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8.0 Game elements

In the following section, the most important game elements in electric hockey will be reviewed. Within each game element, the most important aspects are identified, which must be trained to improve the players' skills. Once the most important aspects of a game element are identified, the training exercises will allow you to practice skills within that game element. Along with the rest of this manual, the exercises should create a solid professional foundation with the reader that will allow him/her to start/improve as a coach and get new ideas.

8.1 Driving technique

The electric hockey chair is controlled by means of a joystick that can be adjusted so that it is adapted to the individual's handicap, which is important for obtaining the best driving technique. In addition to the settings on the joystick, as a coach you should be aware that the different disabilities of the players have a bearing on the way they drive.

In electric hockey, as mentioned earlier, there are several disabilities such as muscular dystrophy and spasticity. Persons with muscular dystrophy often have weak muscular strength in their arms/fingers and therefore the joystick must be adjusted so that it responds very quickly to very small movements. Persons suffering from spasticity, on the other hand, may have problems with involuntary movements, and the joystick can therefore be adjusted to be less sensitive to movements, so that the movements have a lesser impact on the driving. For all players, it is important to sit comfortably in the chair to achieve the best driving technique. Therefore, the chair must be adapted to the player's body with special focus on the optimal position of the arm. The chair can be adjusted in many different ways to give the player the best possibilities to control the chair.

The first thing a new electric hockey player is introduced to is driving technique. The driving technique is the foundation of electric hockey, as the quality of ball control, screenings, finishes and passes depends on how well the player can control the chair. Driving technique must be trained continuously and all players from beginners to elite can benefit from training their driving technique as long as training exercises challenge the player's level.



The main aspects to focus on when training driving techniques are:

- Forward driving is practiced continuously, as all electric hockey contains at least forward driving. Forward driving may with advantage be trained individually to optimise the driving technique.
- Reverse driving is not recommended for beginners until they have a feel for the chair. Reverse driving is used both when making screenings, driving with the ball and in the goalkeeper game. Therefore, it is important that reverse driving is also a priority when working with driving technique.
- Turning / rotating is used throughout most of the game and is especially important in finishes and driving with the ball.
- Speed is important in terms of timing and ball control. If a player does not control his/her speed, the technical level will drop and there will be a risk of accidents and crashes in the playing area.
- Start/stop is used most of the time in electric hockey and is an important factor in determining who gets first on the ball, who gets the best position at the goal field and is especially important for the goalkeeper.
- Overview is important to be able to orientate oneself on relation to the other players in the playing area.

Driving technique is straightforward for a coach, because basically it is about players driving as much as possible, and even the best players can improve their driving technique. A good way to focus on driving technique is to work with template exercises. A template is a cone track where the players are challenged in the aspects of driving technique.

For all exercises, the most important thing is that players are challenged at the level they are at. For a beginner it might be enough just to drive straight ahead, while for an experienced player it can be more rewarding to practice reverse driving through a cone track. The exercises in the manual show a number of different template exercises in which the technical aspects are trained.





8.2 Ball control

For electric hockey players, it is all about the ball, and once a player has gained some control of the electric hockey chair, the next step is to get started with the ball. At the beginning, the most important thing is that the players drive as much as possible with the ball and get a sense of how the ball moves in relation to the movements of the electric hockey chair. Once the player has become more comfortable with driving with the ball, you can start training specific ball control exercises.

Training of ball control requires the same skills as are practised in driving technique, however, additional requirements are set for the fine motor control, and new elements such as timing and overview are introduced.

In order to have good control of the ball, it is important that the ball is always in as close contact with the stick as possible. The ball is controlled by means of the stick and if there is no contact between the stick and the ball, it is not possible to change direction. By having contact with the ball it is possible to manoeuvre quickly in the playing area and change direction in, for example, a template exercise or in a match situation where an opponent must be avoided.

An exception is the shift of position on the stick and quick side changes where the ball leaves the stick. When the player drives at a certain speed and releases the ball, the ball will continue at the same speed. In order to maintain control of the ball, it is necessary for the players to adjust the speed according to the manoeuvre they want to perform.

If a player is driving too fast compared to his/her driving technique, it will often mean that the ball is rolling faster than the chair is driving, and then the ball is lost. On the other hand, if the player is driving at a speed that is adapted to the player's driving skills, the player will be able to time his/her driving, so that it is possible to turn to the right and left by moving up to the side of the ball and using the innermost areas of the stick, without the ball rolling away. In addition to the stick, the ball can be controlled with other parts of the chair, such as the wheel or the frame. However, this requires a great deal of control of the chair and is most often used to hit the ball forward to the stick or finish towards the goal.

In order to be able to change the position of the ball on the stick without losing control of it, the player is required to be able to time his/her control of the ball and the speed. In the training exercises, it may be an advantage to use template exercises with both small quick shifts of position on the stick and directional changes in high speed. It is in situations where manoeuvring must be done quickly and accurately that the risk of losing control of the ball is greatest. It is therefore important that ball control is an area to be worked on at each training session.

8.3 Goalkeeping

As in all other sports with a goalkeeper, the goalkeeper position is also an important position in electric hockey. In electric hockey, the goalkeeper's position is extra important as the goalkeeper not only participates in the defensive play, but he/she is also an important factor in the offensive play.

The goalkeeper plays three different roles in the playing area, depending on how the coach chooses to play.

In role number 1, the goalkeeper is placed exclusively in the goal and does not participate in the game in the playing area. The focus is solely on defending the goal and making sure that no goals are scored.

In role number 2, the goalkeeper is positioned as the rearmost player. The task is mainly to defend the goal, but the goalkeeper drives forward and can intercept loose balls and set simple screenings.

In role number 3, the goalkeeper participates in the game in the playing area at the same level as the other players. Basically, it is the goalkeeper's responsibility to protect the goal, but because the goalkeeper helps to set screenings in the playing area as well as at the opponents' goal, it is the job of the entire team to ensure that there is a goalkeeper. If the goalkeeper gets trapped in the playing area in a screening, one of the other two players needs to act as goalkeeper until the position can be switched back again.

As the goalkeeper participates both in the game in the playing area and at the same time is responsible for defending the goal, it requires a number of skills to manage both tasks. The goalkeeper must possess all the characteristics mentioned in the preceding sections on the aspects of driving and ball techniques. In addition, it is essential for the goalkeeper to have overview, as well as position and tactical skills.

The three aspects mentioned above are important for all players in electric hockey, but for the goalkeeper it is extra important to be able to read how the game develops and where the fellow players/opponents are, as the goal must be protected. This applies to both the defensive and the offensive stages of the game.

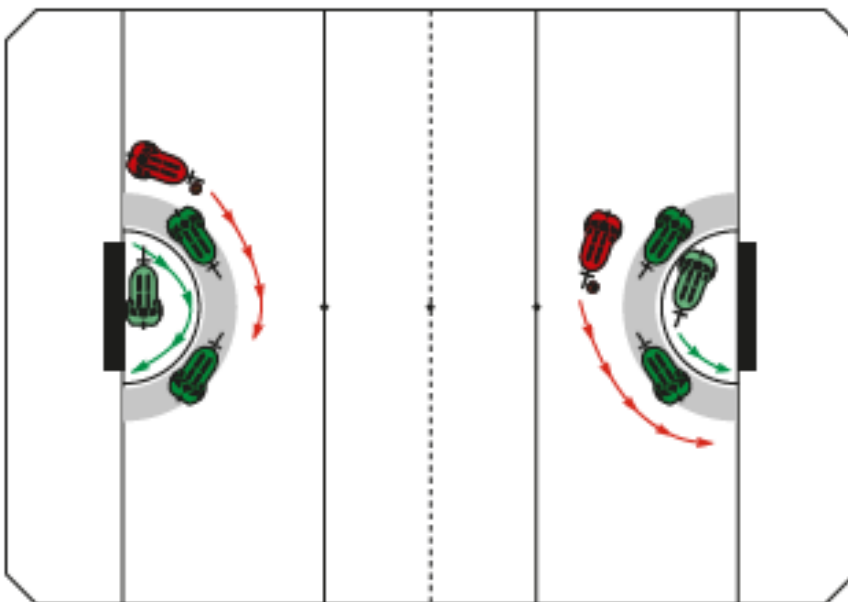
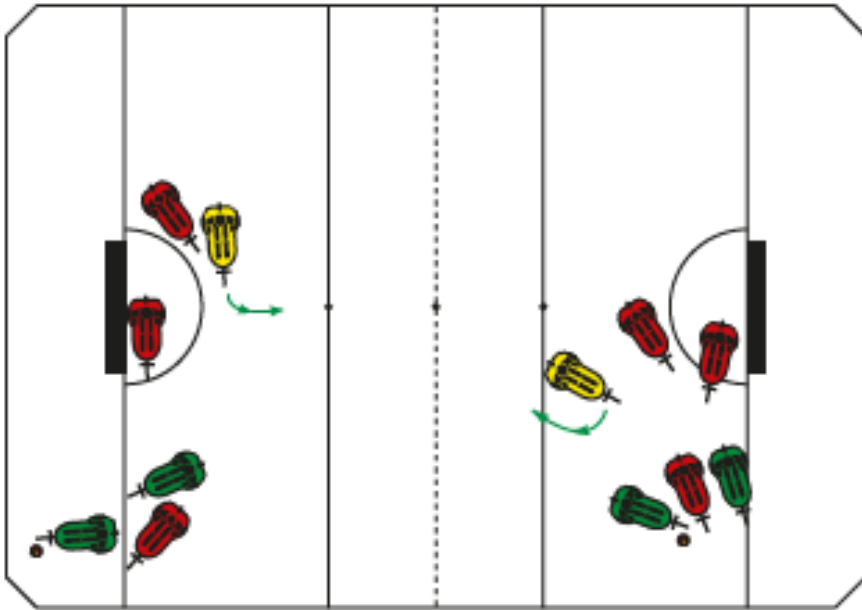


FIGURE 8

Shadow ball carrier: The goalkeeper follows the ball carrier's course around the goal and covers the areas where he/she can finish. When the striker cannot finish in an opening, the goalkeeper follows the striker's course.

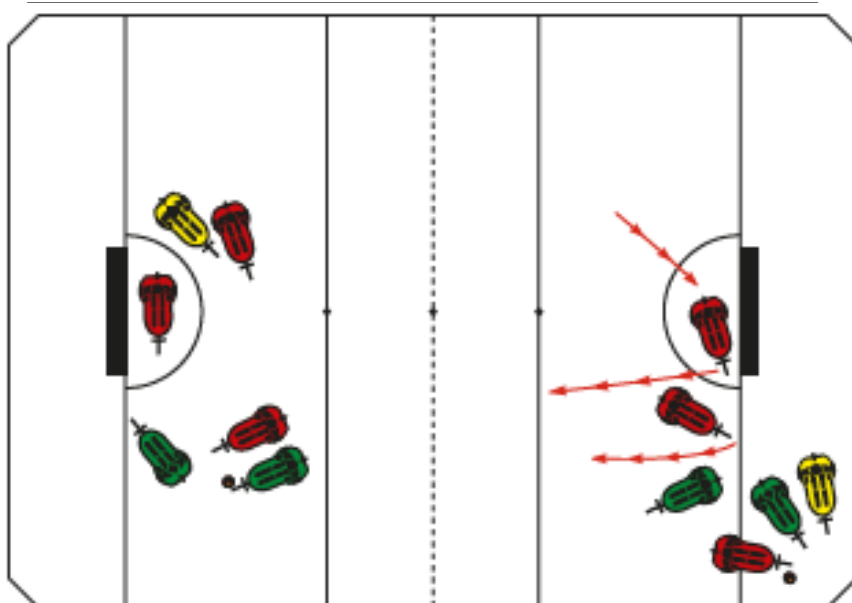


**FIGURE
9**

The goalkeeper is positioned so that he/she can return quickly without the risk of being trapped in the playing area.

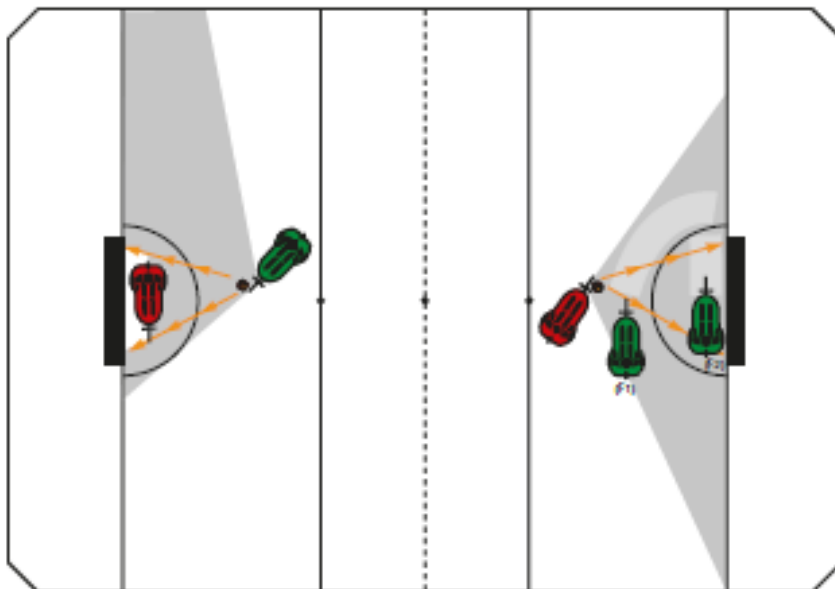
In the defensive play, the goalkeeper must possess good driving skills as the goal field is a small area where the movements of the opponents' ball carrier must be shadowed to cover the goal in the areas where the ball carrier can finish. The striker may pass to his/her fellow players, and here it requires a good overview, so that the goalkeeper places himself in the best possible position in terms of covering shots/passes between the defenders.

In the offensive phase, the goalkeeper may act as either a ball carrier or a screener. Although the goalkeeper is out in the playing area, he/she is still main responsible for the goal. In both roles, there is a risk that the goalkeeper gets trapped in a screening in the playing area. Therefore, it requires a good overview and foresight to avoid this situation, and as a goalkeeper it is important to position oneself so that the risk of being hindered in returning is minimised.



**FIGURE
10**

The goalkeeper is placed where there is a risk of being trapped in a screening in the playing area.



**FIGURE
11**

Left court:
The goalkeeper has positioned himself at the finishing angle, thus reducing the area in which the opponent can finish.

Right court:
The goalkeeper placed far from (f1) and close to (f2) the opponent.
Notice the large area in both situations where the opponent can finish.

8.3.1 Goalkeeper tactics

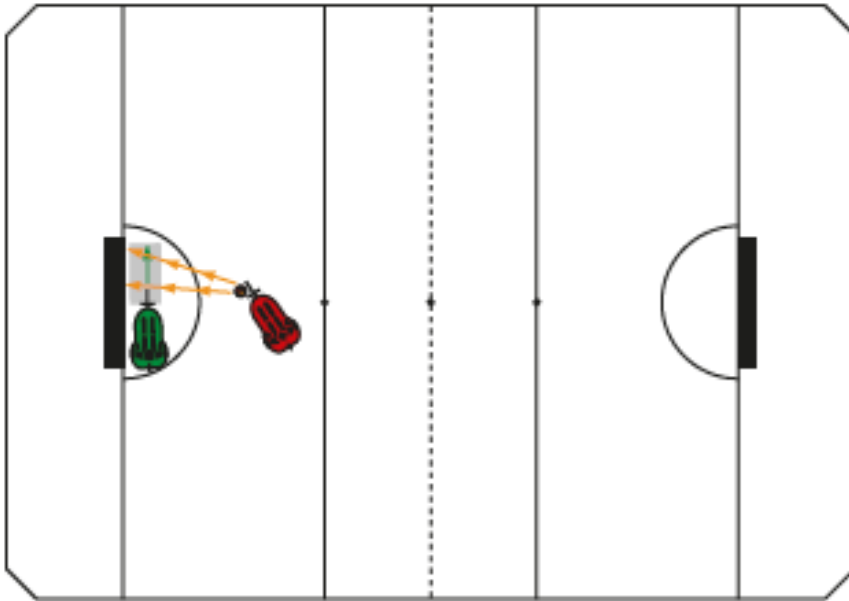
There are many tactical aspects that a goalkeeper should be aware of in order to constantly develop as a goalkeeper. The three main areas are: how the goalkeeper can close the finishing angle, how the goalkeeper can force the finisher to finish in a specific area, and how the goalkeeper can press the striker's finish.

The three elements mentioned above are very much related and are often practised in the same exercises. In the section on angles it appeared how important the angle of attack against the goal is for the ball carrier so that he/she can finish or pass. Where for the striker it is important to create as large an angle as possible, it is important for the goalkeeper to create as small an angle as possible for the striker to pass/finish.

The goalkeeper can make the angle smaller for the ball carrier in two ways: either by positioning himself within the angle of attack (figure 11) or by reducing the distance to the opponent (figure 11). If the goalkeeper places himself in the angle of attack, it forces the opponent to finish in a specific area of the goal. Thus, by opening up an area, the striker may be tempted to finish in that area. Thus, when the striker finishes, the goalkeeper already knows where the shot will end and it will therefore be easier for him/her to prevent a scoring (figure 12).

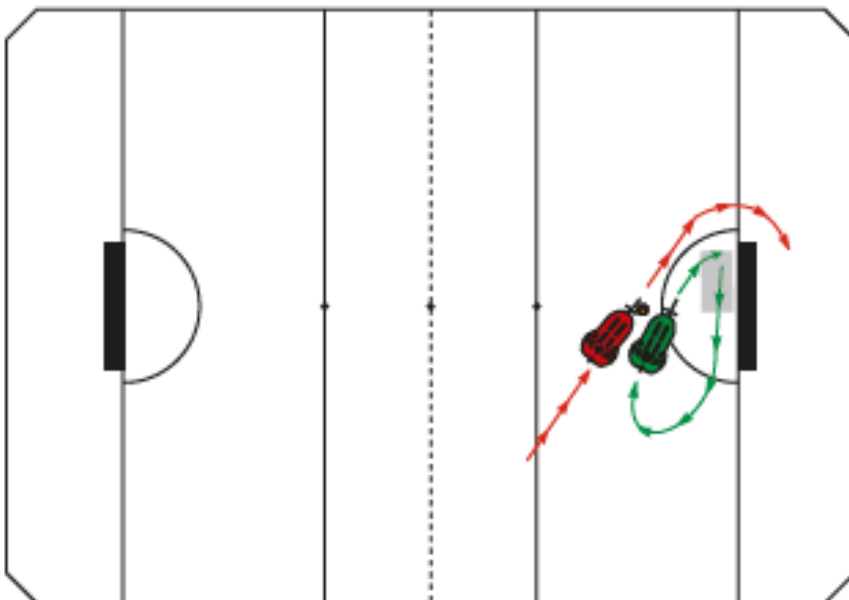
This tactic works well with zero and post defences (see 8.4 defensive play) where the ball carrier is not pressed very much. Another time, where it can be used advantageously, is for free-runners, where a striker drives down towards the goal. Here, the goalkeeper can choose to cover one part of the goal so that the striker can only finish in the other side. The problem with forcing the striker to finish in a certain area is that the goalkeeper may have trouble moving fast enough to prevent a scoring in the uncovered area.

The angle can be made smaller if the goalkeeper reduces the distance to the striker. This method can be used in all kinds of defences and is a good tool to press the ball carrier to an inaccurate finish. The goalkeeper best reduces the distance by driving parallel to the ball carrier as it is then possible to follow the ball carrier's speed and movements. The objective is that the goalkeeper's chair covers the entire angle in which the ball carrier can finish (figure 13).



**FIGURE
12**

Open up the goal: The goalkeeper opens up one side of the goal so that the opponent can only finish in that side.



**FIGURE
13**

Driving in parallel to the ball carrier: The goalkeeper drives out in a curve and follows the ball carrier's path down to the post so that he/she cannot finish.

Using this tactic requires a lot of the goalkeeper. As regards driving technique, this is a difficult exercise as the driving must be timed, so that collision is avoided, so that the ball is not finished/passed behind the chair and so that the opponent cannot finish/pass the ball in front of the chair. When the goalkeeper leaves the goal to reduce the distance to the ball carrier, the distance to the goal becomes longer, which the opponents can utilise. As a goalkeeper, it is therefore important to choose the right situations to press the ball carrier. There is no clear answer as to when the goalkeeper should press the ball carrier, as it depends on the level of both the goalkeeper and the ball carrier at what angle and speed the ball carrier attacks the goal.

8.4 Defensive play

The defensive play is an essential part of electric hockey, and there are many ways to defend. One of the concepts that is widely used in the defensive play is 'precaution player'. The precaution player is positioned between the striker's ball carrier and the defender, who presses the ball carrier. If the striker's ball carrier gets past the front defender, the precaution player takes over the pressure while the other defender drives down and becomes a defender (see figure 19). The precaution player is used in most of the defensive plays reviewed below. Most teams alternate between different defensive plays during a match/tournament.

8.4.1 Zero defence

Defence type: Ultra defensive

The zero defence is the most defensive formation a team can choose to practice.

Positions and tasks

The goalkeeper: Is placed in the goal field and should cover the three holes that occur around the field players.

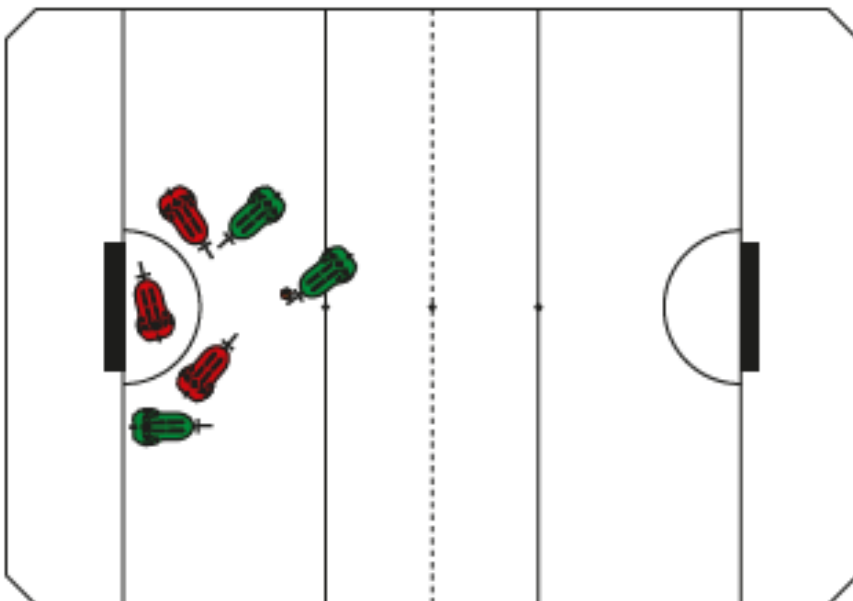
Field players Are stationary on the edge of the goal field in each side with the stick facing the centre.

Purpose

To keep the opponents from scoring by making small areas of attack that the goalkeeper can easily shut off. Recovering the ball is mainly done at either a goaltender ball or when the strikers overstep the line. In the case of recovering the ball, it is possible to build up an attack from scratch or to drive counter when the opponents fumble the ball.

Strengths

The strength of the formation is that the defence only allows small openings where the opponents can finish and the goalkeeper can easily cover those openings. By going into zero defence one ensures that none of the players gets trapped in screenings in the playing area.



**FIGURE
14**

Zero defence:

The goalkeeper is positioned in the goal and the two defenders are being stationary on either side of the goal field with the stick facing towards the centre.

Weaknesses

The defence leaves all initiative to the opponents, who will be in possession of the ball most of the match. Using this defence requires the team to be proficient in utilising the time it is in possession of the ball. If the opponents are good at passing and finishing, the goalkeeper may have trouble preventing a score.

A further weakness of this defence is that the ball is recovered far back in the playing area, increasing the distance to the opponents' goal. This means that the defence has more time to get in place in the playing area, making it harder to punish the opponents' errors.

When to use zero defence

The zero defence is often used by starter teams when playing against skilled ball carriers/screeners, where it is difficult to recover the ball in the playing area, and where there is a high risk of being trapped in the playing area in a screening.

8.4.2 Post defence

Defence type: Very defensive

The post defence is a very defensive formation that is very similar to the zero defence.

Positions and tasks

The goalkeeper: Is placed in the goal field and covers the holes that occur around the field players.

Field players Are positioned on the edge of the goal field in either side with the stick facing the centre.
Each field player has the task of covering from the post to the centre of the side they cover.

Purpose

To keep the opponents from scoring by making small areas of attack that the goalkeeper can easily shut off. The ball is recovered at a goaltender ball or when the strikers overstep the line. If the defensive players are aware, the ball can be recovered when a loose ball occurs around the ball carrier.

Strengths

The strength of the formation is that the defence only opens small holes where the strikers can finish and the goalkeeper can easily cover those openings. By going into zero defence one ensures that none of the players gets trapped in screenings in the playing area. The post defence also has the strength that the defence players help close the openings, so that there is less room for the opponent to finish. The opponents' loss of ball also allows for screening the attackers in returning.

Weaknesses

Again, the defence gives almost every initiative to the opponents, and therefore it requires the team to be proficient in utilising the opportunities that arise when the team has the ball.

In this defence formation, the defenders move, and it provides opportunities for the opponents to set screenings at the goal field and create room for the ball carrier to finish. Another weakness of this defence is that the ball is recovered far back in the playing area. This means that the defence has more time to get in place in the playing area, making it harder to punish the opponents' errors.

