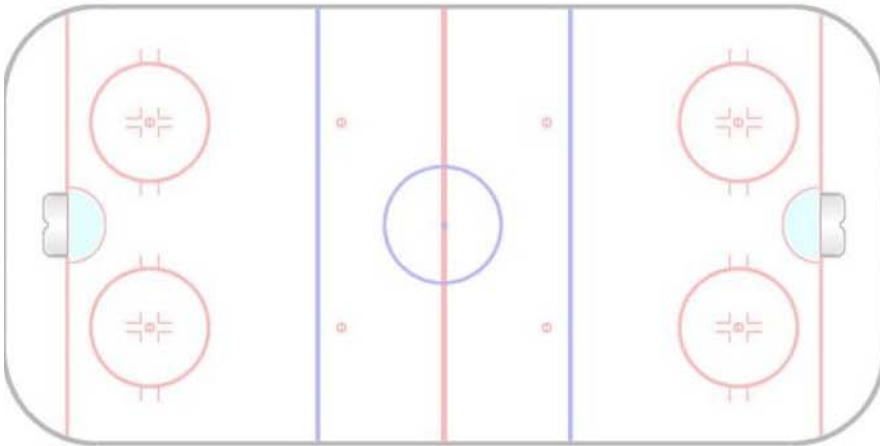


# Träningspass

No:



## Uppvärmning

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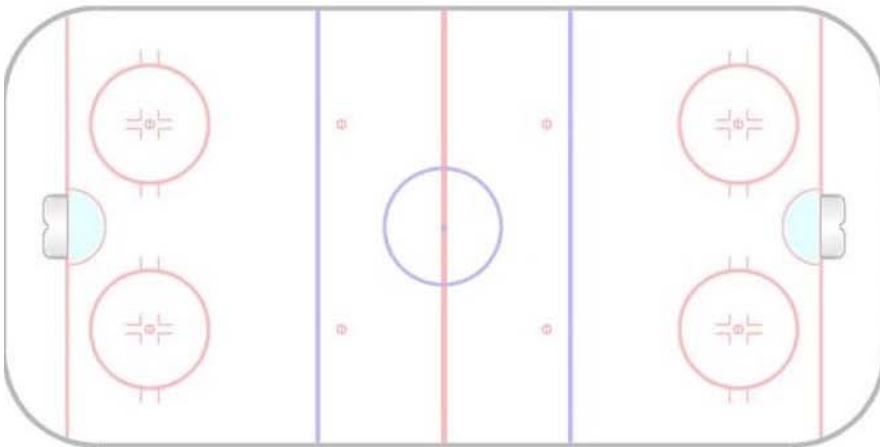
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## Teknikövning

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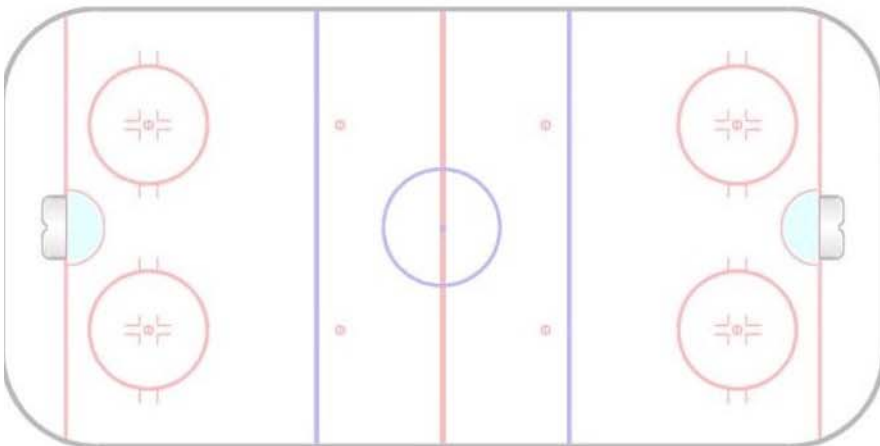
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## Spelövning

