

A blue-tinted photograph of two ice hockey players in action on an ice rink. The player in the foreground is wearing a dark jersey with the number 21 and the name 'DARIN' on the back. The player behind him is wearing a dark jersey with the name 'WHEELER' on the back. Both players are wearing helmets and holding hockey sticks. The background shows the rink's boards and a large, faint IIHF logo.

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Frölunda HC J20

FRÖLUNDA HC

OUR MISSION



_____ 90% from local area to the hockeygymnasium



_____ Help every players to reach their full potential



_____ Be Swedish Champion with 50% Academy-players in the team



_____ Leading in Europe at the development of hockeyplayers (NHL)





FRÖLUNDA HC

Regular week J18 Academy

Monday	Tuesday	Wednesday	Thursday	Friday
7.30-8.50 Ice practice HG Breakfast 10.00-15.00 School 16.20-17.20 Physical training 18.00-18.50 Ice practice	Day off	7.30-8.20 Ice practice HG 8.30-9.20 Physical training Breakfast 10.00-15.00 School 16.00-17.00 Physical training 17.40-18.40 Ice practice	GAME DAY	7.30-9.00 Physical training Breakfast 10.00-15.00 School 16.00-16.40 Physical training 17.00-17.50 Ice practice

Saturday	Sunday
8.30-9.30 Physical Training 10.00-10.50 Ice practice	GAME DAY



CORE VALUES

- Compete-Work hard
- Seeking attitude
- Make others better
- Wants to develop
- Be humble and responsible



*Create an everyday environment
where people grow*

COMPETE IN PRACTICE

- Higher intensity during practice than in the game
- Get used to the environment
- Small area games, 5-5, 1-1 battles, relay races
- Focus/Accuracy
- Work together as a team/group
- Learn to love to compete!



IMPORTANT IN PRACTICE

- Keep it simple, do not complicate
- Theme Practice
- Repetition, repetition, repetition
- Accuracy in execution
- 60 min icepractice demands 60 min of 100% focus
- Challenge the players
- Learn to train

HIGH EXPECTATIONS

CREATE HABITS ON THE ICE

- Communication
- Scanning the ice
- False information
- Pressure, take the puck back
- Next action
- Shooting mentality
- Stay in front of the net
- Keep control of the puck

It is easier to act on habits than to make decisions



COMMUNICATION

- Trust
- Get to know the person
- Listen and understand the player
- Talk every day
- Clear communication
- Find good things and build on
- Keep feedback simple and fast
- Shoulder to shoulder meetings/talks
- No overcoaching, players must trust their instincts



BUILD THE PLAYERS CONFIDENCE

- Players should play without fear
- No fear of failure
- In case of failure, encourage to try again
- Strengthen the player's strength
- Encourage initiative
- Players must trust their instincts
- Believe in your player, see the strengths



MINDSET: MAKE THE PLAYERS GROW EVERY DAY



BUILD THE PLAYERS CHARACTER

- **Be honest**
- **Always do the best you can**
- **Take responsibility**
- **Be happy for the success of others**
- **Make your friends feel valuable**
- **Learn from others**
- **Support your teammates**
- **Forget mistakes and move on**
- **Believe that anything is possible**
- **Always spread positive energy**
- **Do not talk about anyone behind their backs**
- **Never benefit on anyone's expense**
- **Never whine and complain**
- **Never blame others**



DEVELOP DEFENCEMEN



Key Offensive Qualities:

- Calm with the puck
- Accurate passer
- False information-no look passes
- One timers

DEVELOP DEFENCEMEN



Key Defensive Qualities:

- Good Positioning
- Predict the play
- Take away time and space
- Separate player and puck

Training methodology (HG)



Find game situations that players are often exposed to.

- Break down the situation and practice.
- Feedback
- Practice again
- Break down into details
- Practice again
- Constant feedback



1-1

Positionering insida
Stänga insida
Blicken
Blad-puck
Krympa tid/yta
Separera motståndare & puck
Kila ut
Sätta stopp
6-inch crosscheck
Stänga gap
Avståndskontroll/gap
Boxa ut
Skölda
Plocka/lyfta klubbor
Skydda puck

Skating

Övergångar fram/bak/b/f
Fjärilen
Kickbackvändning
Undvika översteg
Låta armbåge leda
Fotarbete
Ställa fötter
Separationskär
Cutback
Öppna höfter
Tarasenko

Stick&Puck

Direktskott
Quickrelease
2-touchskott
Tryck&Dra
Prickskytte
Sveppass
Tryckpass
Direktpass
Backhandpass
Sargpass
Flippass
Klubban i en hand
Lös nedre hand
Lång dragning
Kort dragning
Toedrag lång
Toedrag kort
Sidledsfint

B Målskytte

Felinfo-Skott/passfint
Skottfint
Skjuta förbi block
Skjuta genom triangel
Åka med puck på blå
Åka över C-linjen
Slajda ner på bortre

B Spelvändningar

Wheel
Reverse
Quick-up
Felinfo-Passfint



A blue-tinted photograph of an ice hockey game. A player in a white jersey with 'JENSEN' and 'KANSIK KETAL' on the back is in the foreground, leaning forward. Behind him, a player in a dark jersey with 'MERZLIKINS' and 'Grindex' is visible. A goalie in white gear is positioned in front of the goal. The goal frame is visible in the background with the name 'PRAITA' on the right post. The scene is set on an ice rink.

THANK YOU!
AND GOOD LUCK WITH YOUR COACHING!