When to use post defence

The post defence is used by both starter teams and elite teams playing against skilled ball carriers/screeners. The defence is used when it is difficult to recover the ball in the playing area and where there is also a great risk of being trapped in the playing area in a screening.

In addition, it is a defensive formation that is used by most teams once they have been pushed back into the playing area. The post defence therefore often becomes a starting formation before the team recovers the ball.

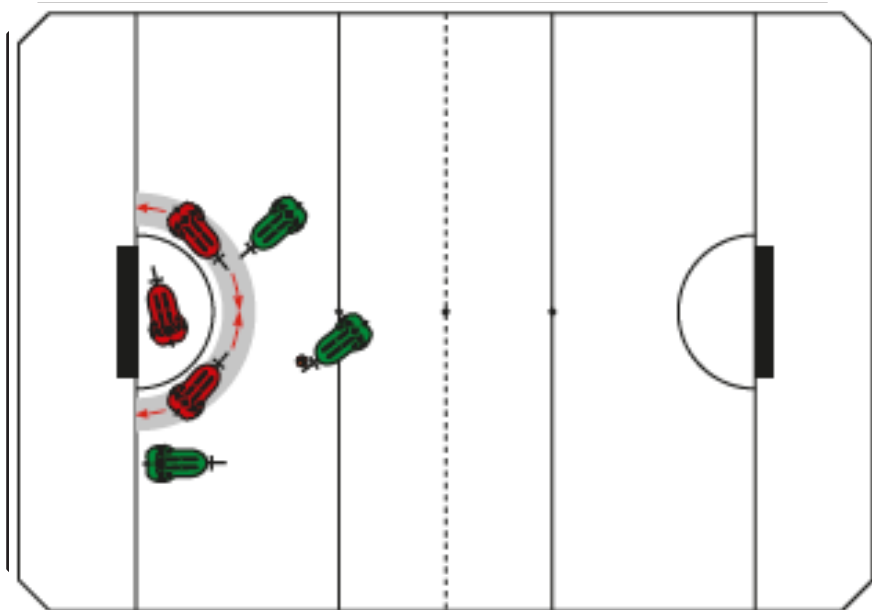


FIGURE 15

Post defence:
The goalkeeper is positioned in the goal and the two defenders cover from the post and up to the centre of the goal field on each side.

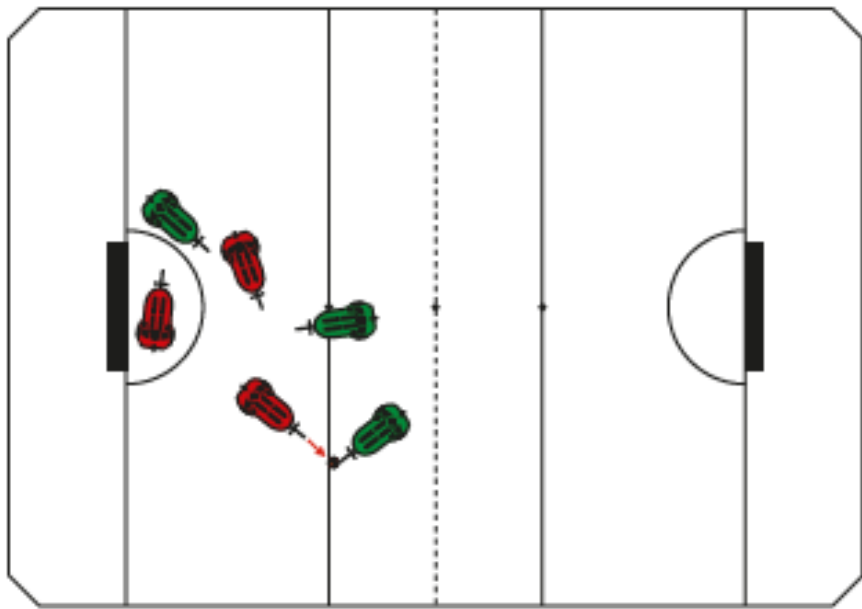


FIGURE 16

Controlled defensive:
ball carrier is pressed when crossing the penalty line.

8.43 Controlled defensive

Defence type: Defensive

The aim of the controlled defensive is to a greater extent than the previous two defensive types to recover the ball. The starting point is to open the defence at the penalty line on one's own court and thus defend the goal field as well as possible by pressing the ball carrier to make mistakes.

Positions and tasks

The goalkeeper: Is at a starting point placed in the goal field, but in case of loose balls in the corners he/she can help recover the ball.

Field players: Their task is to press the ball carrier and go after recovering the ball from the moment the ball carrier crosses the penalty line.

Purpose

To keep the opponents from scoring by recovering the ball close to their own goal field. Recoverings happen by pressing the ball carrier to make mistakes so that the ball comes loose.

Strengths

The defenders are active in their own penalty zone and can press the ball carrier to make mistakes. This means that the ball carrier will have less time to set up the attack, find the right angle of attack or the right angle to pass on the ball. At the same time, the risk of being trapped in a screening in the playing area remains relatively small.

Weaknesses

The defenders leave the goal field and create a bigger opening where the ball carrier can finish. The risk of being trapped in a screening at the boundary or in a corner is increased. The fact that the ball carrier is not pressed until he/she is at the penalty line means that the opponents have time to select an attack formation and drive into position before the ball carrier crosses the penalty line.

When to use the controlled defensive

The controlled defensive can be used by all teams and is used if the team will actively try to recover the ball from the opponent, while the risk of being trapped in the playing area is relatively small. Many teams often end up in this position when being pressed down into their own court, even though they are still trying to recover the ball.

8.44 Half-court press

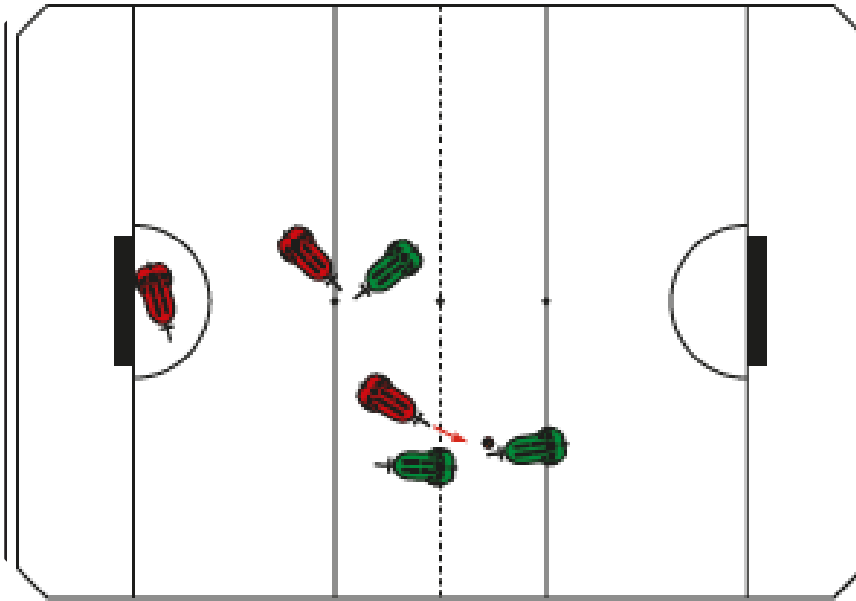
Defence type: Slightly offensive

The half-court press is an offensive defence where the aim is to recover the ball farther ahead in the playing area so that the opponents' goal can be quickly attacked. The opponent is met at the centre line, where the ball carrier is pressed by both defenders.

Positions and tasks

The goalkeeper: Is as a starting point placed in the goal field, but must be ready to recover the loose balls that arise under the pressure of the defenders.

Field players: Have the task of pressing the ball carrier at the centre line and go for recovering the ball.



**FIGURE
17**

Half-court press:
ball carrier is pressed when crossing
the centre line.

Purpose

To keep opponents from scoring by pressing the ball carrier in the playing area and keeping them away from the goal area. In addition, the defenders must disrupt the attack and make it harder to set up attack formations. Offensively, the objective is to recover the ball close to the opponents' goal field and attack quickly. Recoverings happen by pressing the ball carrier to make mistakes so that the ball comes loose.

Strengths

Defenders are active on their own court and can press the ball carrier to make mistakes. As in the controlled defensive, this means that the ball carrier will have less time to set up the attack, find the right angle of attack or the right angle to pass on the ball.

The ball is recovered closer to the opponents' goal, making it easier to punish the opponents' errors.

Weaknesses

The defenders get even further away from the goal field and create a larger room behind themselves for the strikers to use. The risk of being trapped in a screening at the boundary increases further during half-court press.

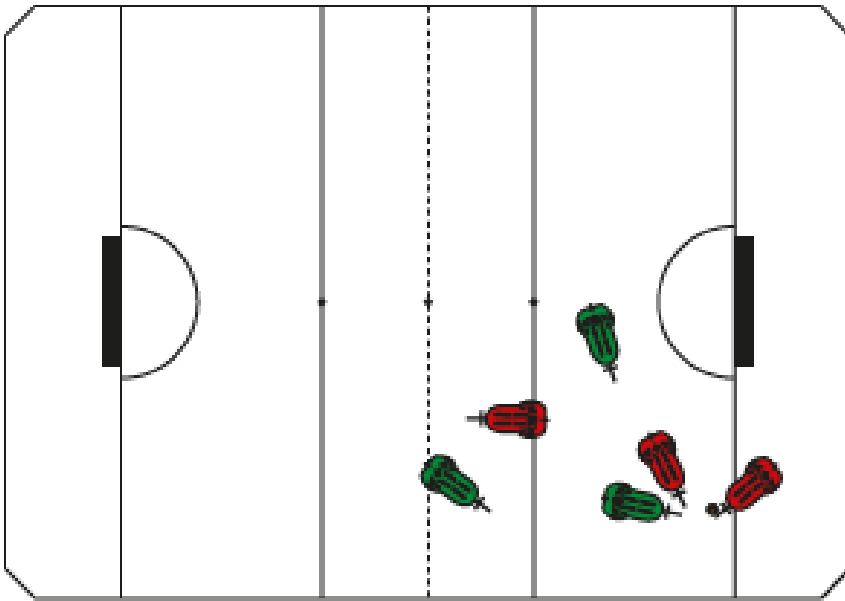
When to use half-court press

Half-court press can be used by all teams. A team can choose to use half-court press if the coaches feel that the defensive players are on the same level as the opponents, so that the defence can press the ball carrier and still has the ability to defend the goal field by manoeuvring around the opponents' screenings.

8.45 Full-court press

Defence type: Very offensive

The full-court press is a very offensive defence playing with high risk. The ball carrier is pressed all over the playing area by both defenders. The goalkeeper participates in the full-court press and all players have a responsibility to defend the goal.



**FIGURE
18**

Full-court press: All players, including the goalkeeper, participate in pressing far up in the playing area.

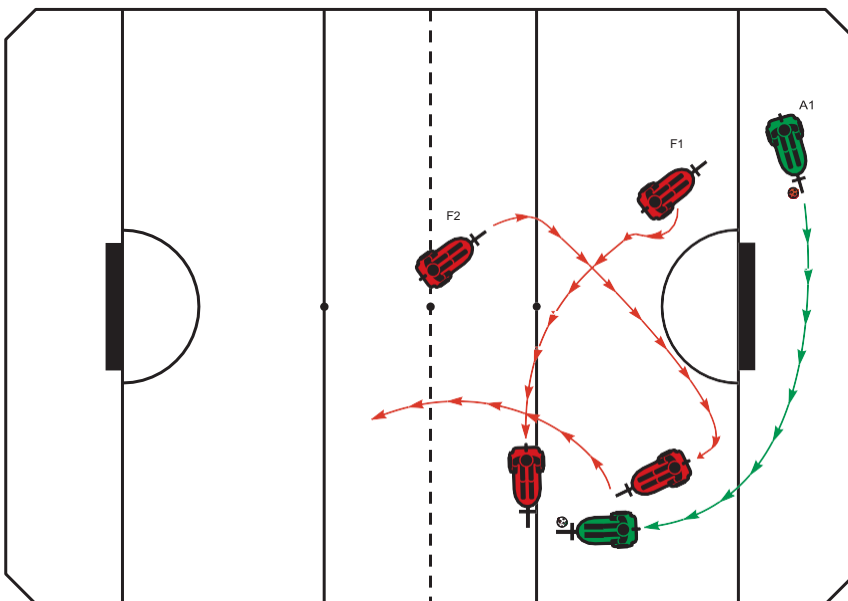
Positions and tasks

The goalkeeper: Acts as a precaution player, who participates in the pressure, but has the primary responsibility for the goal. The goalkeeper has to recover loose balls that arise under the pressure of the defenders.

Field players Have the task of pressing the ball carrier all over the playing area and go for recovering the ball.

Purpose

The opponents are kept far from the goal and offensive play of the defence, making it difficult to set up attack formations. Offensively, the objective is to recover the ball close to the opponents' goal field and attack quickly. Recoverings happen by pressing the ball carrier to make mistakes so that the ball comes loose. By recovering the ball far ahead in the playing area, the opponents' goal can be quickly attacked and the opponents' errors can be punished.



**FIGURE
19**

Full-court press: The front defender presses the ball carrier while the rear defender is placed 2-3 feet at the rear. If the front defender is tricked, the rear defender takes over pressing the ball carrier while the front defender drives down and backs up.

Strengths

The defenders are active throughout the entire playing area, pressing the opponents' attack all the time so that they do not have time to set up the attack, find the right angle of attack or angle to pass on the ball. By pressing the ball carrier, he/she may be forced to make mistakes that can lead to recovering the ball. Another strength of this defensive formation is the possibility of a quick recapture of the ball if it is lost, and fast recoveries ensure that the team becomes the one running the game.

Weaknesses

The goalkeeper and the defenders are away from the goal field and the defence is vulnerable to good screenings set by the opponents. This defensive play requires the defenders to read the game quickly and places great demands on the communication between the defenders.

When to use full-court press

Full-court press is used by teams where the coach assesses that the opponents' ball carrier can be forced to make mistakes by pressing him/her all the time. At the same time, the coach must consider that the risk of the defenders being screened out of the game is less than the chance of recovering the ball. This tactic is often used when a team, which on paper is better, encounters a less good team that can be pressed to make many mistakes. The full-court press is also used when a team is forced to score, either because it is behind in goals scored, or a win is required to advance in a tournament.

In the defensive play, there are two tactical aspects that are important, regardless of the defensive system you use, namely back up and the screening game. Backing up simply means that the players on the team support each other. Backing up is especially important when using the offensive defensive systems, because here there is a great risk of being caught in screenings or being outmanoeuvred by the ball carrier. The most common way to create security is to have one defender slightly in front of the other. If the ball carrier passes the front defender, the back defender takes over the pressure while the front defender drives down and backs up. By backing each other up, a pressure is maintained on the ball carrier and there is always a defender between the goal and the ball carrier, which makes it difficult for the opponent to get to finish or pass.

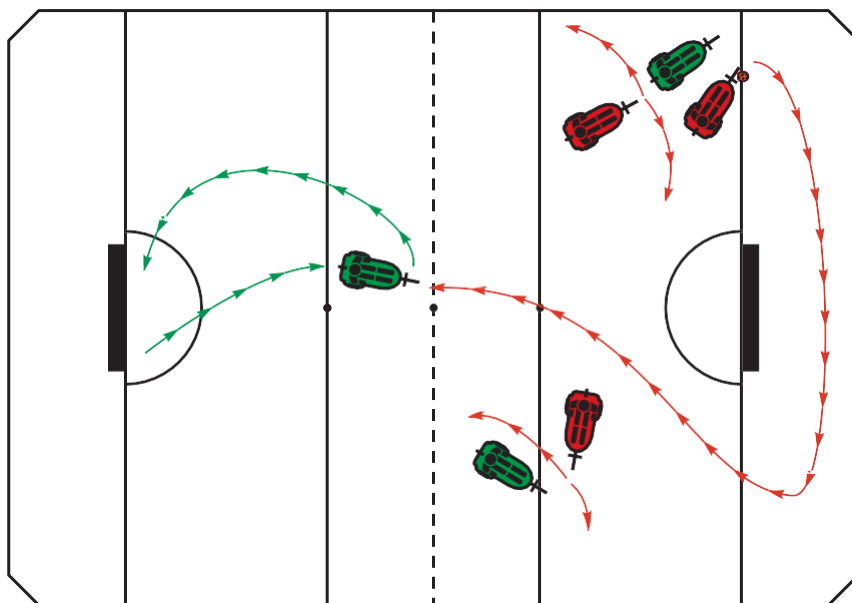
In the defensive play, the screening game is important in the work of reducing the ball carrier's ability to manoeuvre. The defenders must try to screen the ball carrier against the boundary in order to delimit the area. When the area becomes limited, the ball carrier must manoeuvre more sharply, increasing the risk of losing the ball. By screening the ball carrier against the boundary a longer distance to the goal is simultaneously created, which in turn makes it easier to back each other up if the ball carrier escapes from the pressure.

8.5 Offensive play

The offensive play in electric hockey is all about: speed, technique, delicious passes and great finishes. To create these details, it is necessary as a team to have a plan for how the offensive play should take place.

The offensive play in electric hockey, like the defensive play, is divided into different systems, each of which has its strengths and weaknesses. These systems are: counter play, controlled offensive (goalkeeper in the goal), and offensive (goalkeeper as the rearmost player and without a goalkeeper).

The way a team attacks is often related to the defence that the team chooses to use, as the type of defence is often decisive for where in the playing area the ball is recovered and thus what opportunities the team has to attack. As with the defence, most teams switch between different types of attacks during both a match and a tournament depending on the opponent. In the following, the different types of attack will be described, and it will be explained when it may be advantageous to use one type of attack over another.



**FIGURE
20**

Counter-attack:
The ball is recovered in the corner. The defenders screen the strikers so that the goalkeeper can attack.

8.5.1 Counter-attack

Offense type: Varied

Purpose

The counter-attack is based on the team benefiting on the opponents errors, which the team then tries to punish. The counter-attack can be used with all the defensive systems, as the purpose of the counter-attack is to recover the ball and quickly attack the opponents' goal before their defence gets in place.

Positions and tasks

In the counter-attack, the players have the starting positions that they occupy in the defensive system that the team uses. There is therefore no fixed starting position, as the starting position is the position that the player occupies at the moment the ball is recovered.

As soon as the ball is recovered, the two defenders, who do not have the ball, must try to catch the strikers in screenings in the playing area, thus making room for the ball carrier, who attacks the opponents' goal as directly as possible.

When to use the counter-attack

As the counter-attack is about attacking quickly and catching the opponent in the playing area, the counter-attack will often be effective against the teams that play an offensive attack, and thus have the goalkeeper as a third field player.

8.5.2 Controlled attack

Offense type: Cautious

Purpose

The controlled attack is based on the team attacking with two players while the goalkeeper stays in the goal. This form of attack is cautious as only two players attack. The focus is on scoring, but just as much on minimising the risk of the opponent scoring easy goals if the team makes mistakes in the playing area.

Positions and tasks

The starting position in the controlled defence is often the zero defence, the post defence or the half-court press, where the goalkeeper is already in the goal field.

When to use the controlled attack

This form of attack can advantageously be used by starter teams where the focus is on learning, while the risk of losing by a lot of goals is reduced by having a permanent goalkeeper.

The form of attack can also be used by better teams who want to limit the risk of being caught in a counter-attack.

Strengths

The controlled attack has its strengths in the defensive. By attacking with only two players, the team is secured against random balls that can go in, plus there is always a goalkeeper to defend if the opponents obtain a counter-attack.

Weaknesses

One of the weaknesses of the controlled attack is the offensive element. By only attacking with two players, it becomes difficult to screen the defence players away from the goal and thus create space.

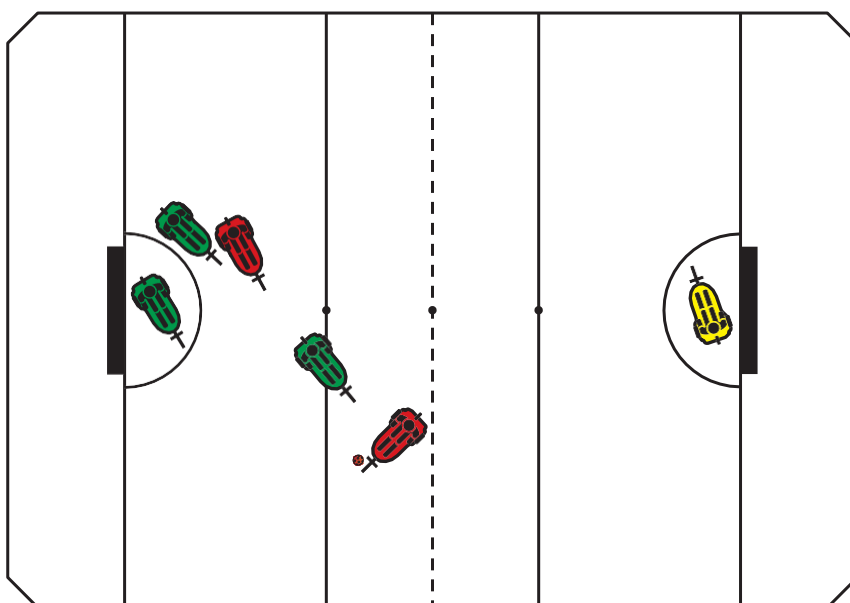


FIGURE
22

The ball carrier will always play at least one against one and will therefore be pressed. Under pressure, the ball carrier has to make several difficult manoeuvres, thus increasing the risk of losing the ball.

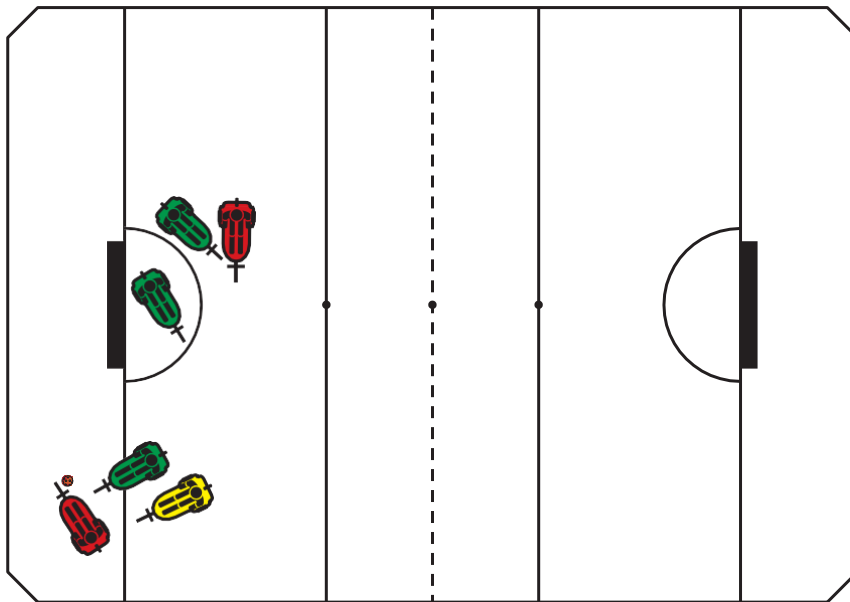


FIGURE
23

8.5.3 Offensive attack

Offense type: Offensive

There are two types of offensive play that are very similar. The difference between the two systems is the goalkeeper's task in the offensive play.

- 1) In the first system, the goalkeeper participates as a third field player, but it is still the goalkeeper's responsibility to cover the goal in the event of losing the ball.
- 2) In the second system, the goalkeeper also participates as the third field player, but the goalkeeper actively contributes to screening the opponent throughout the entire playing area and at the opponents' goal field. The responsibility to cover the goal belongs to the entire team, and when the ball is dropped, it is the player closest to the goal that drives back and acts as a goalkeeper until there is time to switch with the original goalkeeper.

In electric hockey at the highest level, it is a necessity to play with the goalkeeper as the third field player, as the players at this level are so technically proficient that it is very difficult to obtain any chances of scoring a goal when playing with only two strikers.

Both systems are based on the team running the game and setting up the attack, so that the strikers screen the defenders away and create room for the ball carrier to have a reasonable opportunity to finish or to pass to a finish.

Purpose

Attacking with three players gives more opportunities to create room by means of screenings, and at the same time it gives a player more opportunities to finish.

- System 1) The position of the goalkeeper as the rearmost player with the primary responsibility for the goal gives the team the security of having the goal is covered and each player knowing his/her role.
- System 2) The fact that everyone is responsible for the goal makes the team very flexible when it comes to pressing the opponents across the entire playing area, as it does not matter anything that the goalkeeper is suddenly the front player, as the rearmost player then takes over the role.

Positions and tasks

The starting point of the offensive attack may be any form of defensive play, as the tactic is to recover the ball, take the pressure off the ball carrier and then set up the attack for a pass or a finish.

The task of the defenders and the goalkeeper is to screen the opponent as soon as the team has the opportunity to recover the ball. Whoever gets control of the ball has to choose between driving a fast counter-attack or searching the open room and slowing down the pace so that his/her fellow player can set the agreed screenings.

When to use the offensive attack

The offensive attack is used by teams, who want to play offensive electric hockey and who choose to take a risk by playing with a 'flying goalkeeper'.

