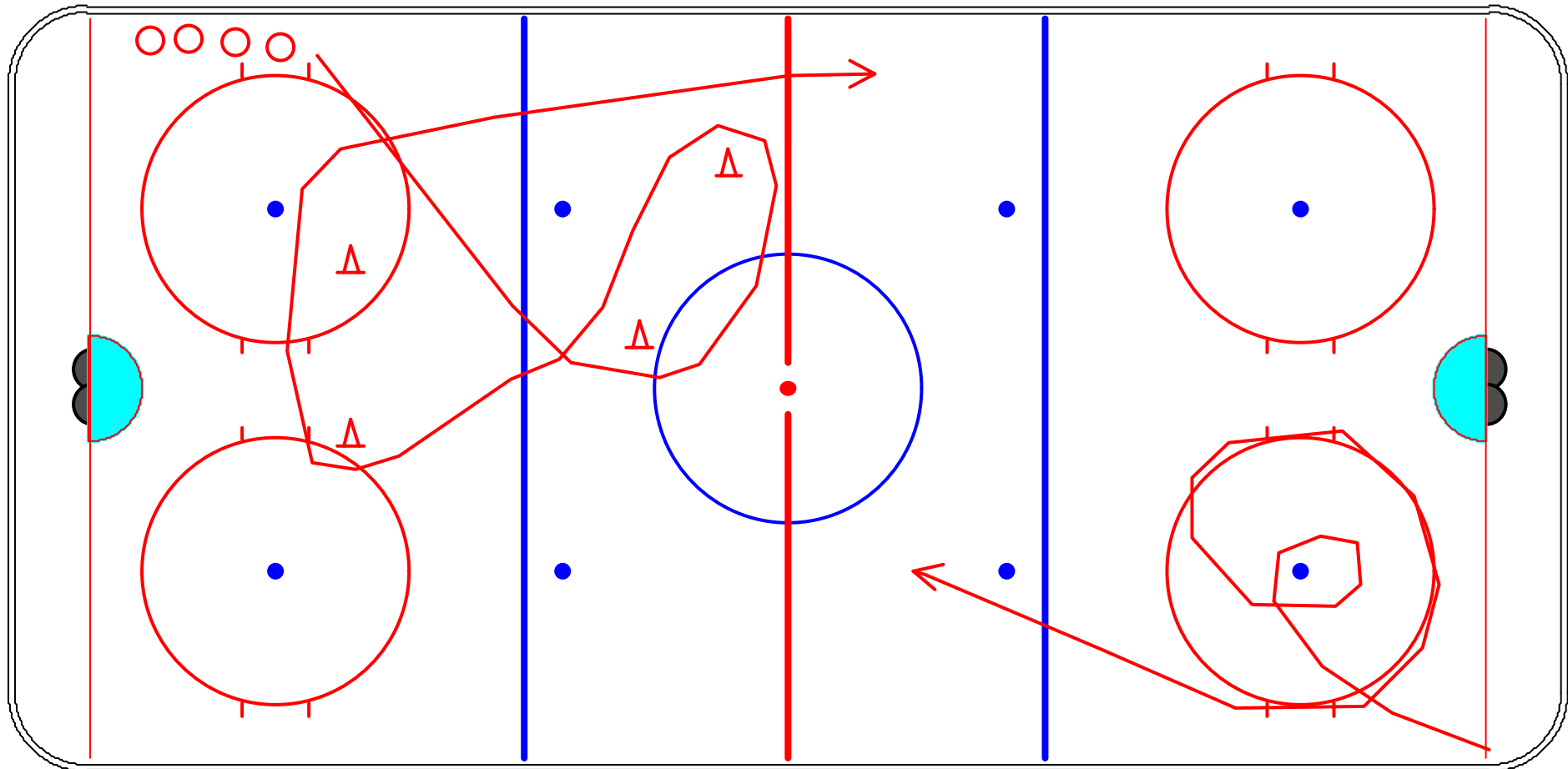
Joachim Holst

Namn : Overspeed Turns 01

Grupp : 2002

Tema : To be done with or
without Pucks. Speed, Speed,

To be done with or without Pucks. Speed, Speed,
SPEED!



Träningsmoment

Databas : C:\spsw\Offside\JOACHIM.OTM

Datum : 020712

Skapad : 020712

Joachim Holst

Namn : Overspeed Turns 02

Grupp : 2002

Tema : CrossOvers in high speed,
with Puck or get pass at the
end to score!

CrossOvers in high speed, with Puck or get pass at the
end to score!