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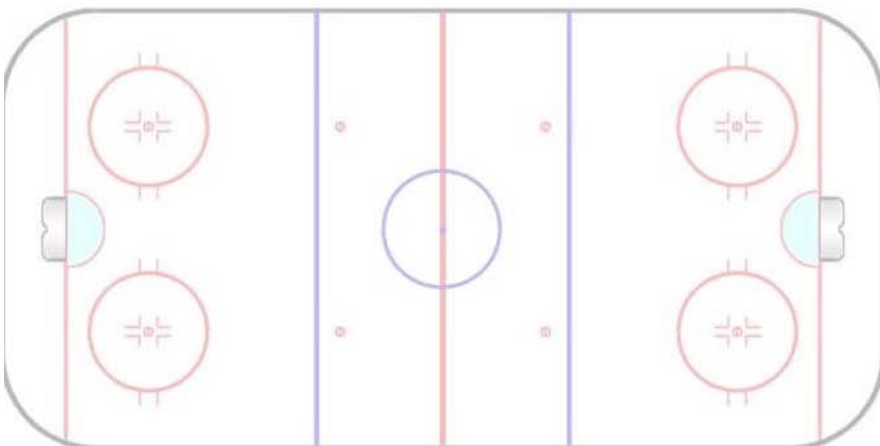
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## Tempo / Kondition

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# Träningspass

Lag: \_\_\_\_\_

## Uppvärmning

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### Övning 1

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### Övning 2

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### Övning 3

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### Övning 4

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## Övrigt

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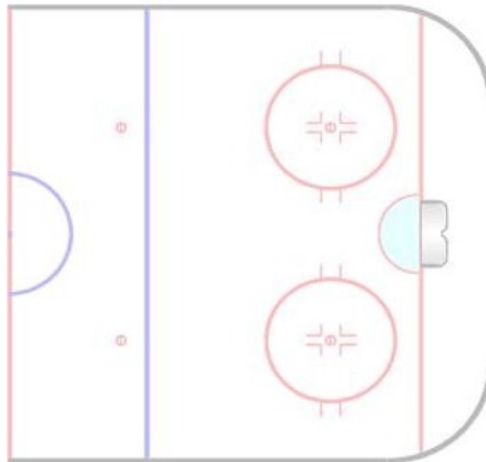
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## Uppvärmning

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### Övning 1

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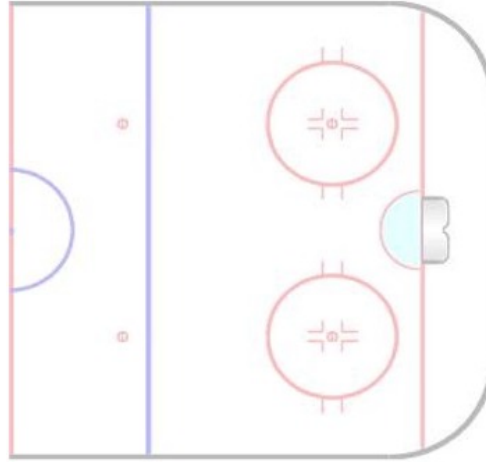
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### Övning 2

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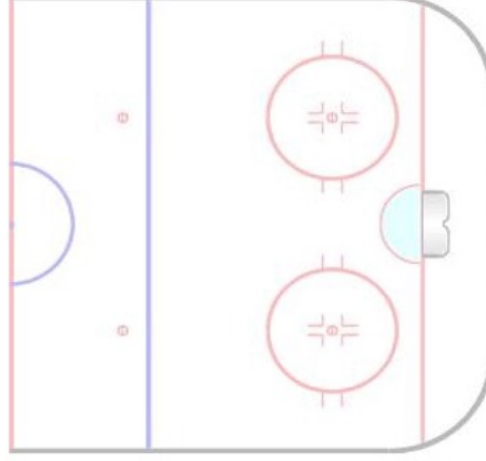
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### Övning 3

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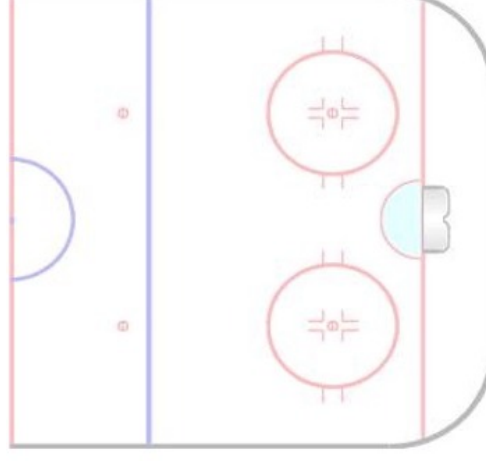
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### Övning 4

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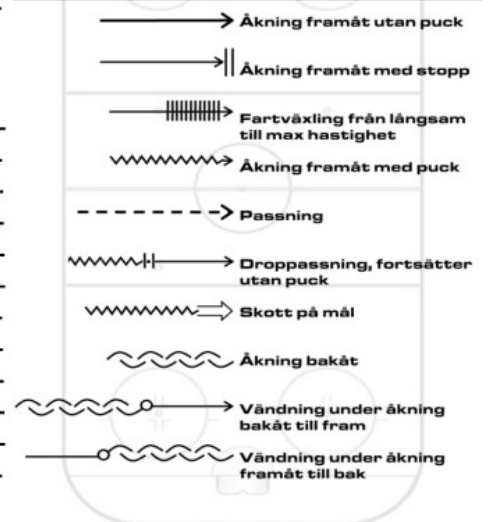
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### Teckenförklaringar