As described earlier, offensive attacks are used against all teams, but how offensive you want to play depends on the opponent and how much risk you want to play with.

In situations where the team is behind in goals scored or pressured to achieve a result, the offensive attack will often be used based on a full-court press, where it is necessary to recover the ball and to have the entire team ahead in the playing area to create opportunities.

Strengths

The offensive attack has its strengths in the offensive. By attacking with three players, an opportunity is created to screen the opponent away from the goal, thus creating a greater end zone for the ball carrier. It is another advantage that it creates the opportunity to make teamwork, so that in particular passes become an important tool in the offensive play.

Weaknesses

The weakness of the offensive attack consists in the goalkeeper being in the playing area, and therefore situations may arise where a couple of good screenings from the opponent means free access for driving towards an empty goal.

Another weakness is that each team often has a dedicated goalkeeper. When a team plays with the goalkeeper as the third field player, the opponent has the opportunity to screen the goalkeeper so that one of the other players will have to cover the goal. It may disrupt the team's defensive play and create confusion, which may increase the opponents' chances of scoring.

8.6 Setting up the offensive play

In the previous section, various attack systems were described and one of the concepts used was the setting up of an attack. Most teams have a specific plan for how to attack and where the screening players should position themselves in relation to the goal and the opponents. Therefore, setting up the attack means that the ball carrier is waiting for the screening players to take their agreed positions.

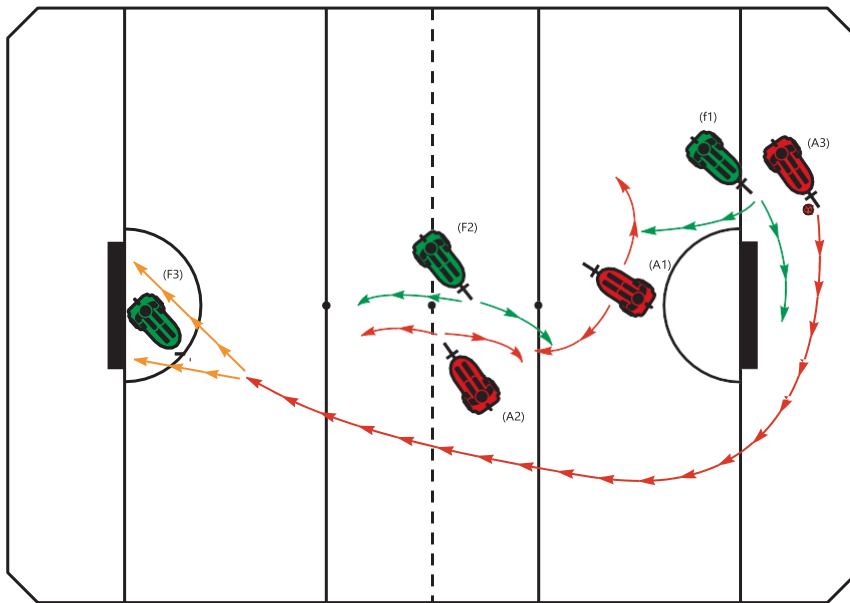


FIGURE
24

Example: :

To create a finishing opportunity, it is necessary to screen the opponent away from the ball carrier. Figure 24 illustrates an agreement on setting up the attack. The ball carrier (A3) drives behind the team's own goal. One screening player (A1) has the task of screening the defender (F1), who attacks the ball carrier by closing the playing area in the direction in which the defender is driving. The second screening player (A2) is tasked with screening the second defender (F2) in the middle of the field to open a path for the ball carrier (A3).

Another example could be that the team has an agreement that the attack will end with finishing right in front of the goal. Therefore, it is necessary to create room for the ball carrier to finish with a large finishing angle. The two strikers must therefore try to screen the defence away from the centre of the goal field and it may take time to create the room needed.

There are also options other than finishing right in front of the goal. The agreement could be, for example, that the ball carrier must also have an opportunity to pass on the ball. In such a situation, one striker positions him-/herself for a pass rather than screening the defender away from the centre of the goal (figure 25).

The fact that the team has a plan does not mean that it must necessarily be entirely followed, because often the setup will be the starting point for an attack. The attack will often end with a different finish/pass than originally planned, but the advantage of having a plan of how the attack should be set up is that the players know their tasks and this increases the possibility of being successful.

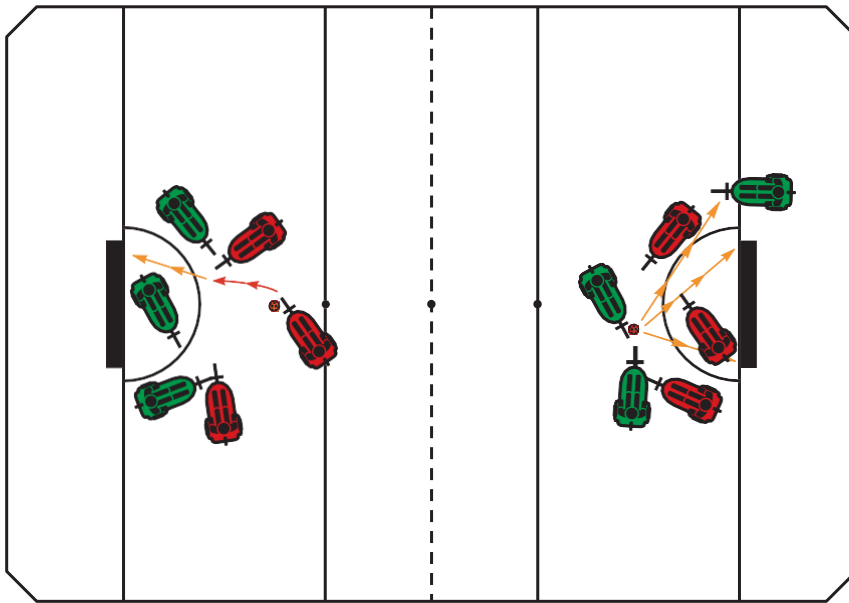


FIGURE
25

8.7 Screening play

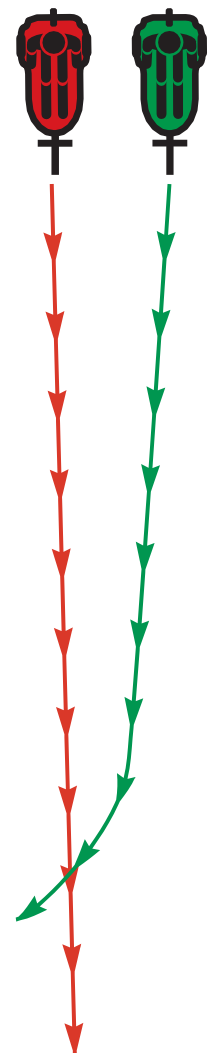
In all its simplicity, screening means blocking the path of the opponent. The purpose of a screening can be two things: directing the opponent to create room or directing the opponent to limit space. Screenings are very important in electric hockey as the game takes place in a limited area where the players are always close to each other.

In the attack, screenings are important as the defence can otherwise easily limit the ball carrier's driving. The strikers can use screenings to limit the defenders' manoeuvring area while increasing the ball carrier's opportunities. In the attack, screenings are at the same time used to create room at the goal field, so that the ball carrier can get to a finish or pass opportunity with a wide angle.

In defence, screenings are also important, as screenings can be used to determine which part of the field the team will open. The defence can, by opening part of the playing area, decide where the strikers can attack. If the defence is positioned so that only one side of the field is open to the ball carrier, the defence can more easily press the ball carrier as he/she drives into the open area, as the area is limited.

Prerequisites

The rules of electric hockey allow the players to screen the opponent from driving into a specific area of the field. As a starting point, screenings must be set without any contact between the two players, and at the same time the screening must be so close that the opponent has difficulty manoeuvring. Therefore, to become a good screener, it requires a number of skills to avoid crashes and at the same time set a good screening.



8.8 How to screen the opponent

Timing, foresight, overview and good driving technique are the most important factors in screenings, and these skills are used in all types of screenings. The rules of electric hockey prescribe that the player, who first gets into a situation, has the right of way. Therefore, as a screener, it is important to be in position before the opponent, as the player must otherwise give way for the opponent. In electric hockey there are different types of screenings. Basically, there is a stationary screening and a screening while driving.

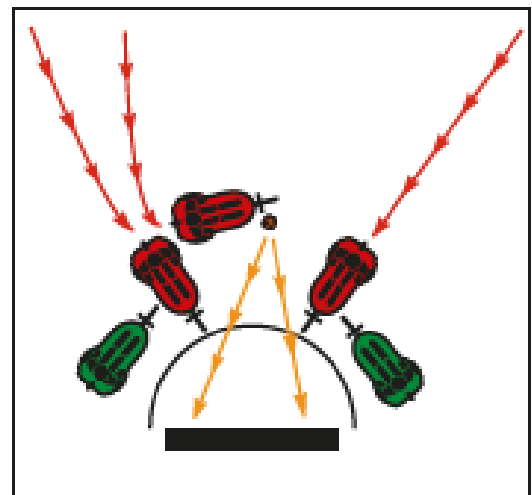
8.8.1 Stationary screening

A stationary screening is a screening in which the screener is stationary or close to stationary. This type of screening has a limited range and is most effective at the goal fields, where screening can prevent the defence from covering a specific area. Conversely, the defence can use a stationary screening to cover a specific area at the goal field, such as in zero defence or post defence. The stationary screening can also be used in the playing area. For example, if a player is stationary at his/her own penalty line, the ball carrier can use the screening to get rid of an opponent. The T screening and the V screening at the goal field are two different screenings that can be used stationary.

8.8.1.1 T screening

The T screening is a stationary screening that forms an angle of approx. 90° with either the boundary or the goal field. The purpose of doing a T screening at the boundary is to set up a screening that gives the ball carrier time and that is easy to get out of again so that the screener can participate in the game again. The purpose of the screening is to make the distance around the screening as long as possible and it is often used in connection with loose balls at the boundary, where one player sets the screening while another recovers the ball.

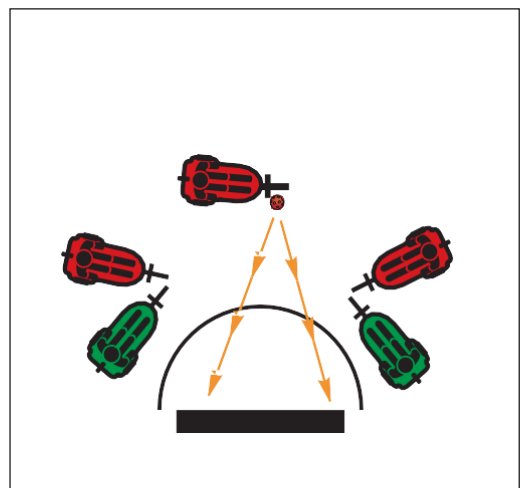
At the goal field, the T screening is used to make room for the finisher by blocking part of the goal field so that the defence cannot cover.

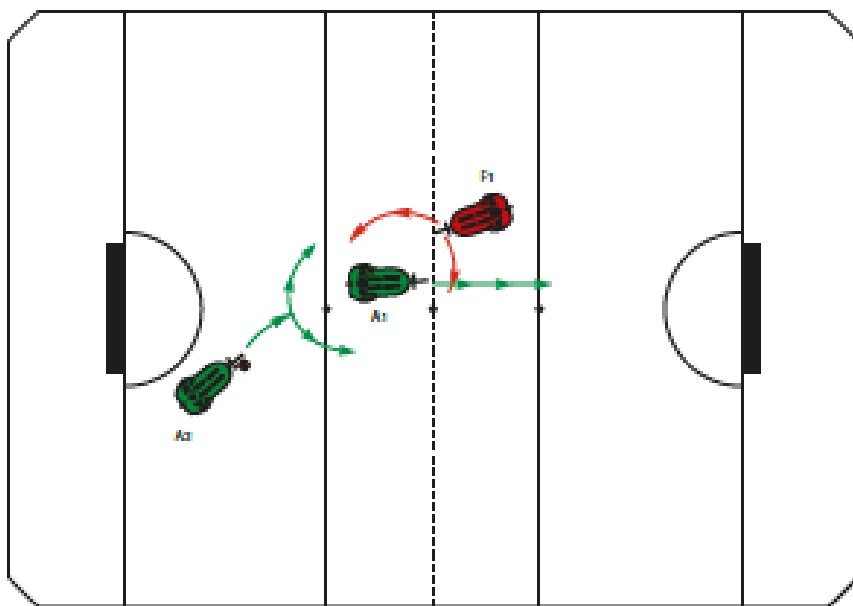


8.8.1.2 V screening

The V screening is a screening that forms a V with the goal field or the boundary. The V screening can be used both stationary and while driving. The screening is set by a player, who drives obliquely in front of the opponent, and stops or presses the opponent to the side over some distance of the field. The screening to a greater extent retains the opponent in comparison to the T screening, but at the same time it is also more difficult for the screener to get out of it. It is often used to keep an opponent out of the game for several seconds.

At the boundary, the purpose is to press the opponent against the boundary and prevent him/her from continuing moving forward. At the goal field, the screening is used to prevent the defenders from moving back and forth.





**FIGURE
26**

A1 drives up through the playing area.
 A2 drives behind him/her with the ball.
 F1 selects a side to get around A1
 When F1 selects a side, A2 drives the opposite way around 1.
 It is important that the ball carrier adjusts speed and distance to A1 so that he/she can drive both ways.

8.8.2 Screening when driving

The purpose of the screening while driving is to screen the opponent away by driving in a particular path that prevents the opponent from getting to a certain area. The screening while driving therefore has a long range, and if the screener is proficient, it is possible to keep an opponent along the boundary all the way up the playing area

This screening is used both in defence and attack to limit an area or to keep an opponent inside an area.

There are several ways to perform the screening. The screening can be performed by driving obliquely in front of the opponent, thereby pressing the player's path to the opposite side. The screening can also be done by driving up besides the opponent and following his/her path so that the opponent cannot get to the opposite side of the screening.

8.9 Screenings at the goal field

The goal field is one of the areas in the playing area where the struggle for the positions is the hardest. Therefore, the starting point is to get into position as soon as possible, which can be difficult. If the opponent is already in position, it is important to fight for a better position, and here the concept of "winning centimetres" is used.

"Winning centimetres" means that the player tries to push him-/herself into a better position when possible. For the strikers, the chance will arise when the defenders move to make screenings for the ball carrier, while for the defence it will be possible when the strikers move to get in a better finishing position.

By winning centimetres, both the defence and the attack can improve their ability to perform the task they have, whether preventing goals or finishing towards the goal.

Screening and finishing

At the goal field, the striker can use the V screening to bring him-/herself to a position where the defender is screened at the goal field and the striker has the opportunity to finish.

The striker screens the defender at the rear wheel so that he/she cannot reverse. When the ball carrier passes the ball across the field, the screener reverses so that the ball is hit into the goal.



11.0 LEARNING

One of the most important tasks of the coach is to teach players tactical and technical elements. For that task to be satisfactorily solved, it is necessary that the coach knows the complexity and the elements that learning contains.

Before explaining the elements of learning, it initially requires a definition of what learning is. Ole Lauridsen defines learning as: the conscious or unconscious process that involves the acquisition of information, processing this information into knowledge and storing this knowledge so that it can later be consciously or unconsciously used. This means that learning results in known or unknown changes in the player's behaviour or attitudes.

In learning situations during training, there are many pitfalls that can result in insufficient learning on the part of the player, and this can help prevent players from being at the level of learning, at which the coach wants them to be. There may be several reasons for that:

- Coach: • The coach's explanation of, for example, an exercise is too poor and/or incoherent.
- Player: • Lack of concentration.
- Lack of motivation.
- Already developed knowledge and insight is inadequate or incorrect.
- Individual learning styles that are not taken into account.
- Generally: • Disturbances during the situation.

There are several methods that you as a coach can use to reduce these negative influences on the learning situation. The following describes what methods a coach can use to improve the learning of the players.



11.1 Issue 1: The coach's explanation is too poor and/or incoherent

The coach's preparation for the training, as well as knowledge of the educational, technical and tactical elements are crucial to good learning. By using this coaching manual, among other things, you may be inspired to better preparation and building of more knowledge. In addition, you can attend electric hockey coach courses.

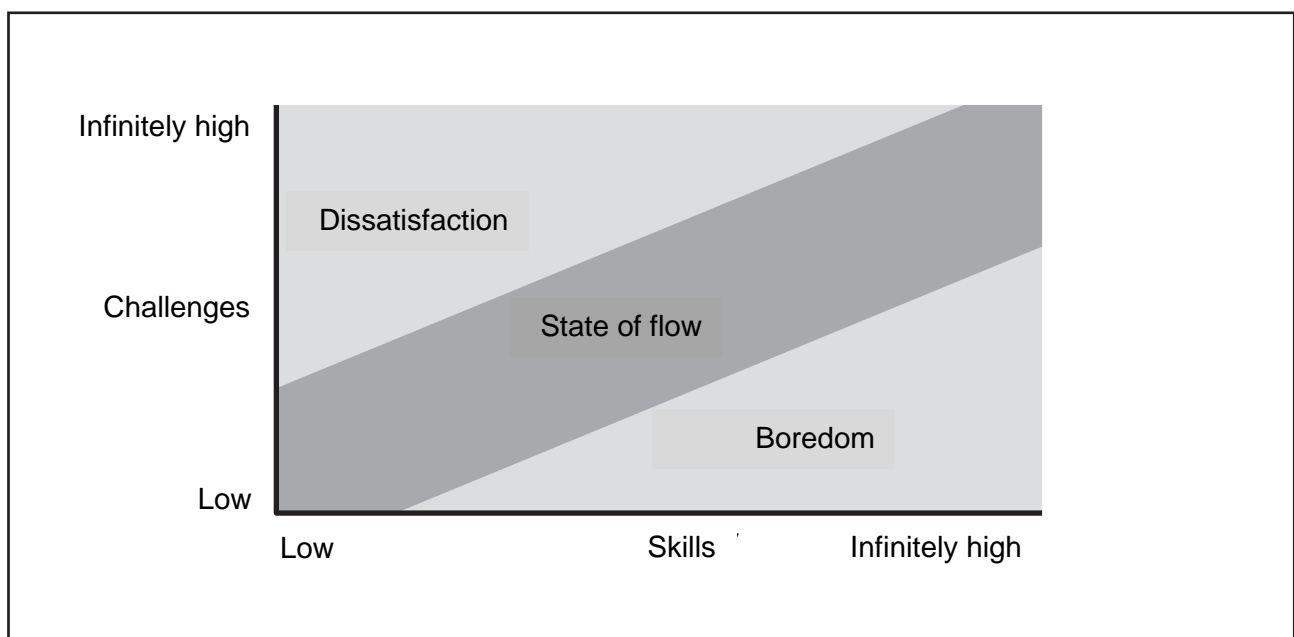
11.2 Issue 2: Lack of concentration

Within the world of sports, a concept called flow introduced by the scientist Csikszentmihalyi is being worked on. Flow is a state where the player is fully motivated and concentrated. For the player to experience a state of flow, it requires the following prerequisites:

- There must be clear, concrete and realistic goals for the training for the individual player.
- Continuous and immediate feedback on player actions.
- An appropriate balance between, on the one hand, the challenges the player is facing and, on the other, the player's skills. If these do not match, too challenging demands will create anxiety, stress and worries, while challenges that are not demanding enough will create boredom.
- No outside distractions.
- Considerations for different learning styles.
- At the same time, an environment must be created around the training that gives players a sense of security, thus making them dare to make mistakes. This means that the player should not worry about making a mistake. See the feedforward or coaching section.

If the training does not already emphasise these six factors, the concentration and motivation of the players will certainly change if the coach focuses on these factors in his training.

The figure below shows the balance that creates a flow between challenges and skills.



11.3 Issue 3: Lack of motivation

People are motivated by different things:

Improving skills, having fun, being with friends, experiencing enthusiasm and excitement, achieving success, etc. This means that the training should depend on the players' motivation basis. As a coach, you can easily believe that players are not interested in learning specific exercises. In these situations, the purpose of the exercise may not match the players' motivation to participate in the exercise. This means that the exercise emphasises the wrong kind of motivation. If you are not coaching competitive players but instead players, who participate because of social cohesion, competition will be the wrong way to motivate the players. In this situation, exercises that instead emphasise fun and togetherness will be preferable, such as games. As a coach, it can be difficult offhand to assess the players' motivation basis, and it is therefore important that the coach, together with the players, agree on the framework for the training.

11.4 Issue 4: Already developed knowledge is inadequate or incorrect

In these situations, it is up to the coach to change the structure of the training. If the players' skills or knowledge are insufficient, the level of training must be lowered or the content changed, and if the players' knowledge is incorrect, time must be spent on changing that knowledge.

11.5 Issue 5: Individual learning styles that are not taken into account

Ole Lauridsen argues that learning styles are the method or methods we use to concentrate on new and difficult information, to acquire that information, to process it into knowledge, to store that knowledge and to use that knowledge again. What you as a coach should take to heart from this section is that the players do not learn best in the same way. There are many different ways of how best to learn, however, in the following, only 3 learning elements will be presented; the ones that are essential for electric hockey training:



- Auditory
You learn best by listening.



- Text visual
You learn best by seeing text, i.e. reading.



- Image visual
You learn best by seeing all kinds of illustrations, pictures, displays.

It is up to the coach to consider the players to be coached and their individual needs. If they are auditory players, then it may be enough to tell about the exercises. If they are text visual players, you can with advantage give players texts describing the exercises, and if they are image visuals, then it will be an idea to either draw the exercise on a board, or simply show it before practicing.



You also have to take into account that some players need to talk about the exercise and others just need to try it before they can learn and understand it.

11.6 Issue 6: Disturbances in the situation

As far as possible, avoid interruptions during training. Have the helpers take care of battery changes and repairs, avoid the use of mobile phones during training etc.

16.0 EXERCISES

Driving technique	68-93
Finishes.....	94-107
Passes	108-116
Screenings.....	117-129
Attack	130-134
Goalkeeper	135-145
Defence.....	146-149
Games	150-158
Ball launcher	159-162

16.1 Symbol explanation



16.2 Appliances

Appliances can be good to use in training as they help to make things easier for players and coaches, which should lead to both parties being able to focus on doing the exercises with concentration, many repetitions and high quality.

The hockey stick can be used by the coach to collect balls. In addition, it is a good tool for goalkeeping training so that accurate finishes can be made. In addition, a hockey stick can be used in most exercises where the coach has to pass to the players.



A gutter is an excellent tool for practising passes and finishes as the coach can pass the ball in the same area every time. This allows the player to concentrate on practicing the right movement pattern. At the same time, the gutter ensures that many high quality repetitions can be made.

The ball launcher has the same function as the gutter as it makes it possible to make many high quality repetitions. The ball launcher can be used for most exercises.



DRIVING TECHNIQUE AND BALL CONTROL EXERCISES

PLAYING AREA: 1



TOOLS: Cones and balls



NUMBER OF PLAYERS: 1-8

DESCRIPTION

In the following pages you will find a number of training exercises that practise both regular driving technique and ball control. Each trainer can put together new exercises that emphasise practising the elements identified in the section on driving technique and ball control.

PURPOSE

The purpose of doing exercises with and without a ball is to train the players' fine motor skills so that they get as good control of the chair as possible, as it is the control of the chair that determines how good a ball control can be achieved.

FOCUS POINTS

Forward driving:

- It is a misconception if you think that forward driving is one of the easiest aspects of electric hockey. When driving forwards against an opponent, small movements in driving can be decisive for who gets on the ball first or in a screening. If the ball is driven, small movements can result in losing the ball.

The focus point in forward driving:

- to minimise the movements of the chair
- to adapt speed to driving skill
- to keep the ball on the stick.

Reverse driving:

- The focus point of reverse driving is to maintain an overview and always be aware of where the other players are.
- to focus on minimising the movements of the chair as they are a risk to the other players.
- to keep the ball on the stick.

Turns/Rotation:

- A turn will most often take place while driving and here the focus of the exercises should be on the player keeping his/her momentum in the turn while minimising the movements of the chair.
- To keep the ball on the stick during the entire turn.
- A rotation is most often associated with a finish or a sudden change of direction. For the finish, the focus is to achieve great speed that can be transferred to the ball.

For the change of direction, the focus is:

- to adjust the speed of the rotation so that the player can drive at speed out of rotation in the desired direction.
- To adjust the rotation so that the ball is rolled in the desired direction.

- For both goes that turns and rotations must be carried out under great control, so that the risk of collision is reduced.

Speed

- Speed is a factor that influences all aspects of driving technique and ball control. The speed affects the player's ability to start/stop/turn, the player's ability to control the ball, and to time the finishes.

The focus is:

- that the speed is adapted to the player's skills
- that the speed is adapted to the ball and the opponent
- that the speed is adapted to the exercise

Starting/Stopping

- Starting and stopping are important, cf. the section on driving technique and ball control, and when working with this aspect there should be focus on:
- avoiding stopping entirely so that there is a possibility of rapid re-acceleration.
- Making a rolling start (anticipating the game) so that top speed can be achieved quickly.

Rounding of cones

- In driving technique exercises, cones are used to create templates, and the players' focus can both with and without ball be on:
- rounding the cones at the same speed
- rounding the cone as sharply as possible
- rounding the cone without the chair making movements
- letting the ball roll past the cone, drive up to the ball and bringing it around in the inner part of the stick.
- rounding the cone with the ball in the outer part of the stick

Ball control

When working with ball control, the players' focus can be on:

- the stick being in contact with the ball all the times
- placing the ball in relation to the next manoeuvre
- keeping the ball playable at all times

Shift of position

Shift of position on the stick is trained in a variety of exercises; common to them is that players can focus on:

- adapting the speed between chair and ball.
- making a quick shift.
- keeping the ball close to the stick during the shift of position.
- letting the ball roll away in the desired direction and accelerating up to it.
- making several quick shifts in a row.

DRIVING TECHNIQUE

DRIVING TECHNIQUE WITH BALL/WARM-UP

PLAYING AREA: 1

 TOOLS: Balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

All players have a ball and drive around each other. This is a good exercise to start the training.

PURPOSE

- To practice ball control.
- To practise overview.

FOCUS POINTS

- That the ball is all the time in contact with the stick
- That the players challenge themselves with turns, speed and shift of position on the stick

VARIATION

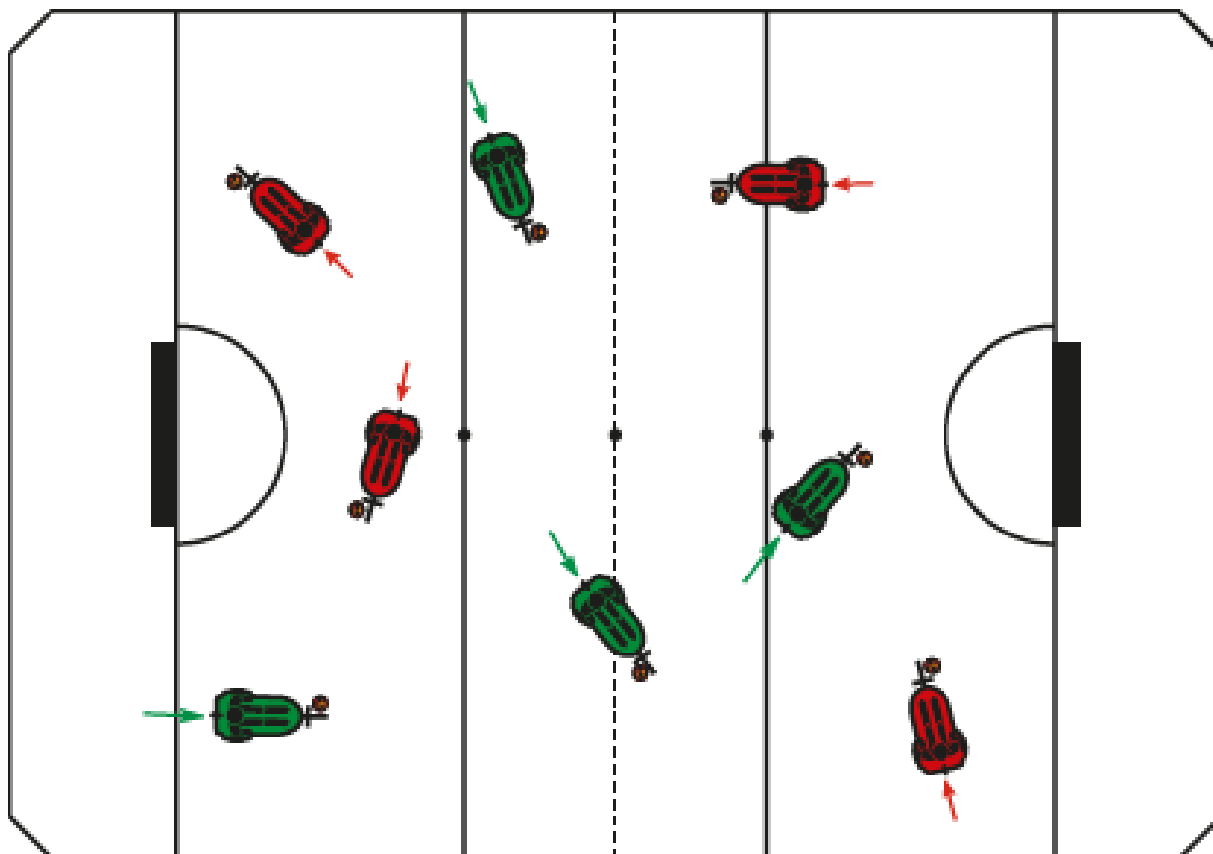
- All the players are driving around with a ball. On the coach's signal, the players must as fast as possible place the ball at the position on the stick, as told by the coach, e.g. inner left.

LEVEL OF DIFFICULTY

- 1-5
- The coach can determine the level difficulty by adjusting the speed between the different positions.

PREREQUISITES

- Control of chair and a little bit of ball.



DRIVING TECHNIQUE

DRIVING TECHNIQUE

PLAYING AREA: 1

 TOOLS: Balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

All players drive around each other. Every 30-40 seconds, the coach takes out a ball from the court. The players must now try to recover balls from the other players. The coach can decide how quickly the balls must be removed and from whom they should be removed.

PURPOSE

- To practice ball control with and without pressure.
- To put the ball on the stick in the opposite side of where the opponent is so that it is shielded.
- To practise overview.

FOCUS POINTS

- Having the ball on the stick all the time.
- That the players without a ball cooperate to recover a ball.

VARIATION

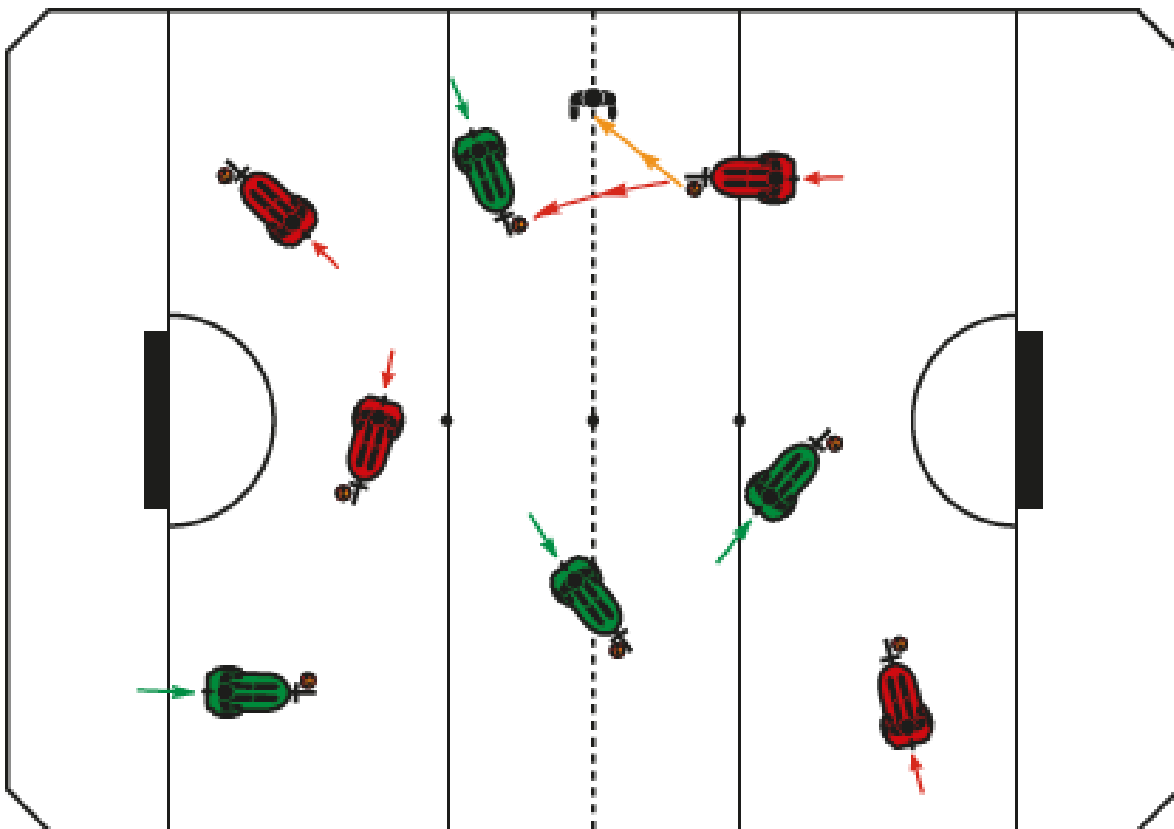
- Obstacles can be set up in the playing area.

LEVEL OF DIFFICULTY

- 1-3

PREREQUISITES

- Slight ball control.



DRIVING TECHNIQUE

CHAOS DRIVING

PLAYING AREA: 1



TOOLS: Cones



NUMBER OF PLAYERS: 2-8

DESCRIPTION

A large number of cones are set out arbitrarily in the playing area. The players then drive between the cones in as high a speed as they can without hitting the cones or their fellow players

PURPOSE

- To train fast changes in direction.
- To practise overview.
- To practise foresight.

FOCUS POINTS

- That the players focus on foreseeing in which direction they can drive after the next cone.

VARIATION

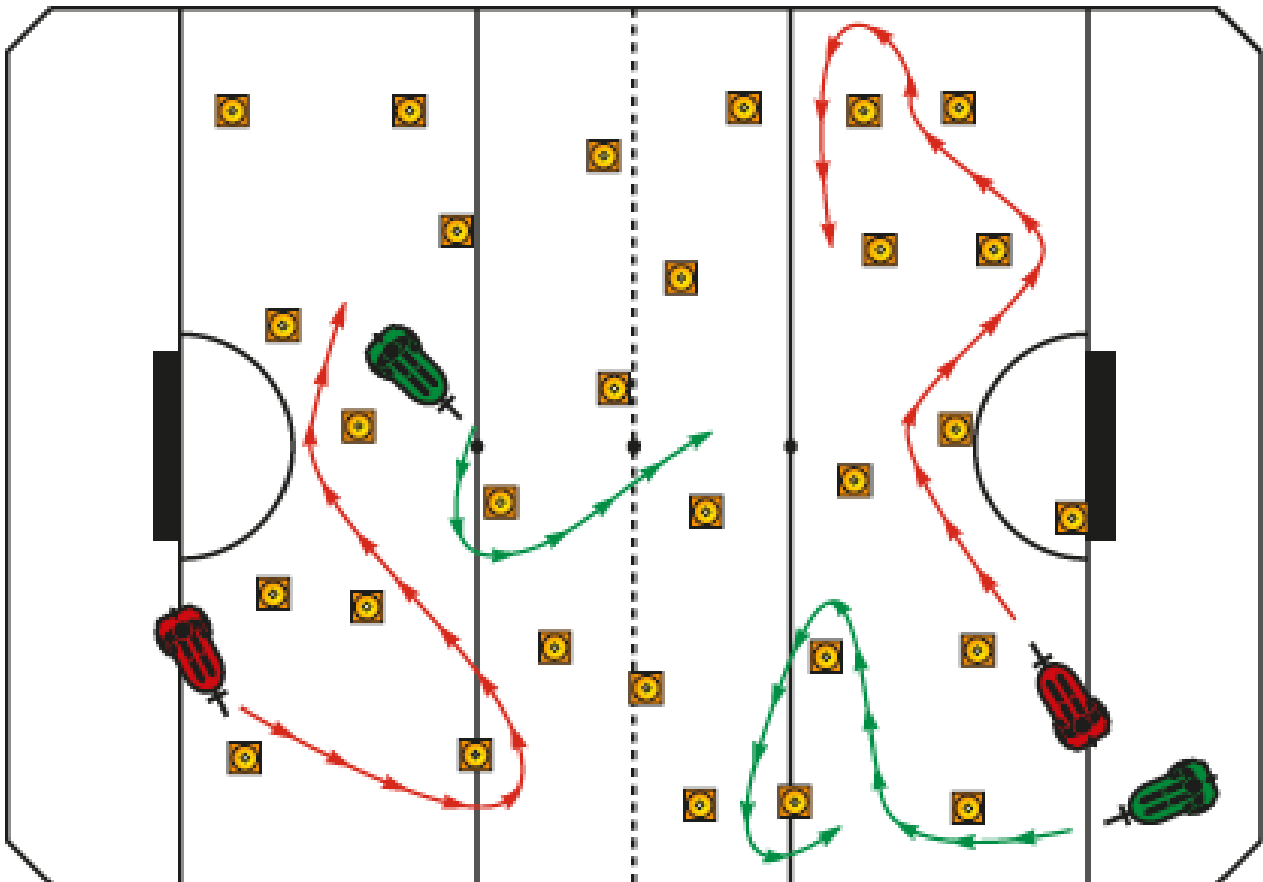
- Can be driving with a ball.

LEVEL OF DIFFICULTY

- 1-5
- The speed and how many players there are in the playing area determine how difficult the exercise is.

PREREQUISITES

- Control of chair.



DRIVING TECHNIQUE

DRIVING STRAIGHT AHEAD

PLAYING AREA: 1



TOOLS: Cones and ball



NUMBER OF PLAYERS: 1-8

DESCRIPTION

A corridor of cones is placed in one side of the playing area. Two squares are placed in the other side. The players drive straight ahead through the corridor and in the first square they make a 360 degree rotation in the next they make a 180 degree rotation.

PURPOSE

- To practise driving straight ahead
- To practice rotation.

FOCUS POINTS

- That driving through the corridor takes place with as little movement as possible.
- That the path through the squares is as straight as possible.

VARIATION

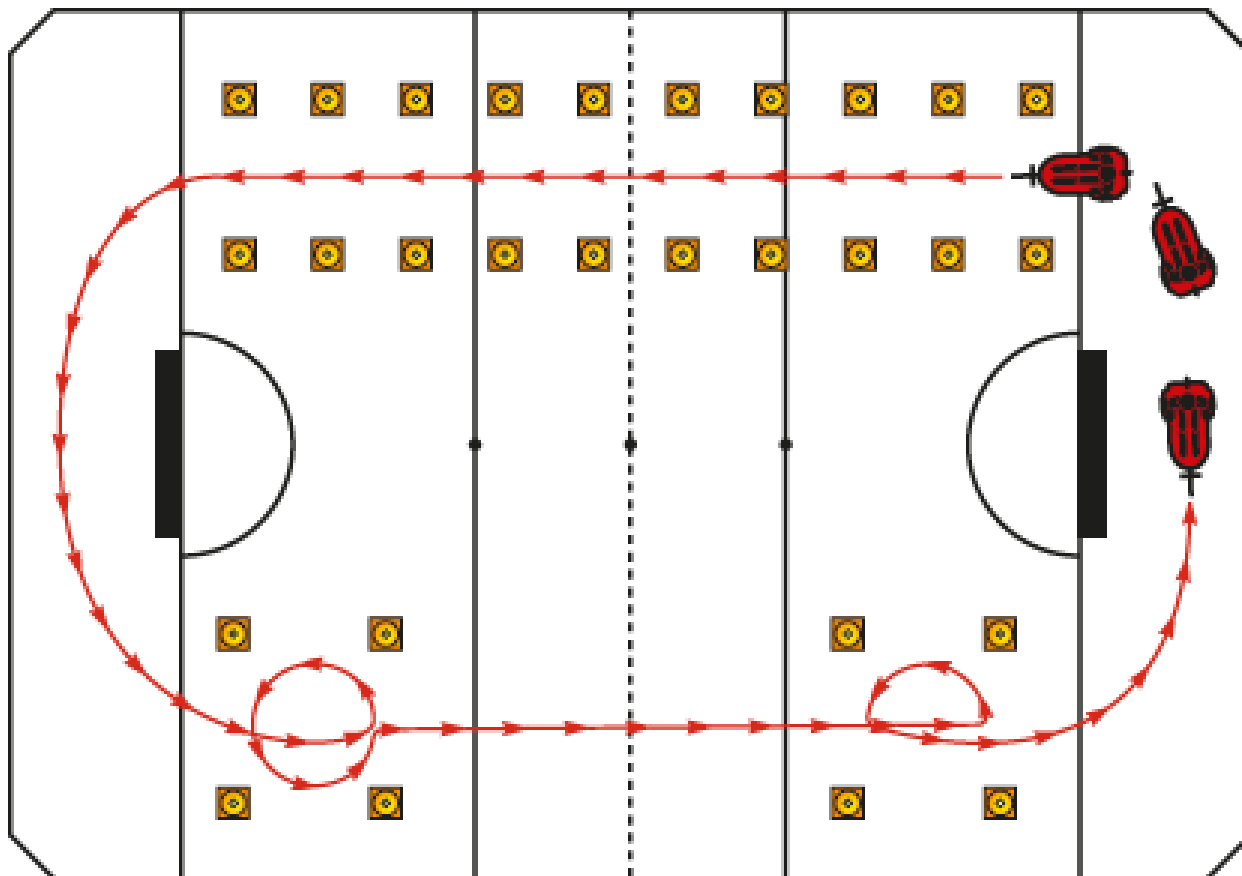
- Can be made with a ball.

LEVEL OF DIFFICULTY

- 1-5
- The corridor can be made larger or smaller to change the level of difficulty.

PREREQUISITES

- Control of chair.



DRIVING TECHNIQUE

ROTATION

PLAYING AREA: 1



TOOLS: Cones



NUMBER OF PLAYERS: 2-8

DESCRIPTION

Three squares are placed on each side of the playing area. In one side, the players must do a 360 degree rotation, in the other 180 degrees. The players start in one corner and follow around the playing area.

PURPOSE

- Practicing rotations while driving.
- Practising reverse driving.

FOCUS POINTS

- That rotation takes place in as small an area as possible.
- That the path through the squares is as straight as possible.

VARIATION

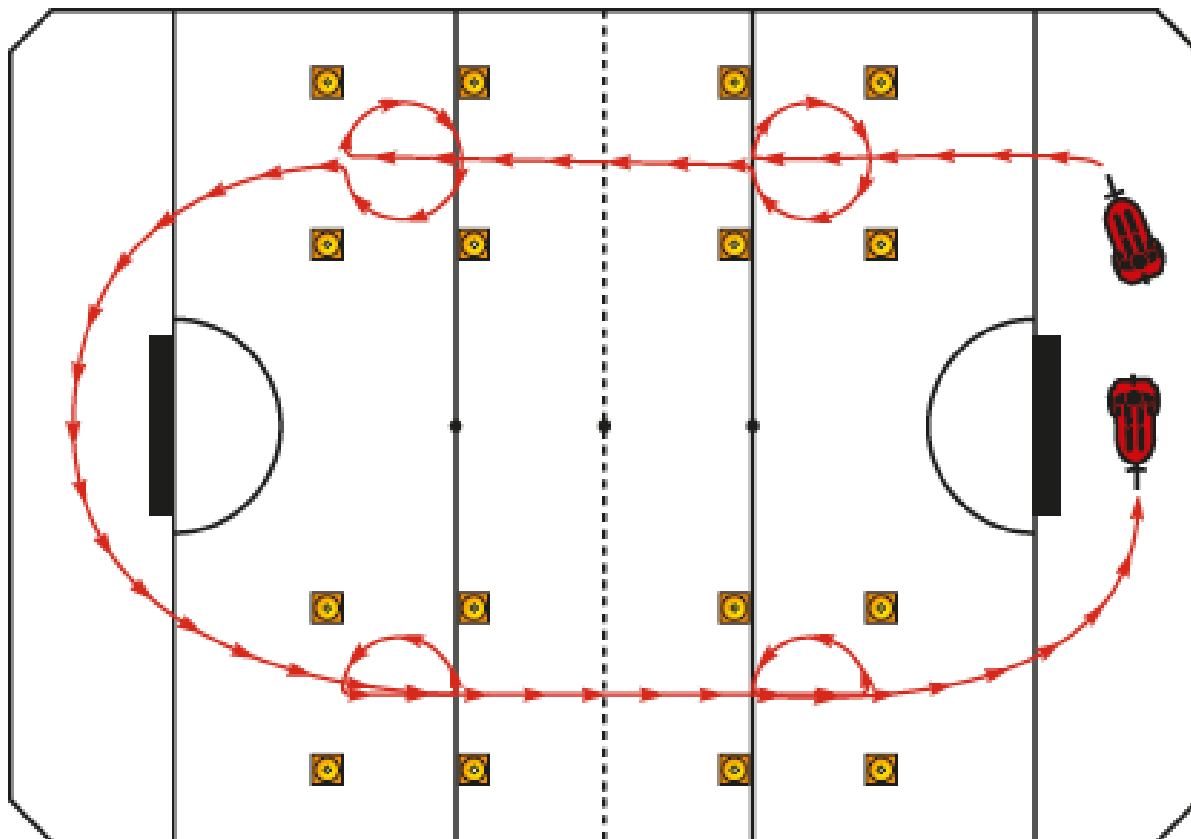
- Can be made with a ball.

LEVEL OF DIFFICULTY

- 1-5

PREREQUISITES

- Control of chair.



DRIVING TECHNIQUE

SLALOMING

PLAYING AREA: 1



TOOLS: Cones and balls



NUMBER OF PLAYERS: 1-8

DESCRIPTION

A row of cones are placed on each side of the playing area. In one side a straight row and in the other a row of offset cones. The players start in a corner and drive through the playing area.

PURPOSE

- To practise turns.

FOCUS POINTS

- To drive with as little movement as possible.
- To drive at the same speed through the path

VARIATION

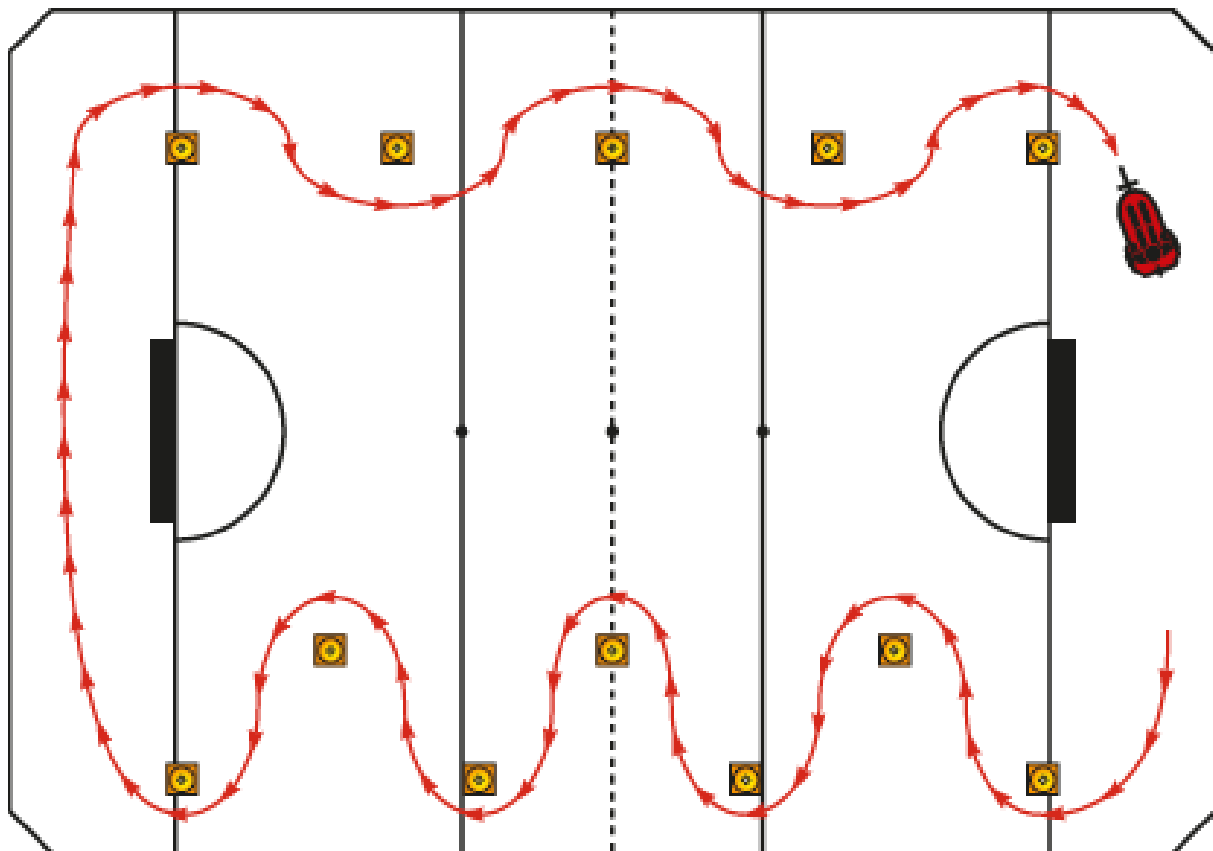
- Can be driving with a ball.

LEVEL OF DIFFICULTY

- 1-5

PREREQUISITES

- Control of chair.



DRIVING TECHNIQUE COMBINED

PLAYING AREA: 1



TOOLS: Cones



NUMBER OF PLAYERS: 1-8

DESCRIPTION

The example below illustrates how different sub-elements of different driving techniques have been combined to a new exercise. Sub-elements can be combined in many different ways and the coach has the opportunity to select the aspects that the players need to improve. By combining the elements in different ways, a variation of the exercises is created that makes the training of the technical aspects less routine and tedious. At the same time, the coach can vary the level of difficulty of the exercises according to which elements are arranged in succession. The focus points are the same for the individual elements, but it is still important that the coach is aware of the aspects, on which the players must focus in the chosen arrangement

PURPOSE

- To practice starting and stopping.
- To drive through the playing area with as little movement as possible.
- To drive as close to the cones as possible.