- |                       |                   |
|-----------------------|-------------------|
| ○ Anfallare / Spelare | x Redskap / Pylon |
| △ Försvare            | • Puck            |
| ○ Målvakt             | ⊗ Tränare         |
| ⊙ Ny position         |                   |



## Övrigt

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# Träningspass

Lag: \_\_\_\_\_

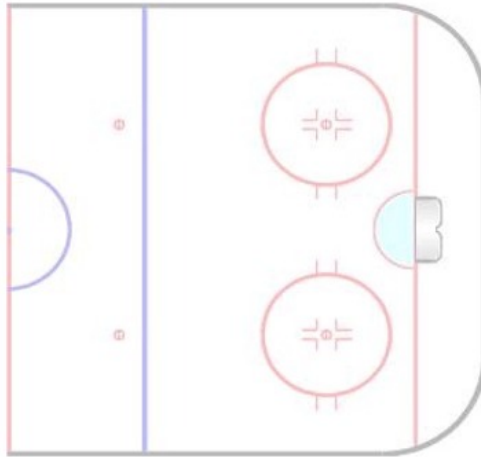
## Uppvärmning

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### Teckenförklaringar

- Anfallare / Spelare
- △ Försvare
- Målvakt
- Ny position
- x Redskap / Pylon
- Puck
- ⊗ Tränare

- Åkning framåt utan puck
- || Åkning framåt med stopp
- ||||| Fartväxling från långsam till max hastighet
- ~~~~~ Åkning framåt med puck
- - - - - Passning
- ~~~~~| Droppassning, fortsätter utan puck
- ~~~~~→ Skott på mål
- ~~~~~ Åkning bakåt
- ~~~~~○ → Vändning under åkning bakåt till fram
- ~~~~~○ → Vändning under åkning framåt till bak



### Övning 1

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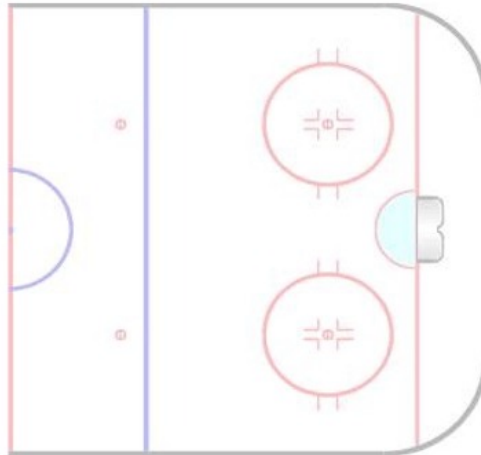
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### Övning 2

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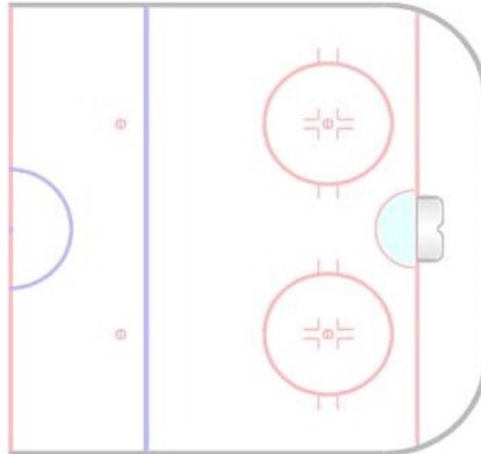
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### Övning 3

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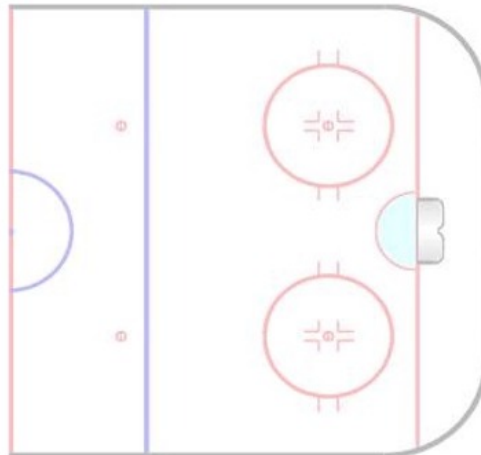
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### Övning 4

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## Övrigt

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