FOCUS POINTS

- That braking is done so that it is possible to quickly reverse out of the obstacle.
- That conversion from reversing and driving to the next obstacle happens quickly.

VARIATION

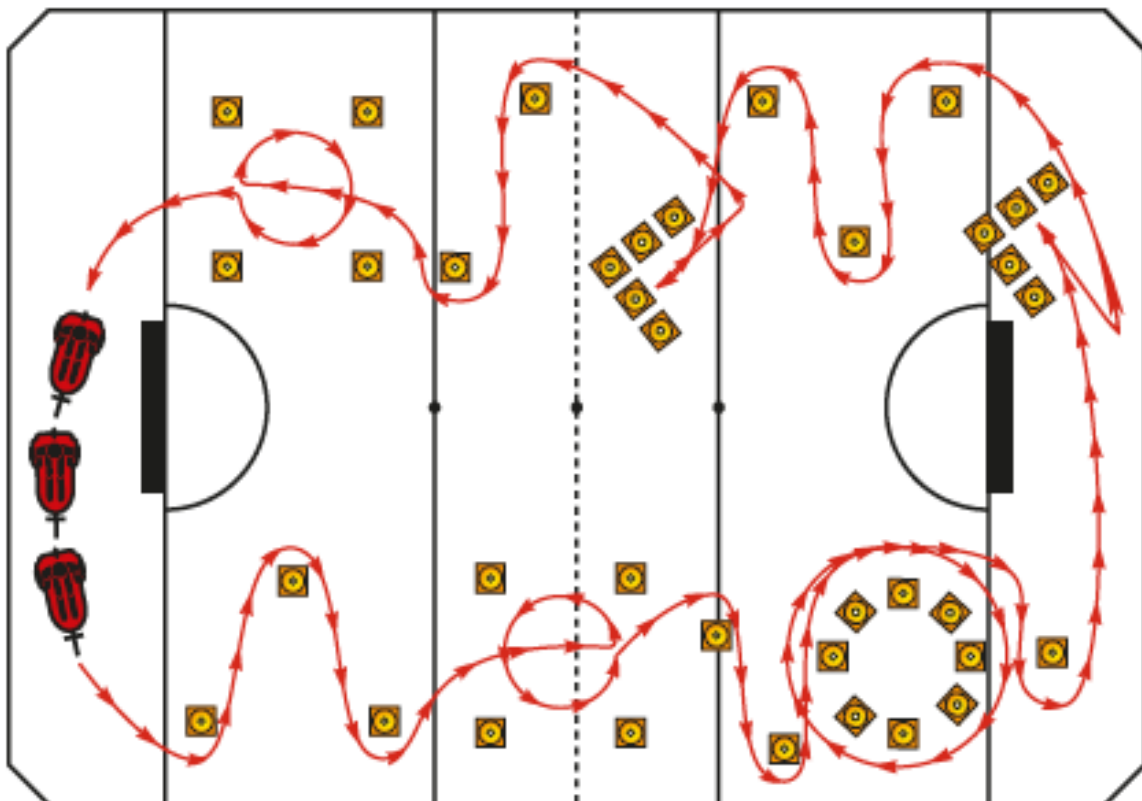
- Can be made with a ball.

LEVEL OF DIFFICULTY

- 3-5

PREREQUISITES

- Control of chair.



DRIVING TECHNIQUE

STOPPING AND STARTING

PLAYING AREA: 1



TOOLS: Cones and balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

3-5 cone obstacles are set up on each side of the playing area. An obstacle is a 90 degree cone formation that is at a slant in both sides of the direction of travel. The players advance to the obstacle, reverse and advance to the next one.

PURPOSE

- To practice starting and stopping.

FOCUS POINTS

- That braking is done so that it is possible to quickly reverse out of the obstacle.
- That conversion from reversing and driving to the next obstacle happens quickly.

VARIATION

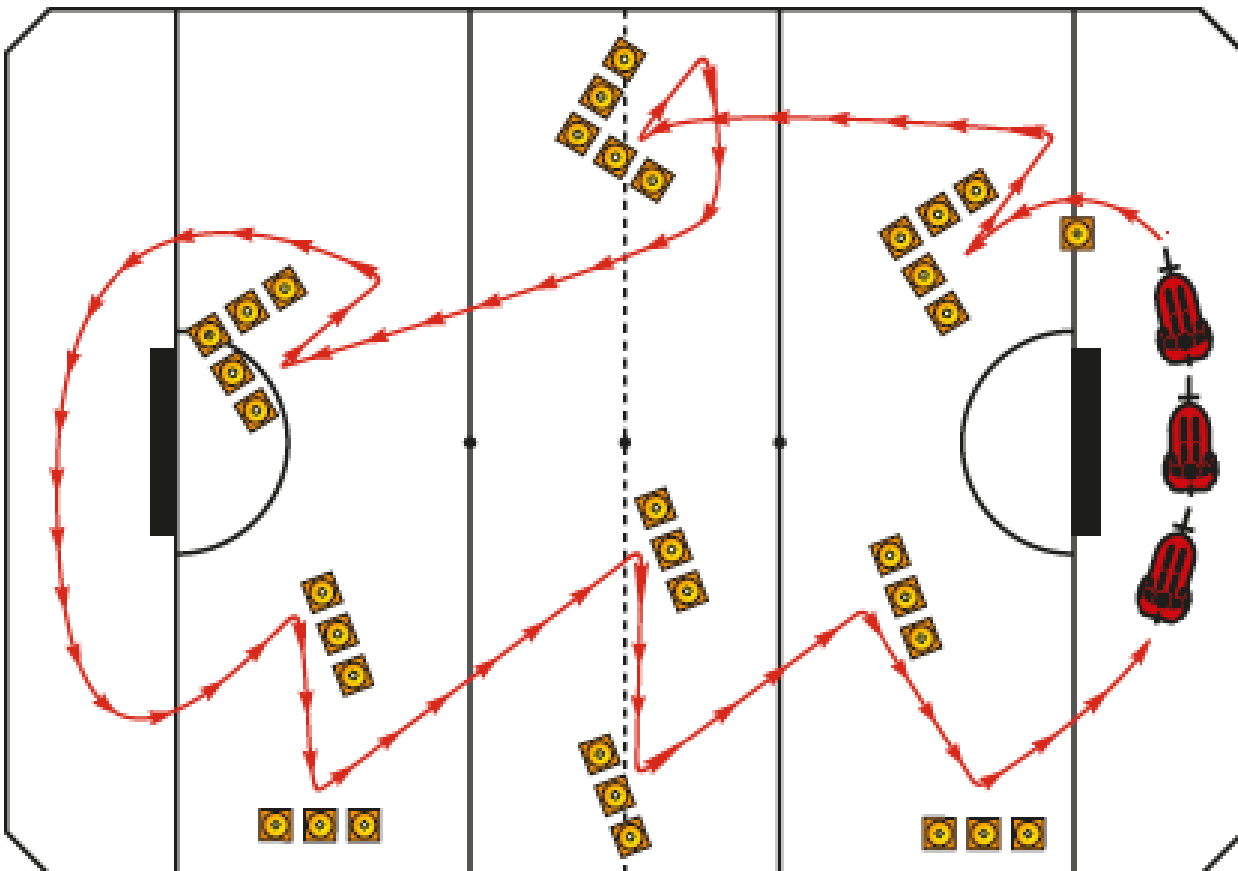
- Can be made with a ball.

LEVEL OF DIFFICULTY

- 3-5

PREREQUISITES

- Control of chair.



DRIVING TECHNIQUE

SMALL AND LARGE CONE ROTATION

PLAYING AREA: 1



TOOLS: Cones and balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

A track is set up, where on one side the players slalom between three cones before driving around a larger cone circle and end with slalom between three more cones. On the other side, a straight line of cones is set up, which players must drive 360 degrees around before moving on to the next one.

PURPOSE

- To practise rotations and turns.

FOCUS POINTS

- To drive through the playing area with as little movement as possible.
- To drive as close to the cones as possible.

VARIATION

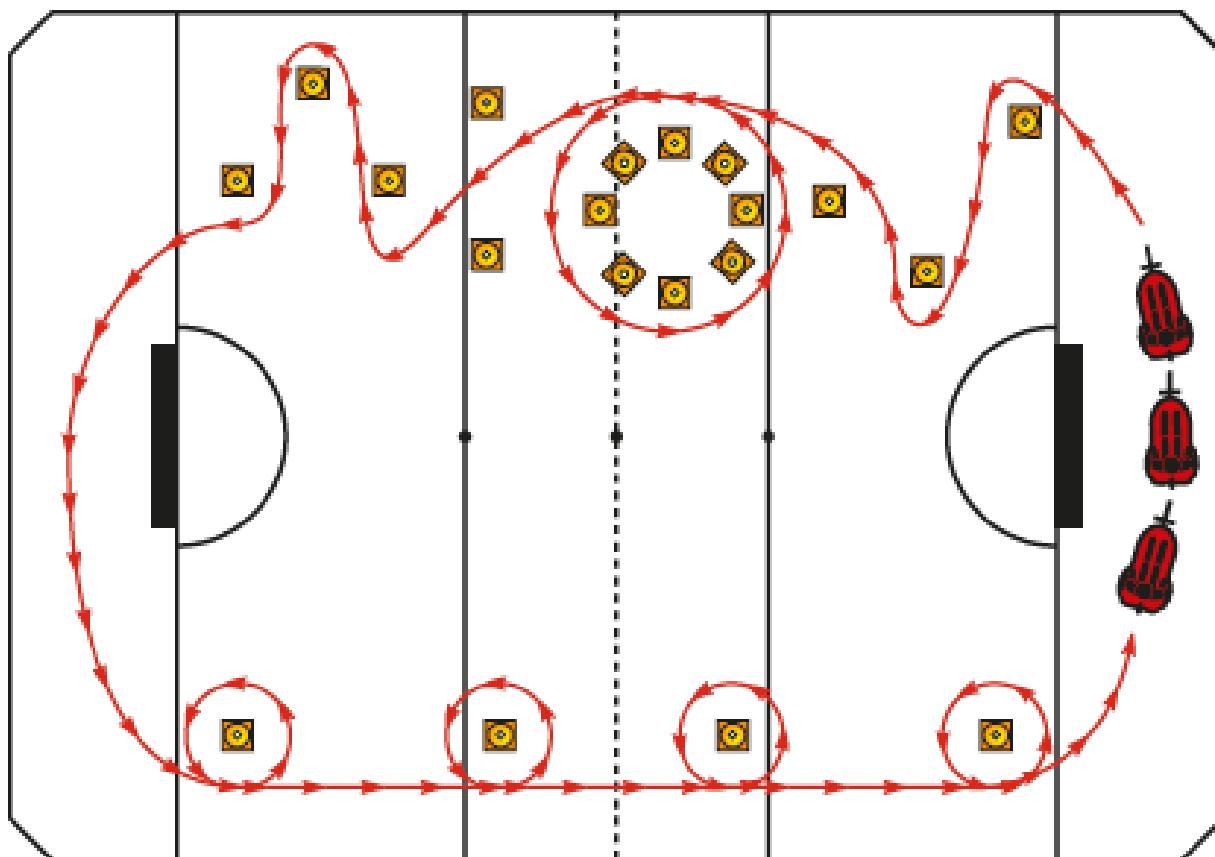
- Can be made with a ball.

LEVEL OF DIFFICULTY

- 2-5
- The cones can be set closer or further apart while the speed can be increased or decreased to raise or lower the level.

PREREQUISITES

- Control of chair.



DRIVING TECHNIQUE

DRIVING TECHNIQUE BEGINNERS

PLAYING AREA: 1

 TOOLS: none



NUMBER OF PLAYERS: 2-6

DESCRIPTION

The player follows the lines in the gym by placing the cross on the stick in the middle of a line.

When two lines cross, one can change direction.

Use the lines in the gym where you are - they are never quite the same!

PURPOSE

- To practise driving technique.
- To give new players a feel for the movement of the chair.

FOCUS POINTS

- Keeping the cross on the line.

VARIATION

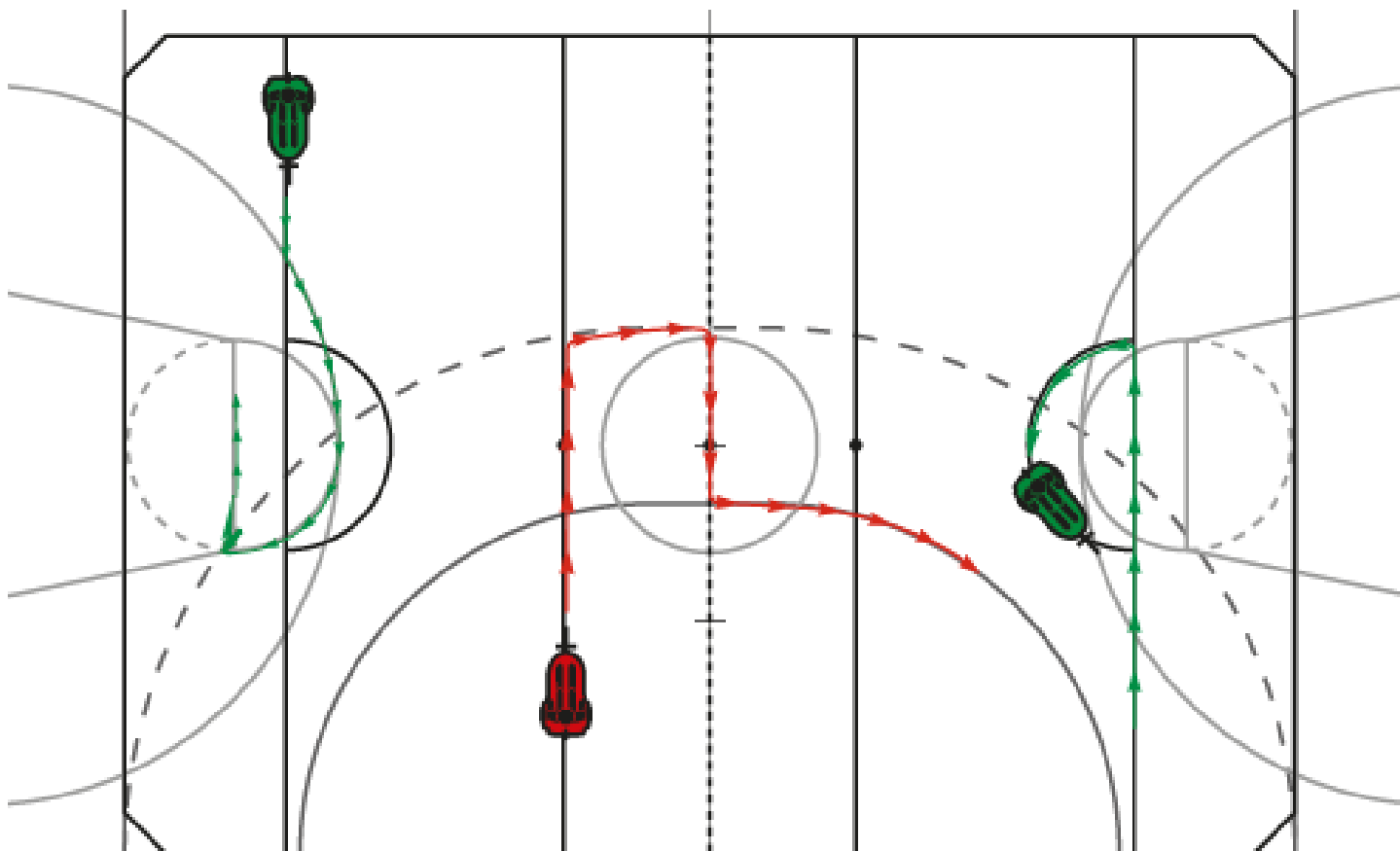
- The exercise can be made as a game of tag where one player (the catcher) must chase the others and catch up with them. If a player, who is being chased, gets the cross off the line, he/she will automatically be the catcher.
- The players can take turns in being the catcher or one player can be the catcher until everyone is caught.

LEVEL OF DIFFICULTY

- 1

PREREQUISITES

- Slight control of the chair.



DRIVING TECHNIQUE

SIMON SAYS

PLAYING AREA: 1



TOOLS: Cones



NUMBER OF PLAYERS: 3-8

DESCRIPTION

The players start in a row and follow the front player around the playing area. On the coach's signal, the rearmost player drives up front and takes over the lead.

PURPOSE

- To practise driving technique.
- To follow and anticipate the movements of others.

FOCUS POINTS

- To follow the front player as best as possible.

VARIATION

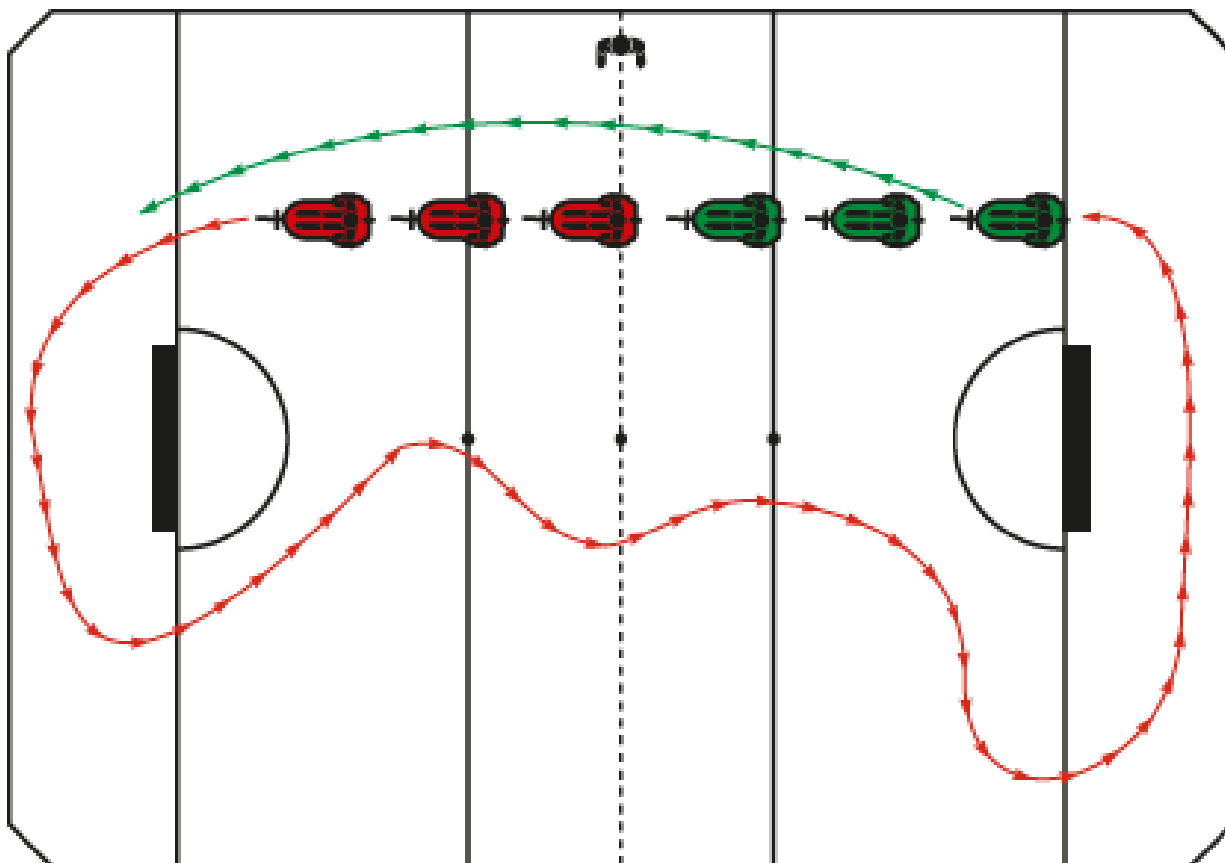
- The exercise can be done by the players driving at a distance of 1½ m so that the rearmost player has to zigzag between the others to get to the front.

LEVEL OF DIFFICULTY

- 1-3

PREREQUISITES

- Control of the chair.



DRIVING TECHNIQUE

SPEEDWAY/GAME

PLAYING AREA: 1



TOOLS: 10-16 cones



NUMBER OF PLAYERS: 4-8

DESCRIPTION

Make a circle of 10-16 cones. The centre circle in the gym can be advantageously used. 4 electric chairs stop next to each other and on the coach's signal they drive 2-3 laps.

PURPOSE

- To practise overview.
- To practise driving technique.
- To practice electric hockey rules (whoever comes first has the right of way).

FOCUS POINTS

- To avoid contact with the other players.
- Being able to keep the speed around the circle.

VARIATION

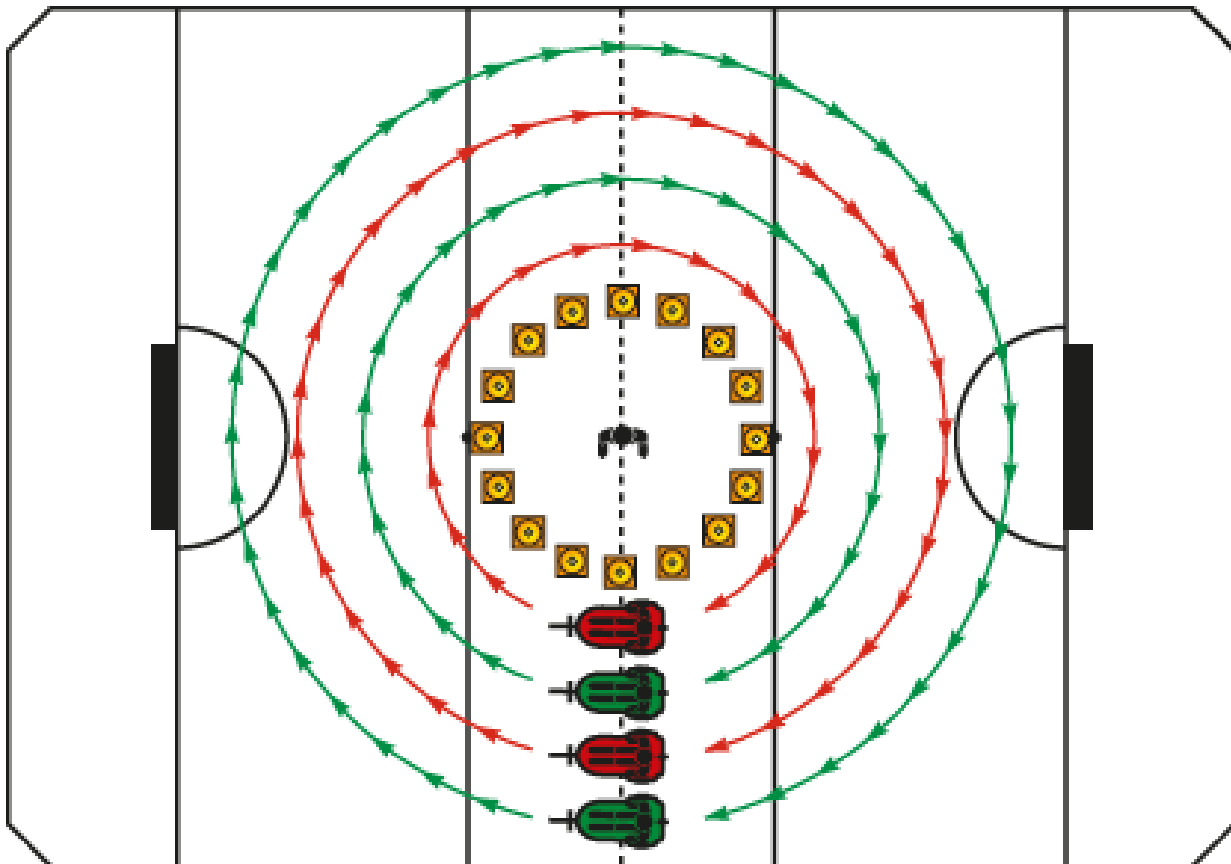
- To place the best ones outermost or to turn down the speed a little so that it becomes a fair competition for everyone.

LEVEL OF DIFFICULTY

- 2-4

PREREQUISITES

- Requires enough control of the chair so that you do not endanger the other players.



DRIVING TECHNIQUE

BUTTERFLY

PLAYING AREA: ½



TOOLS: Cones and balls



NUMBER OF PLAYERS: 1-8

DESCRIPTION

Four cones are placed on one court. The players start in one corner and drive up past the top cone, cross down past the bottom cone on the opposite side, up past the top one and back to the beginning

PURPOSE

- To practice turns and driving straight ahead.

FOCUS POINTS

Without ball: • Keeping the same speed on the straight pieces of the path and quickly round the cones.

With ball: • That the shift of position across the middle happens quickly.

VARIATION

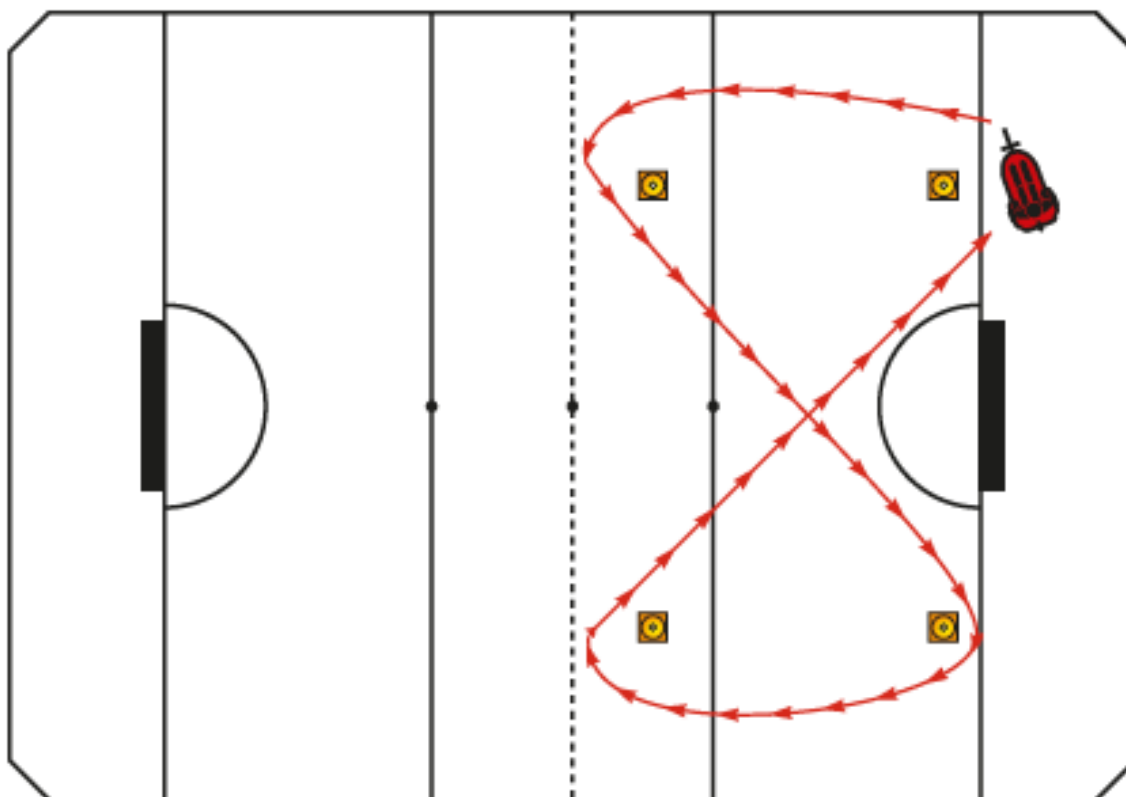
- Can be made with a ball.

LEVEL OF DIFFICULTY

- 1-5

PREREQUISITES

- Control of chair and ball.



DRIVING TECHNIQUE

EXTENDED BUTTERFLY

PLAYING AREA: ½



TOOLS: Cones and balls



NUMBER OF PLAYERS: 1-4

DESCRIPTION

The track is set up like a butterfly and an extra cone is placed in the middle of the playing area. The players start in one corner and have to go to every cone in the track. Between each cone, the cone in the middle of the playing area must be rounded.

PURPOSE

- To practice change of direction.
- Practicing turns.

FOCUS POINTS

Without ball:

- Keeping the same speed throughout the entire playing area.
- To reduce the movements of the chair.

With ball:

- Having contact with the ball all the way.
- That shift of position happens quickly and safely.

VARIATION

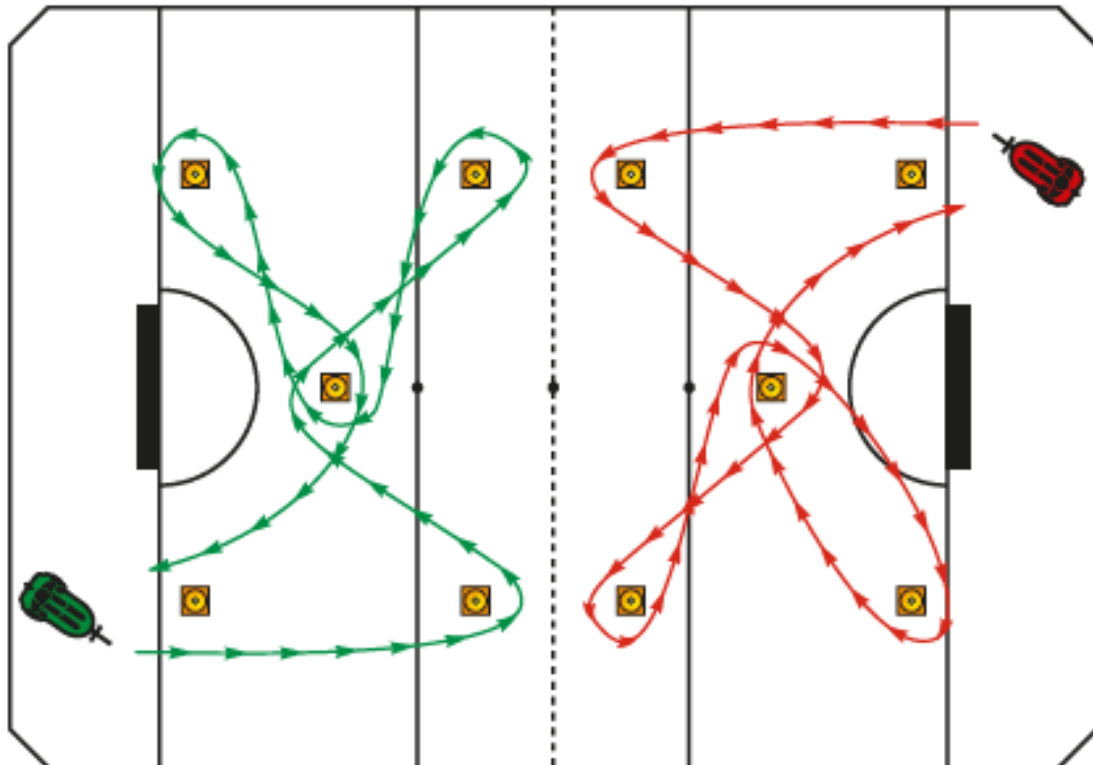
- Can be made with a ball.

LEVEL OF DIFFICULTY

- 1-5

PREREQUISITES

- Control of chair and ball.



DRIVING TECHNIQUE

CROSS TRAFFIC

PLAYING AREA: ½

TOOLS: Cones and balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

5 cones are lined up to form a cross. The players start at each their corner. They slalom up around the cone in the opposite corner of the track and back again.

The next player can drive when the first player is back.
One player from each row alternates every 2-3 seconds.

PURPOSE

- To practise overview.
- To practice technique.

FOCUS POINTS

- Pay attention to the other player in the playing area.
- To drive closely past the cones.
- To adapt the speed to one's driving level.

VARIATION

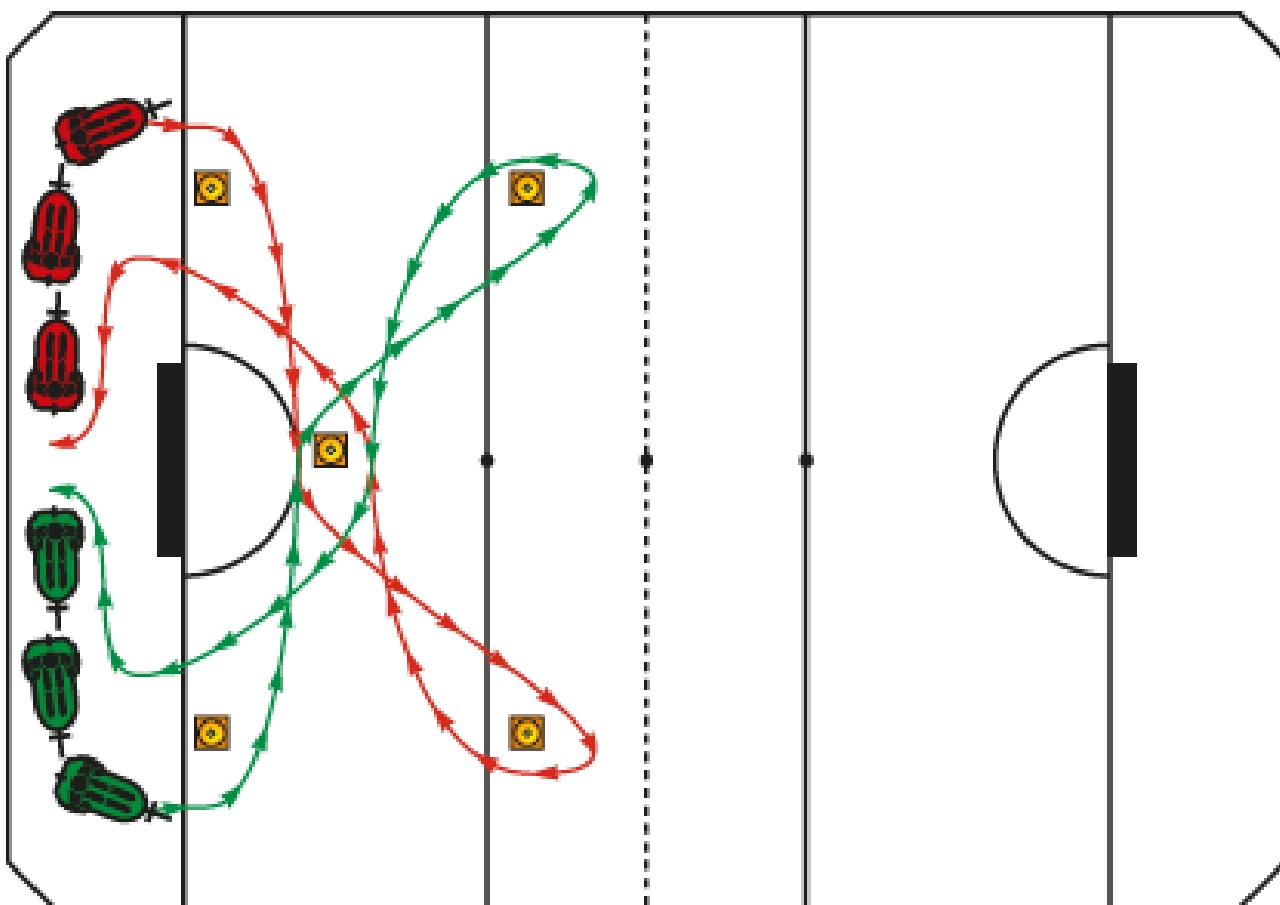
- Can be made with a ball.

LEVEL OF DIFFICULTY

- 2-5
- Speed is crucial to how difficult the exercise is.

PREREQUISITES

- Control of chair and energy to handle multiple elements at the same time.



DRIVING TECHNIQUE

TIMED TRACKS 1

PLAYING AREA: 1 or ½



TOOLS: Cones and balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

A track is lined up. Each player is timed and must try to beat his/her own time.

PURPOSE

- That the players consider what things they can change to drive faster with control.

FOCUS POINTS

- That the players explain what they want to change in the next round.

VARIATION

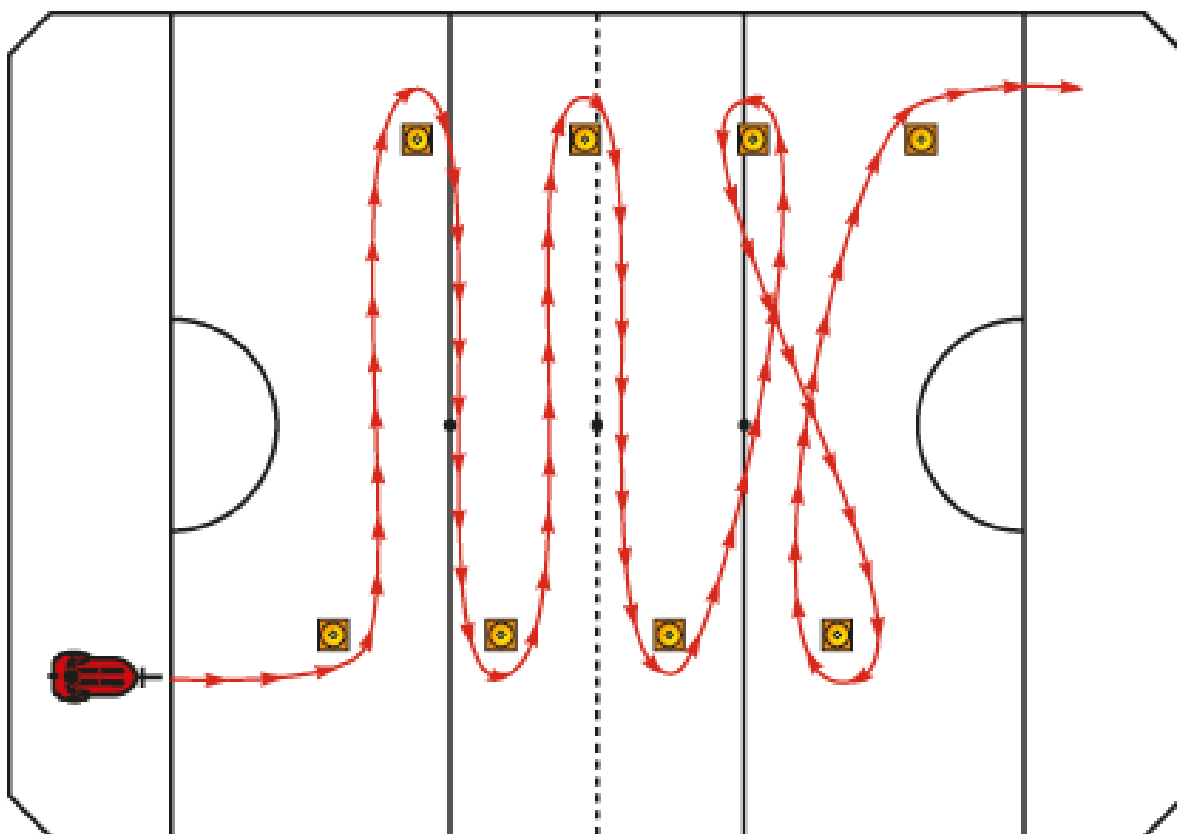
- 4 examples are shown, but only the imagination of the coach and the player sets the limits.
- Can be made with a ball.

LEVEL OF DIFFICULTY

- 1-5

PREREQUISITES

- Control of chair.



DRIVING TECHNIQUE

TIMED TRACKS 2

PLAYING AREA: 1 or ½



TOOLS: Cones and balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

A track is lined up. Each player is timed and must try to beat his/her own time.

PURPOSE

- That the players consider what things they can change to drive faster with control.

FOCUS POINTS

- That the players explain what they want to change in the next round.

VARIATION

- 4 examples are shown, but only the imagination of the coach and the player sets the limits.
- Can be made with a ball.

LEVEL OF DIFFICULTY

- 1-5

PREREQUISITES

- Control of chair.

DRIVING TECHNIQUE

TIMED TRACKS 3

PLAYING AREA: 1 or ½



TOOLS: Cones and balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

A track is lined up. Each player is timed and must try to beat his/her own time.

PURPOSE

- That the players consider what things they can change to drive faster with control.

FOCUS POINTS

- That the players explain what they want to change in the next round.

VARIATION

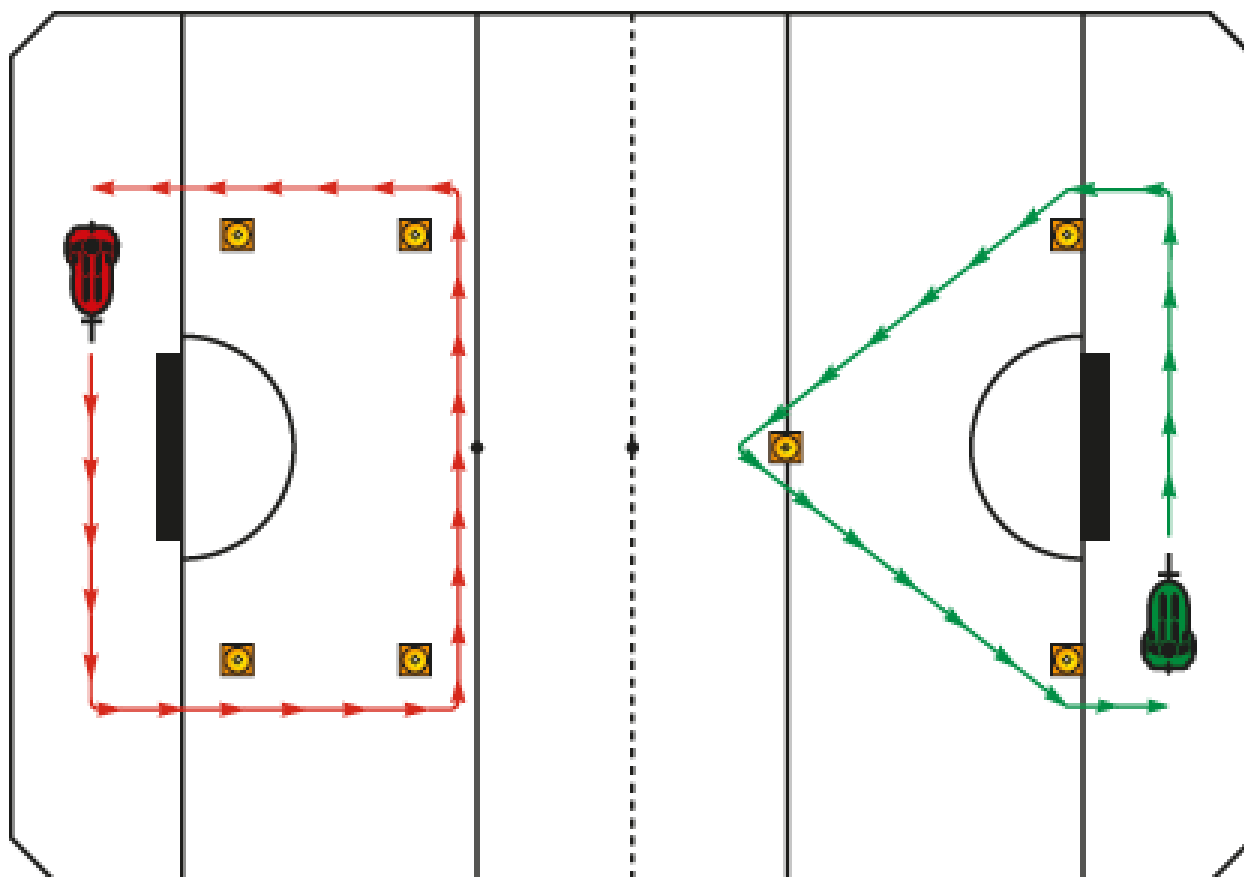
- 4 examples are shown, but only the imagination of the coach and the player sets the limits.
- Can be made with a ball.

LEVEL OF DIFFICULTY

- 1-5

PREREQUISITES

- Control of chair.



DRIVING TECHNIQUE

TIMED TRACKS 4

PLAYING AREA: 1 or ½

 TOOLS: Cones and balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

A track is lined up. Each player is timed and must try to beat his/her own time.

PURPOSE

- That the players consider what things they can change to drive faster with control.

FOCUS POINTS

- That the players explain what they want to change in the next round.

VARIATION

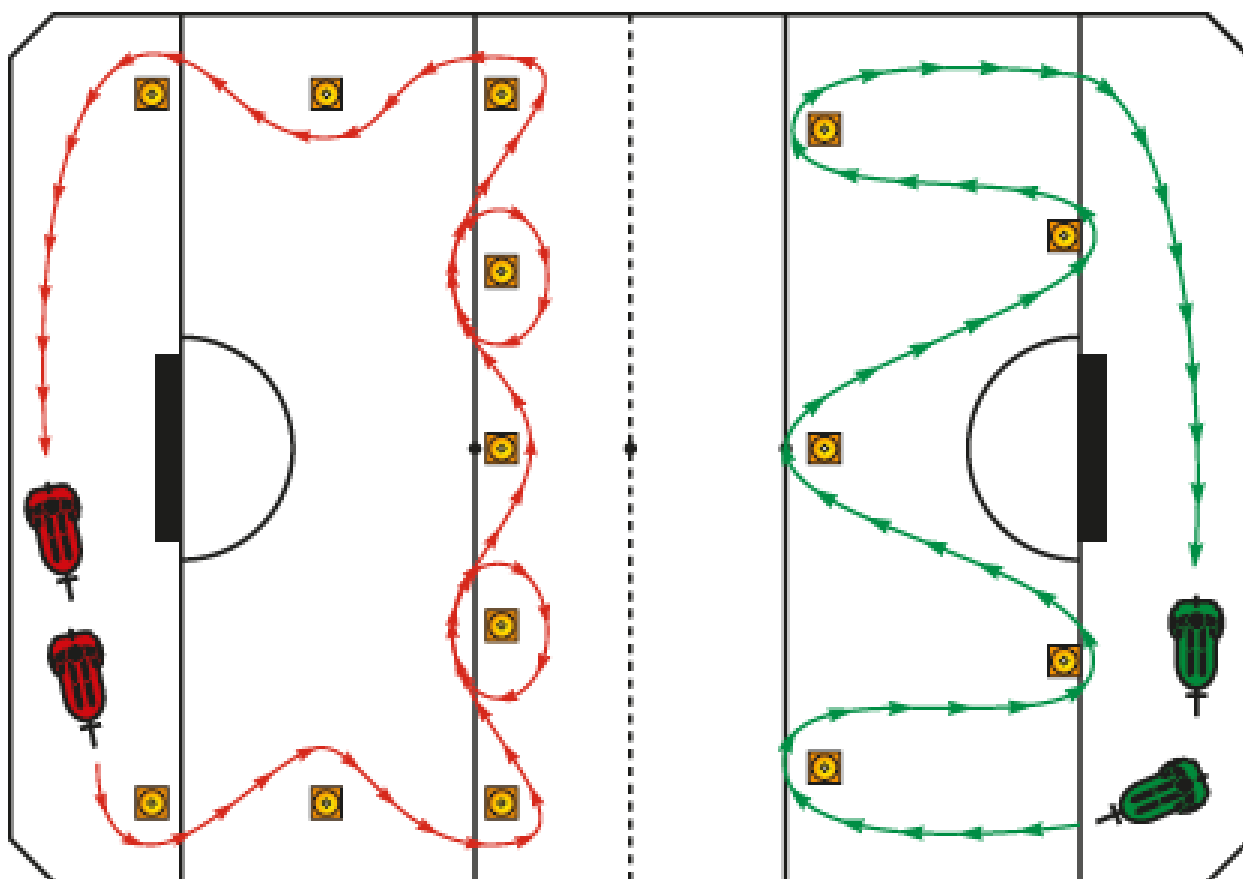
- 4 examples are shown, but only the imagination of the coach and the player sets the limits.
- Can be made with a ball.

LEVEL OF DIFFICULTY

- 1-5

PREREQUISITES

- Control of chair.



DRIVING TECHNIQUE

RELAY

PLAYING AREA: The entire playing area

TOOLS: Cones and ball



NUMBER OF PLAYERS: 2-10

DESCRIPTION

The players drive up and round the cone and drive on and round the next cone until the opposite back line is reached.

PURPOSE

- To compete.
- To practice driving technique and ball control.

FOCUS POINTS

- Achieving such a high speed while still controlling both chair and ball.

VARIATION

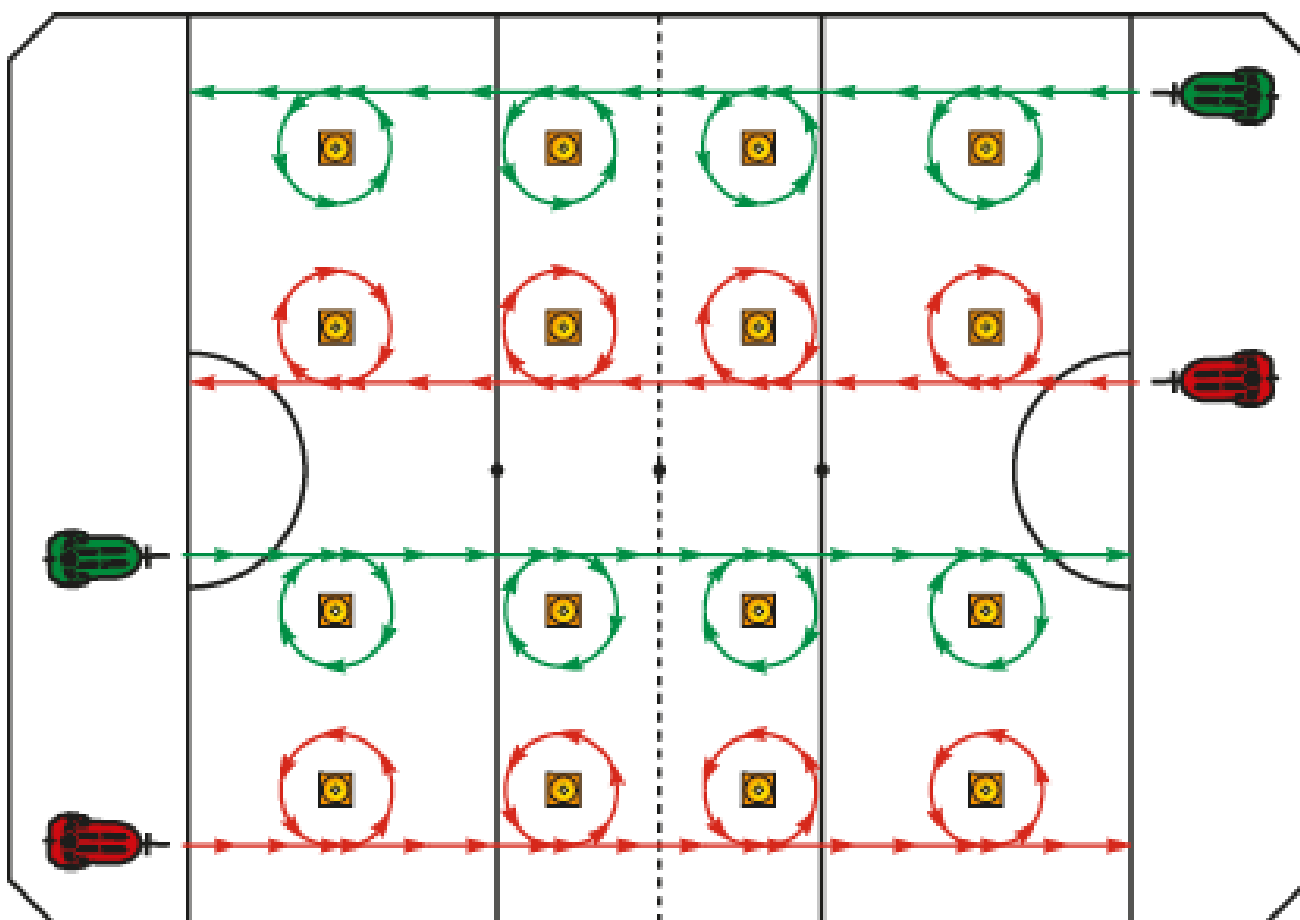
- With and without ball. The track can be set up in many ways so it is up to the coach

LEVEL OF DIFFICULTY

- 2-4

PREREQUISITES

- Good control of chair and ball.



DRIVING TECHNIQUE

BALL CONTROL

PLAYING AREA: $\frac{1}{4}$



TOOLS: Balls and boundary



NUMBER OF PLAYERS: 1-6

DESCRIPTION

A ball is placed 10 cm from the boundary. The player must try to get a hold of the ball by striking it with the wheel so that the ball rolls in front of the chair and can be controlled with the stick.

PURPOSE

- That the player practises getting a hold on the ball when it is placed in a difficult spot at the boundary.
- Getting the ball out from the boundary

FOCUS POINTS

- To adapt the speed towards the ball.
- Finding the right hitting point on the wheel.

VARIATION

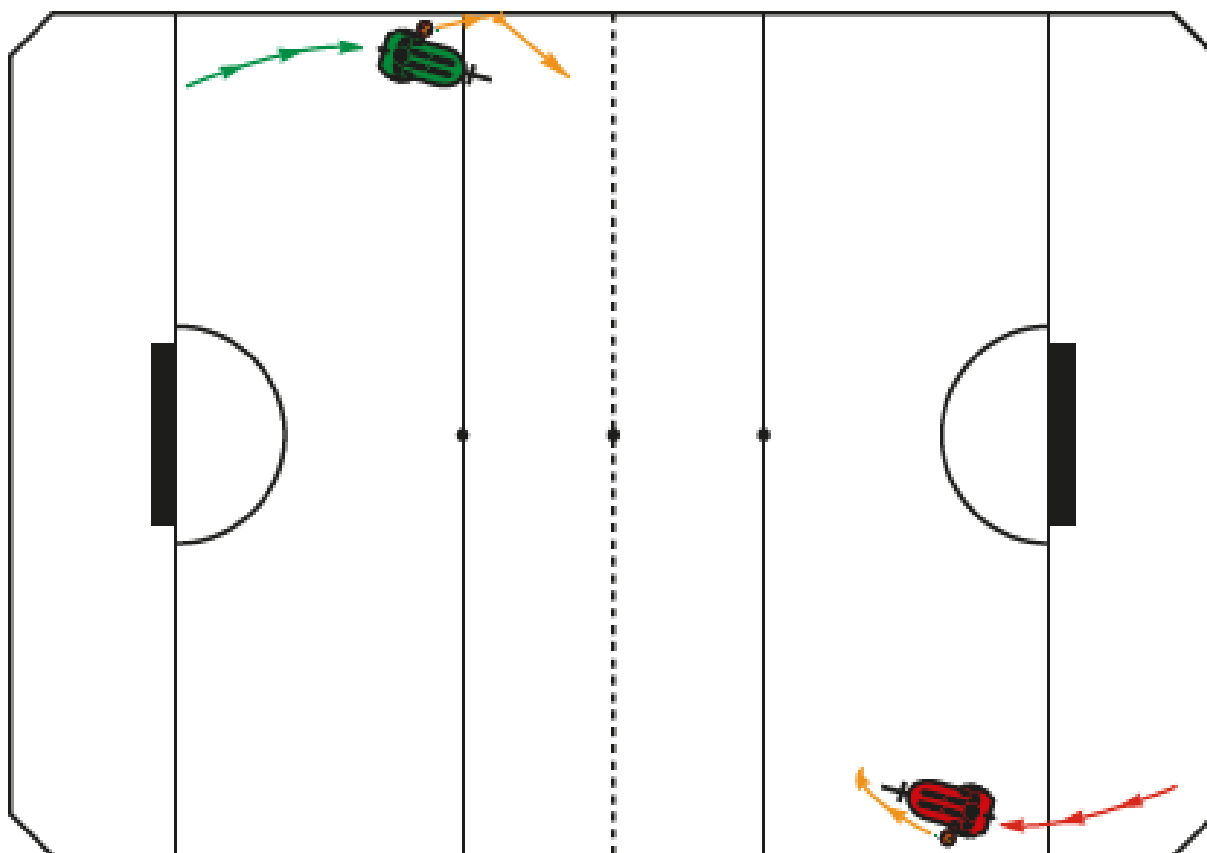
- Hitting with the front of the wheel.
- Hitting with the side of the wheel.
- Switching between wheels and stick.

LEVEL OF DIFFICULTY

- 2-5

PREREQUISITES

- Good control of the chair.



DRIVING TECHNIQUE

1 AGAINST 1

PLAYING AREA: $\frac{1}{4}$, $\frac{1}{2}$ or 1



TOOLS: Cones and balls



NUMBER OF PLAYERS: 2

DESCRIPTION

It is played in a square corresponding to $\frac{1}{4}$ of the playing area. The players must inside the square protect the ball from the other player.

PURPOSE

- To practice ball control in a small area.
- To practise overview in relation to the opponent.

FOCUS POINTS

- That the player with the ball places the ball on the stick on the opposite side of the opponent.
- That the player with the ball is constantly trying to search for open areas in the square so that he/she does not get trapped at the boundary or the side line.

VARIATION

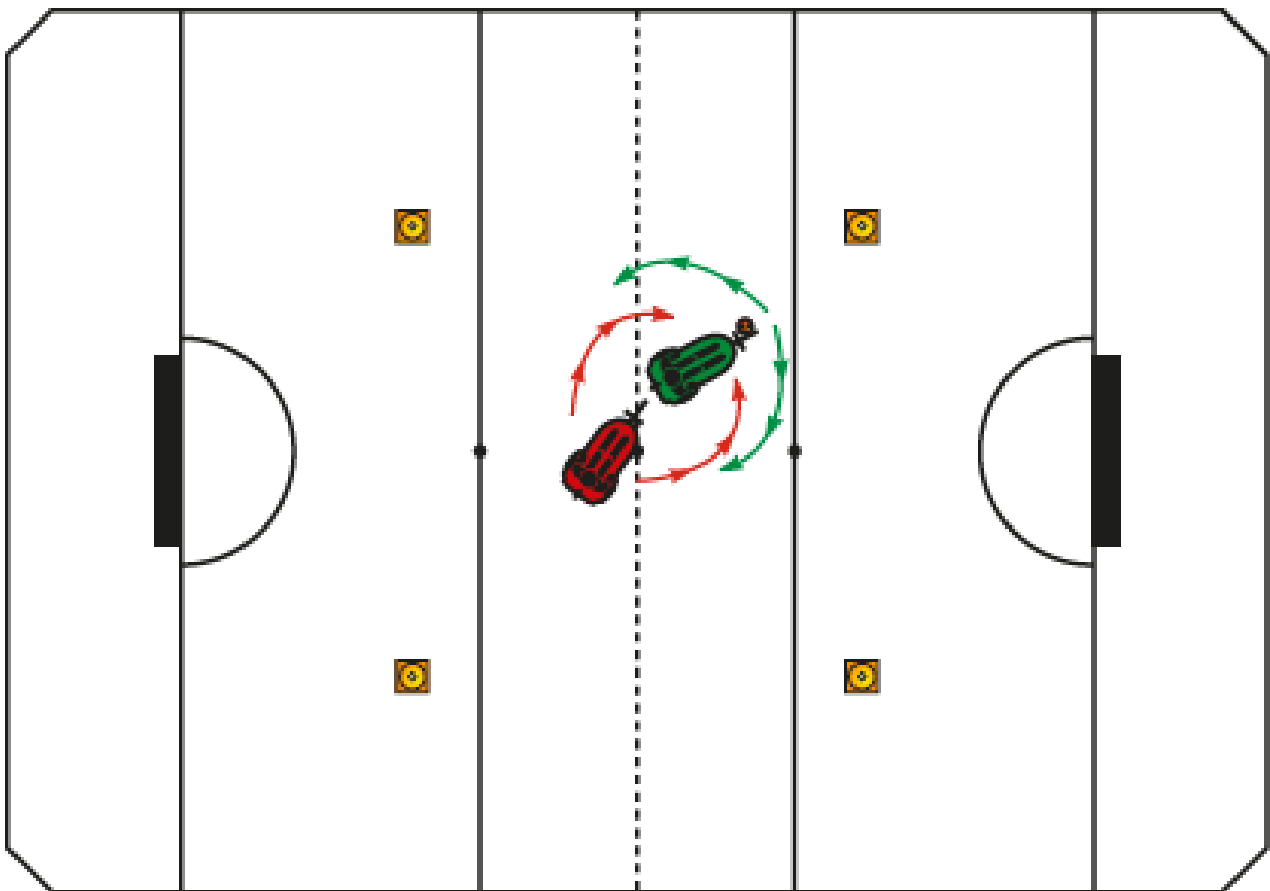
- It can be played lengthwise on a half playing area where players get a point if they pass the back line with the ball.
- You may play with two small goals in an entire playing area.
- Switching between wheels and stick.

LEVEL OF DIFFICULTY

- 1-5
- The level of difficulty can be adjusted by reducing or increasing the size of the square according to the level of the players.

PREREQUISITES

- Control of chair and ball.



DRIVING TECHNIQUE

FIGURE OF EIGHT DRIVING TECHNIQUE

PLAYING AREA: $\frac{1}{4}$



TOOLS: Cones and balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

Two cones are placed at intervals of 3-4 metres. The ball carrier starts with the ball and pulls it backwards between and around the cones so that his/her route becomes a figure of eight.

PURPOSE

- To practise reverse driving.
- To practice ball technique.

FOCUS POINTS

- That the ball carrier constantly has control of the ball.
- To adapt the speed to the player's level.
- That the ball carrier shifts the position of the ball between the cones so that it can be carried around.

VARIATION

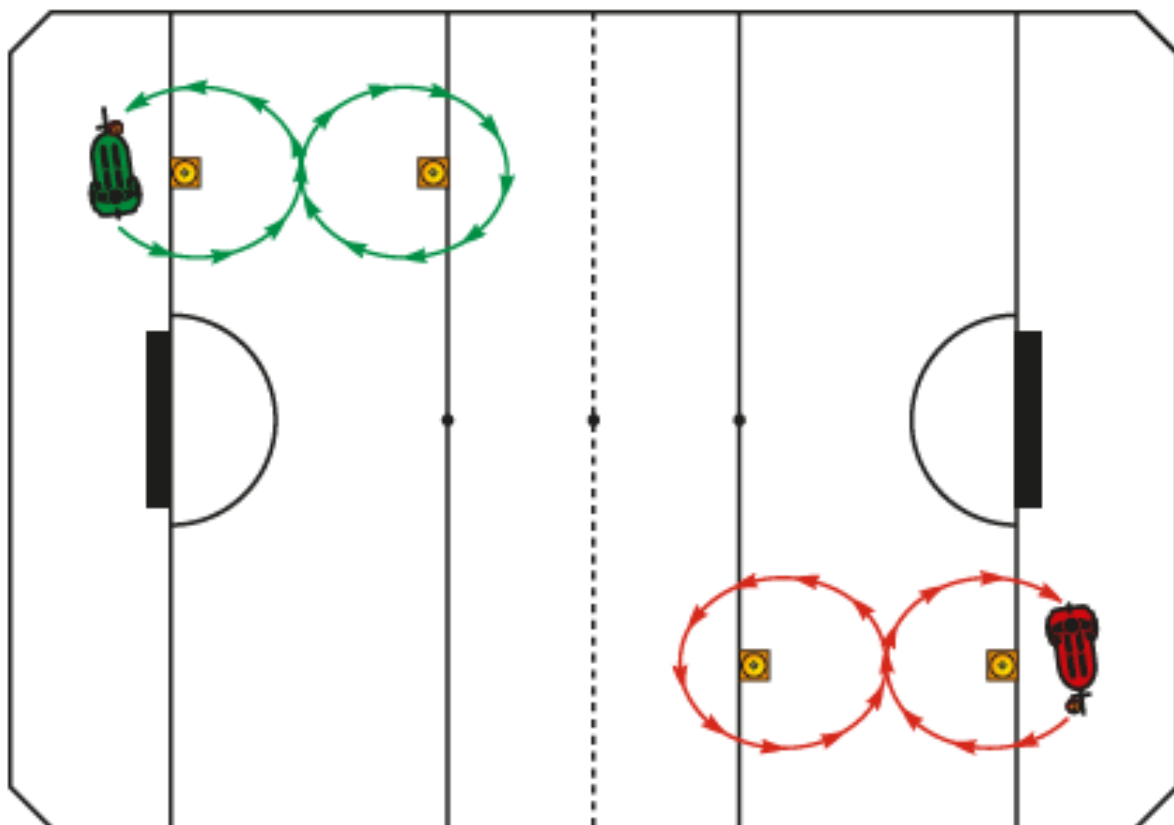
- Can be done driving forward.

LEVEL OF DIFFICULTY

- 2-4

PREREQUISITES

- Control of the chair and the ball.
- In addition, it is important that the player has an overview even when reversing.



DRIVING TECHNIQUE

AROUND THE CONE

PLAYING AREA: $\frac{1}{4}$



TOOLS: Cones and balls



NUMBER OF PLAYERS: 1

DESCRIPTION

The player drives around the cone with the ball placed at the front of the stick.

PURPOSE

- To clarify how angle and speed are related to ball control.

FOCUS POINTS

- That the ball is all the time in contact with the stick.

VARIATION

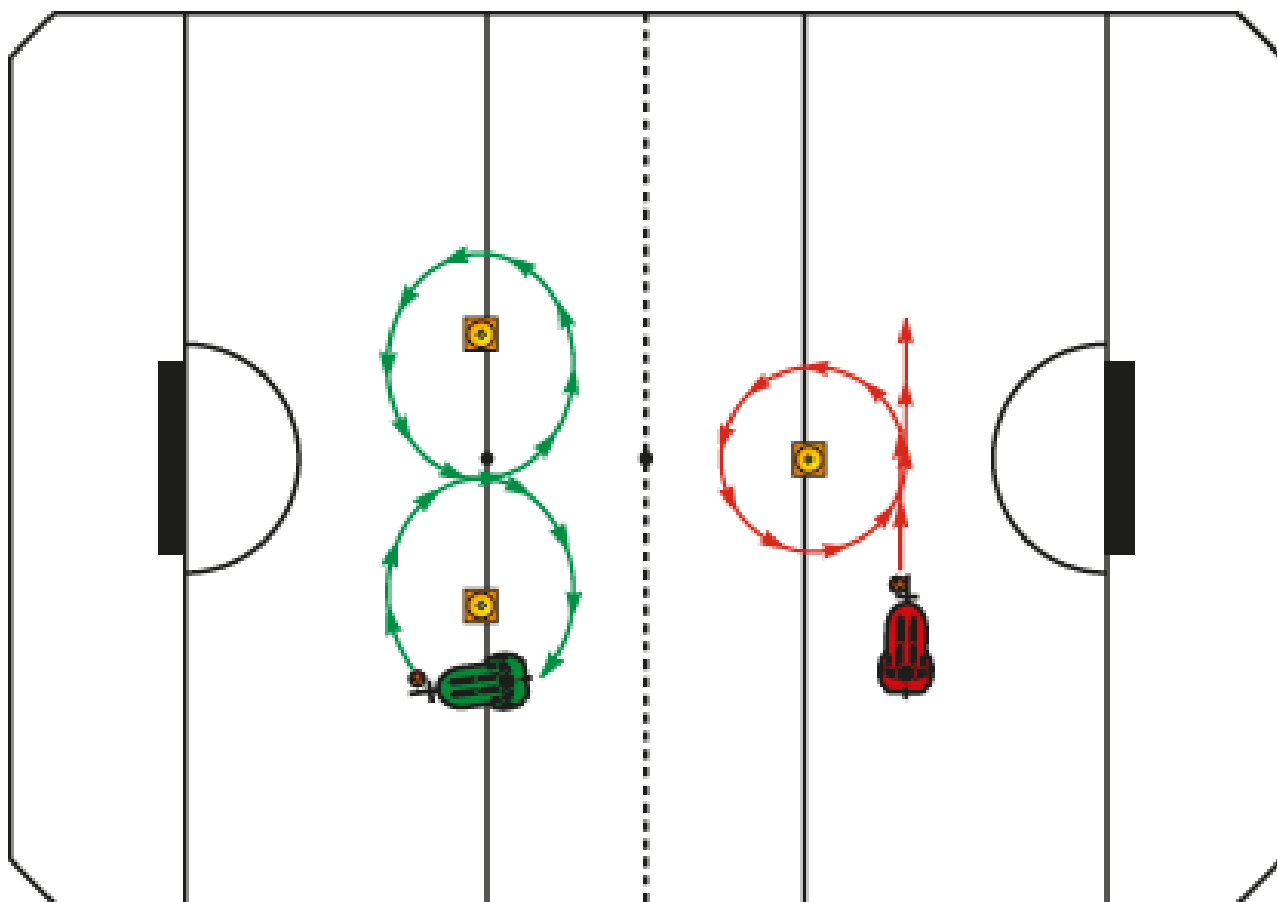
- Do the exercise in figures of eight with the ball at the front of the stick all the time.

LEVEL OF DIFFICULTY

- 3-5
- The speed is crucial to the level of difficulty.

PREREQUISITES

- The exercise can be done by anyone, who has a little bit of ball control, but is best performed if the player has a reasonable ball control.



DRIVING TECHNIQUE

TAKING OVER THE BALL

PLAYING AREA: 1



TOOLS: Balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

Half of the players drive around in the playing area with the ball, while the rest drive around without the ball. When two players make eye contact they drive towards each other and the player without the ball takes over the ball from the player with the ball.

PURPOSE

- To practice ball control.
- To practice communication between the players.
- Timing.

FOCUS POINTS

- That there is eye contact before taking over the ball.
- The player, who passes the ball does so at the right time and at the right speed so that the player without the ball can drive straight into the ball.
- That the speed of the players is adjusted so that both can continue driving without slowing down.

VARIATION

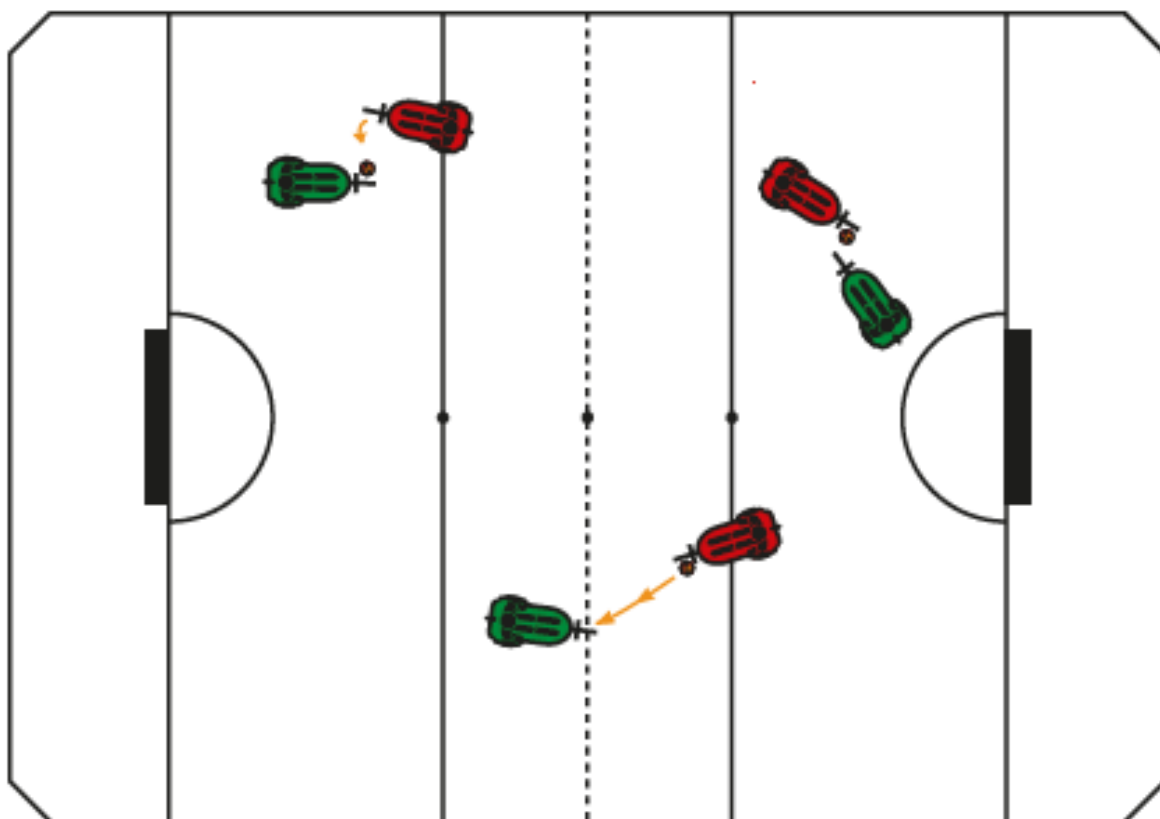
- Obstacles can be set up in the playing area in the form of goals or empty chairs so that the players have to concentrate on several different things at the same time.

LEVEL OF DIFFICULTY

- 2-5

PREREQUISITES

- Requires control of chair and ball, but can also be done by beginners at an easy pace.



FINISHES

SHOOTING EXERCISE 1

PLAYING AREA: ½



TOOLS: Goal, cones and balls



NUMBER OF PLAYERS: 1-8

DESCRIPTION

Exercising finishes with different levels of difficulty

Level 1: The player starts in the middle of the centre line with the ball at the outer part of the stick and drives the ball into goal.

Level 2: The players start at the centre line at the side and drive the ball into goal.

Level 3: The players start in the two corners behind the goal. A cone is placed on the orange line approx. one metre on each side of the goal posts. A delimiting cone is placed on the goal line approx. 30 cm from each post.

The players start with the ball on the stick, drive out and around the cone.

The players finish in the space between the goal post and the limiting cone.

Level 4: The same approach as level 3.

The player starts with the ball in the inner part of the stick, which is open towards the goal.

After having driving around the cone, the position of the ball is shifted from the inner part to the outer part of the stick. Finish must be done in the space between the goal posts and the cones.

Level 5: Same procedure.

The coach rolls the ball to the player, who gets it under control in the inner part of the stick.

When rounding the cone, the ball's position is shifted from the inner part to the outer part of the stick. Finish must be made in the space between the goal posts and the cones.

PURPOSE

- To practise precision in finishes.
- Choosing the best angle to finish.

FOCUS POINTS

- It is important to create a good finishing angle.
- Keeping the speed towards the goal.
- Maintaining the ball in control around the cone.

VARIATION

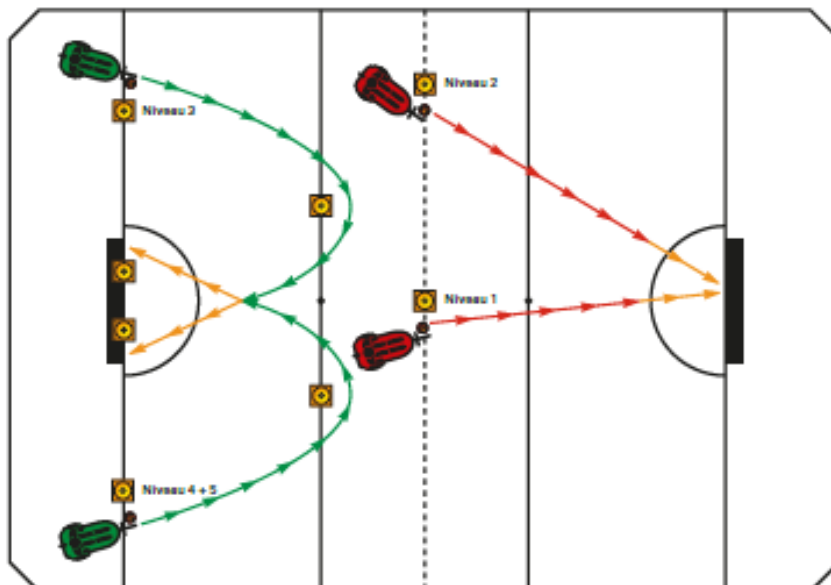
- The players can start from other positions in the playing area.
- Reduce the distance between the goal post and the cone.
- Finish towards a goalkeeper.

LEVEL OF DIFFICULTY

- 1-5
- The exercise can be adjusted to the level of the players.

PREREQUISITES

- The players must be able to carry a ball.



FINISHES

SLAP SHOTS

PLAYING AREA: A length of boundary



TOOLS: Ball



NUMBER OF PLAYERS: 1-10

DESCRIPTION

The players line up in parallel with the boundary. The ball is hit against the boundary.

PURPOSE

- Practicing slap shots.
- To control the rotation and timing.

FOCUS POINTS

- To hit a certain spot on the boundary (precision).
- Achieving a high shot speed (rotation speed).
- To hit with the same spot on the stick (coordination).

VARIATION

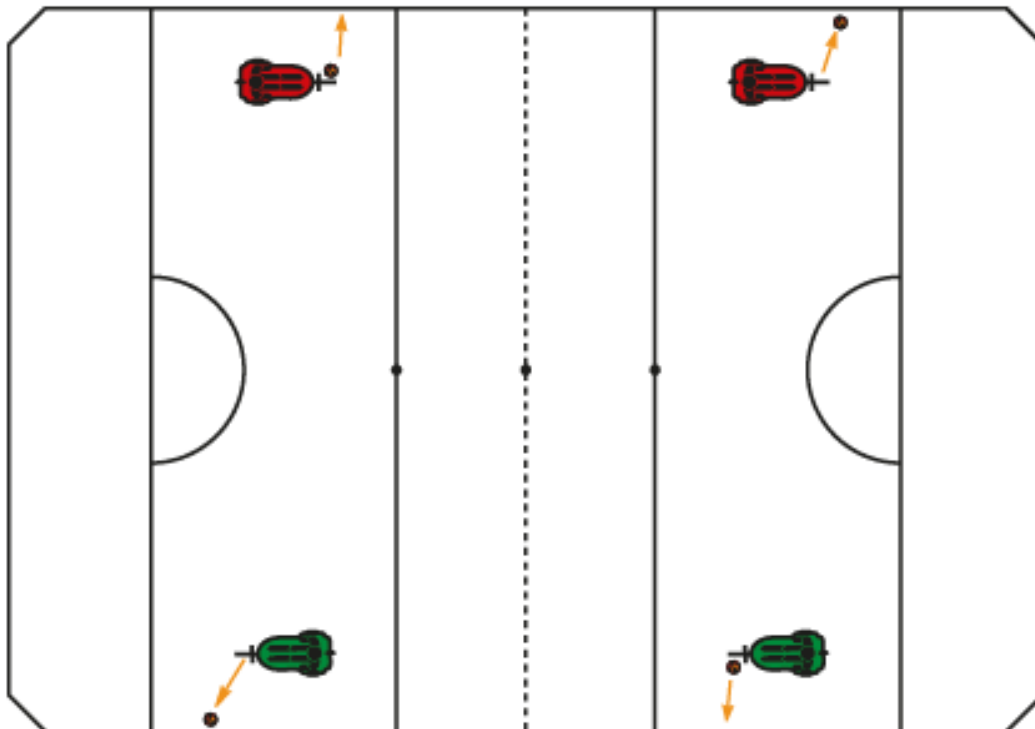
- Can be made with flick shots.

LEVEL OF DIFFICULTY

- 1-3

PREREQUISITES

- Control of chair.



FINISHES

SLAP SHOOT TRAINING

PLAYING AREA: ½



TOOLS: Goal, cones and balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

The ball carrier starts in a corner behind the goal. The ball carrier drives around the cone and continues in parallel to the back line. At the middle of the goal, the player finishes with a slap shot.

PURPOSE

- To practise slap shots.

FOCUS POINTS

- That speed is adjusted to the time the player needs for rotating.
- That the ball carrier's angle to the goal is adjusted relative to the side, at which he/she finishes.

VARIATION

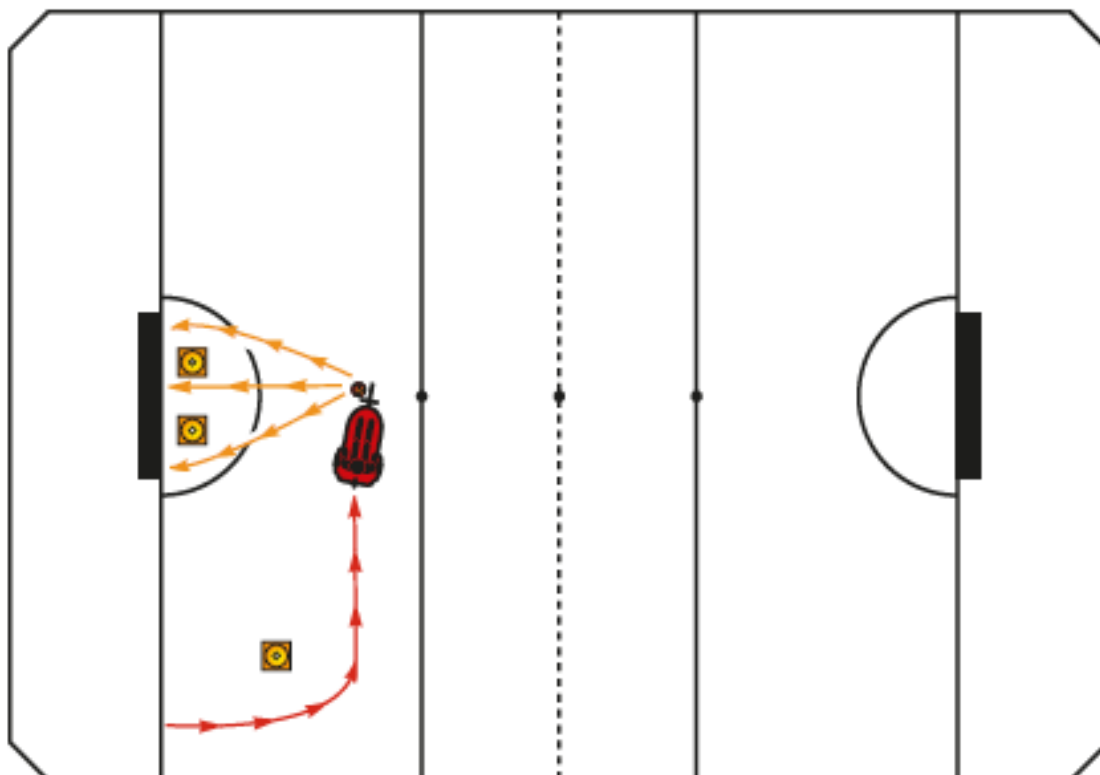
- With or without goalkeeper.
- Cones as a delimitation in the goal.

LEVEL OF DIFFICULTY

- 1-3

PREREQUISITES

- Control of chair and a little bit of ball control.



FINISHES

PENALTY SHOT

PLAYING AREA: ½



TOOLS: Goal and balls



NUMBER OF PLAYERS: 1

DESCRIPTION

The ball is placed on the penalty spot and player 1 finishes.

PURPOSE

- To practice penalty shots.

FOCUS POINTS

- To place the chair so that the stick is placed in parallel to the goal line.
- To adjust the rotation speed.
- Choosing the right time for releasing the ball.

VARIATION

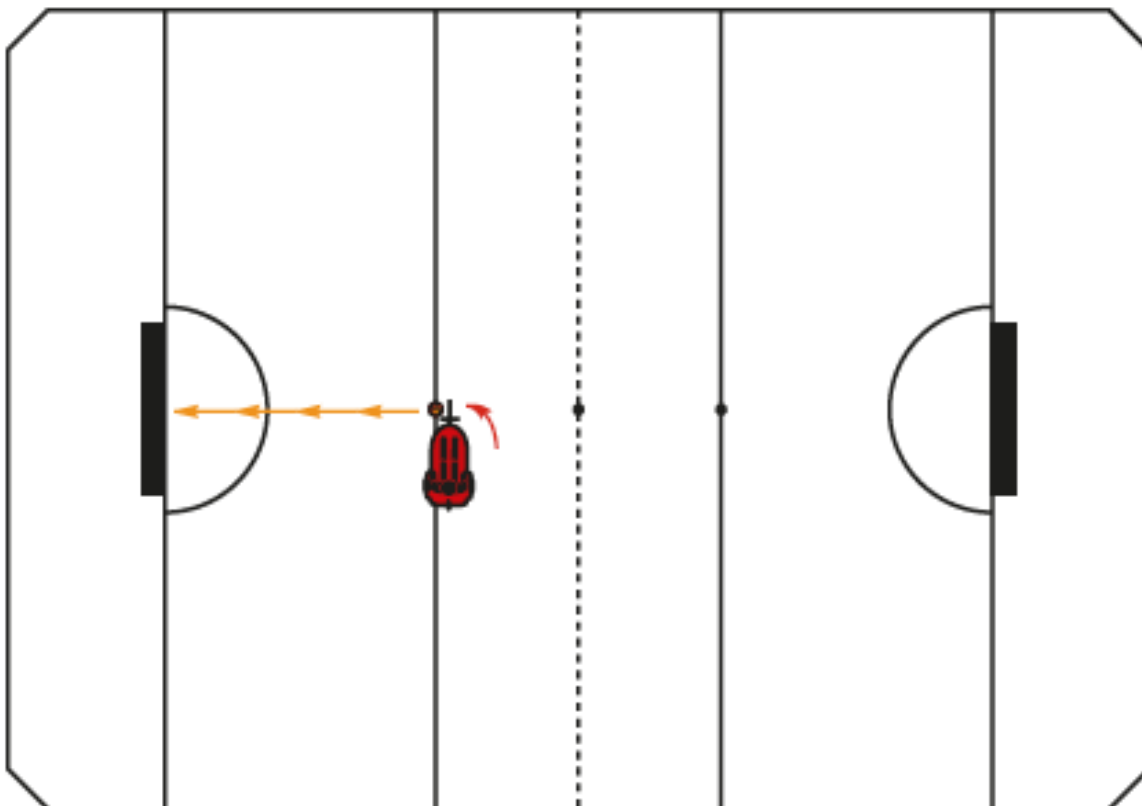
- Place a trophy in the centre of the goal. A penalty shot that hits the trophy gives 3 points, a penalty shot that scores gives 2 points and a penalty shot that hits the delimitation gives 1 point. Each player has 3 penalty shots and the winner gets the trophy until the next training.
- The penalty competition can advantageously be placed as the last exercise of the training.

LEVEL OF DIFFICULTY

- 2-5

PREREQUISITES

- Can be done by anyone with a little help.



FINISHES

FINISHES BEHIND THE GOAL

PLAYING AREA: ½



TOOLS: Goal, cones and balls



NUMBER OF PLAYERS: 1-6

DESCRIPTION

The players start in one side of the playing area. The player drives around the cones and behind the goal with the ball under control and finishes between the cone and the goal post.

PURPOSE

- To practise finishes.
- To practice ball control.
- To train finishes close to the post.

FOCUS POINTS

- Having control of the ball all the way around the cones.
- To control the speed around the goal.
- To finish precisely.
- To finish close to the goal post.

VARIATION

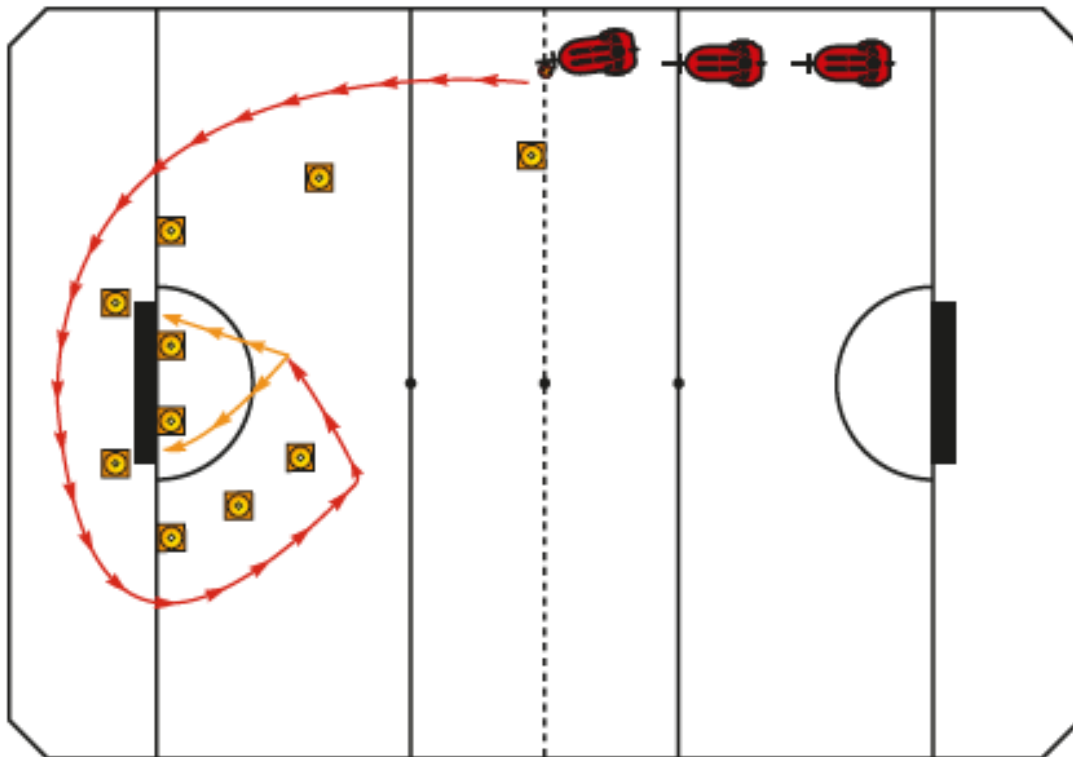
- The goal is delimited by cones or the goalkeeper.
- A fellow player, to whom the finisher can pass, is placed at the one goal post.
- The angle, in which the player drives towards the goal, can be varied.

LEVEL OF DIFFICULTY

- 3-5

PREREQUISITES

- That the players have ball control.
- That the player can shift position on the stick.



FINISHES

FREE BALL

PLAYING AREA: ½



TOOLS: Goal and balls



NUMBER OF PLAYERS: 2-6

DESCRIPTION

Two players position themselves facing each other. Player 1 puts his stick between the ball and player 2. Player 2 finishes by pushing his stick against player 1's stick, so that it is preloaded, and hits the ball.

PURPOSE

- To achieve high speed on free balls.

FOCUS POINTS

- The distance to the ball so that it is hit at the highest speed.
- Player 1 must position him-/herself so he/she bothers the least and helps the most.

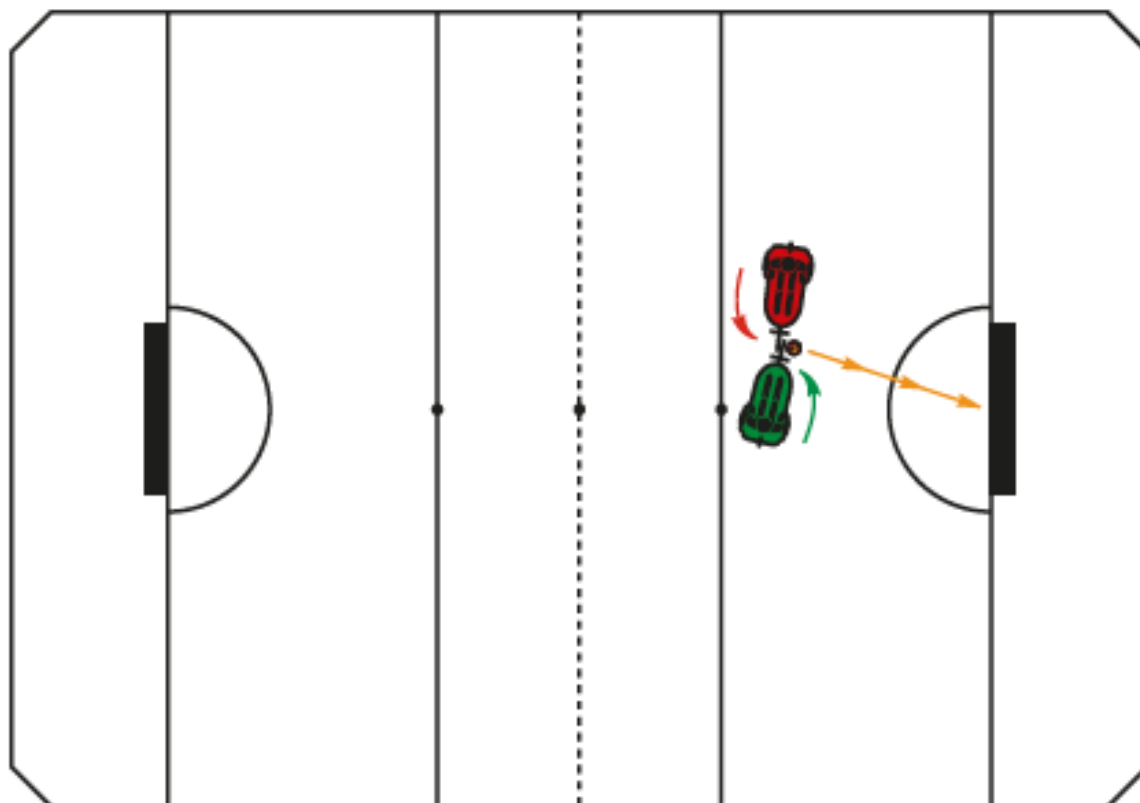
VARIATION

LEVEL OF DIFFICULTY

- 1-5

PREREQUISITES

- Control of the chair.



FINISHES

DRIVING TECHNIQUES FOR FINISHES

PLAYING AREA: ½



TOOLS: Goal, cones and balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

A number of cones are set up to delimit the distance to the centre and a number of cones are set up across the playing area towards the front post. The ball carrier drives along the playing area and turns across in front of the goal. At the same time, the position of the ball on the stick is shifted so that the player can finish.

PURPOSE

- To practice shift of position on the stick.
- To practice fast ball control in finishing situations.

FOCUS POINTS

- That the shift of position on the stick happens as fast as possible.
- That the ball carrier quickly gets up to speed towards the goal.
- That the ball carrier drives down towards the goal and can finish on both the front and the rear post.

VARIATION

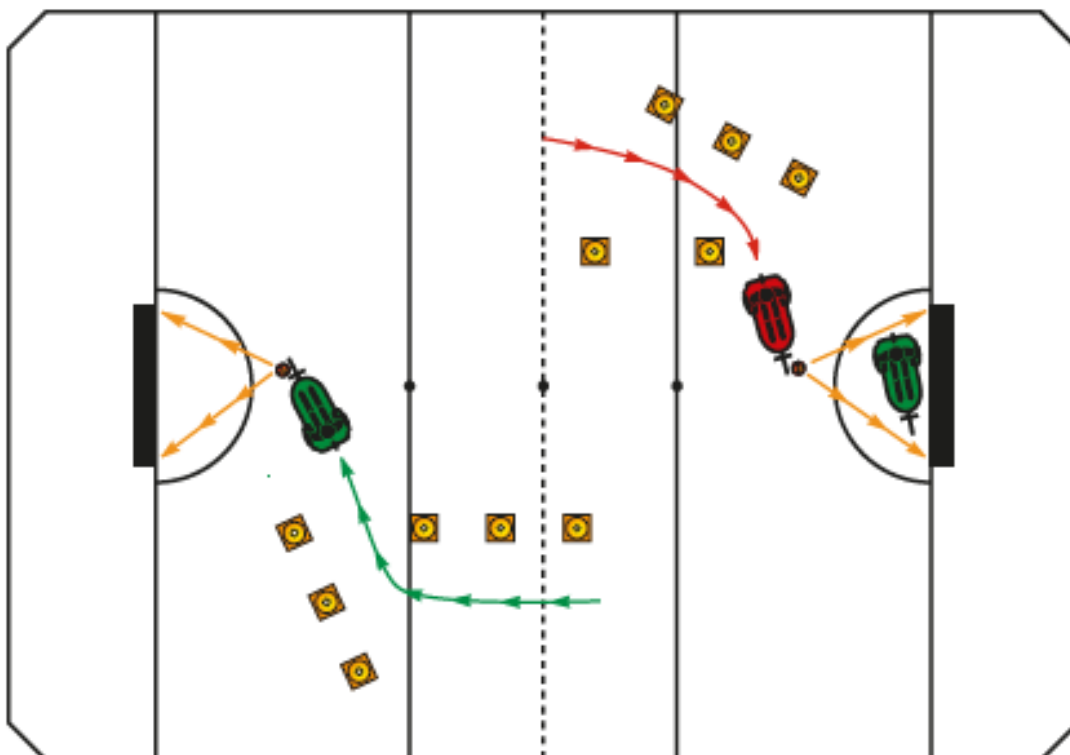
- With and without goalkeeper.

LEVEL OF DIFFICULTY

- 2-4
- Can be adjusted by reducing/increasing the distance between the cones.

PREREQUISITES

- A little bit of control of chair and ball.



FINISHES

PRECISION SHOTS

PLAYING AREA: ½ playing area



TOOLS: Balls and cones



NUMBER OF PLAYERS: 1-8

DESCRIPTION

The players perform the finishing exercise that the coach has selected.

The coach sets up a row of cones that form the best finishing angle.

Players must then try to score by attacking with the best finishing angle.

PURPOSE

- To make the players aware of the importance of the angle for the execution to be successful.

FOCUS POINTS

- To attack at an angle where both posts can be attacked.

VARIATION

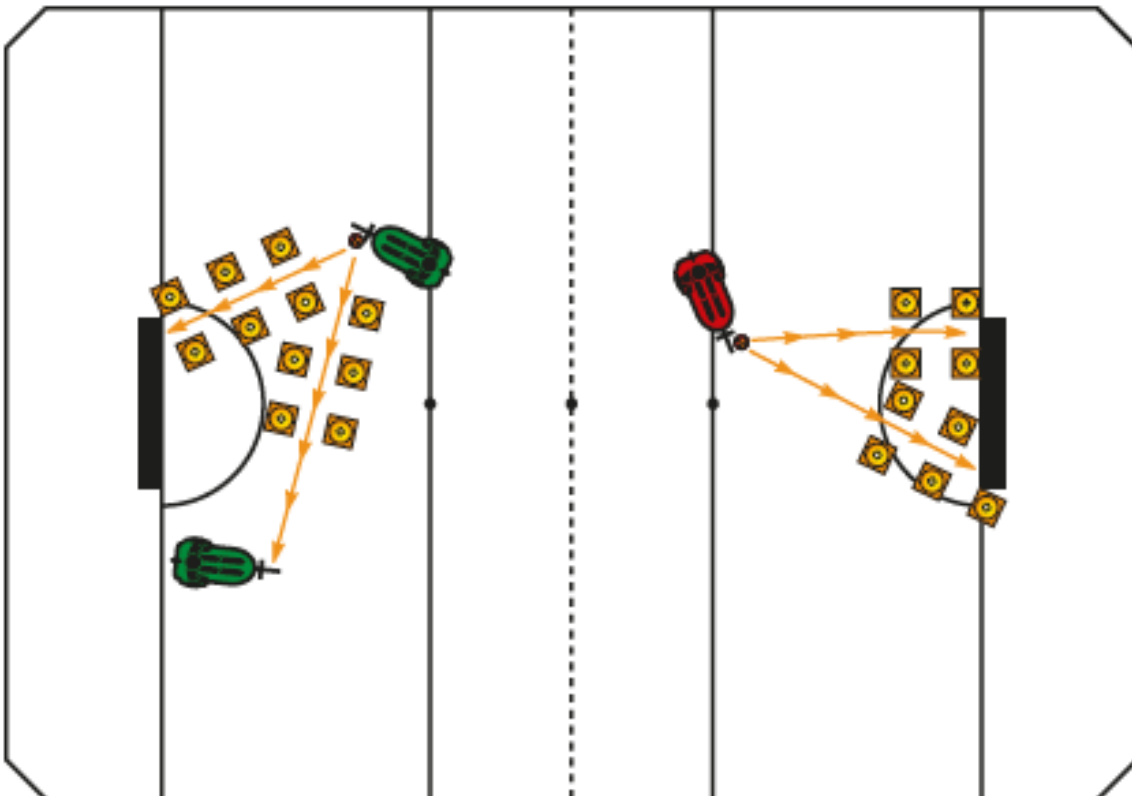
- The cones can be set up for all finishing and passing exercises both with and without extra players that can be passed to.

LEVEL OF DIFFICULTY

- 3-5
- The cones can be set up at different distances to increase/decrease the level of difficulty.

PREREQUISITES

- Good control of chair and ball.



FINISHES

FEINT AND SHOT

PLAYING AREA: ½



TOOLS: Goal and balls



NUMBER OF PLAYERS: 2-6

DESCRIPTION

The ball carrier starts at the centre on one side and drives towards the front post. Here a shot is feinted, after which the ball carrier continues behind the goal and tries to finish quickly in the opposite side.

PURPOSE

- To practice ball control.
- To practise quick finishes.

FOCUS POINTS

- That the ball carrier seems like a threat at the post.
- That the ball carrier maintains high speed around the goal.

VARIATION

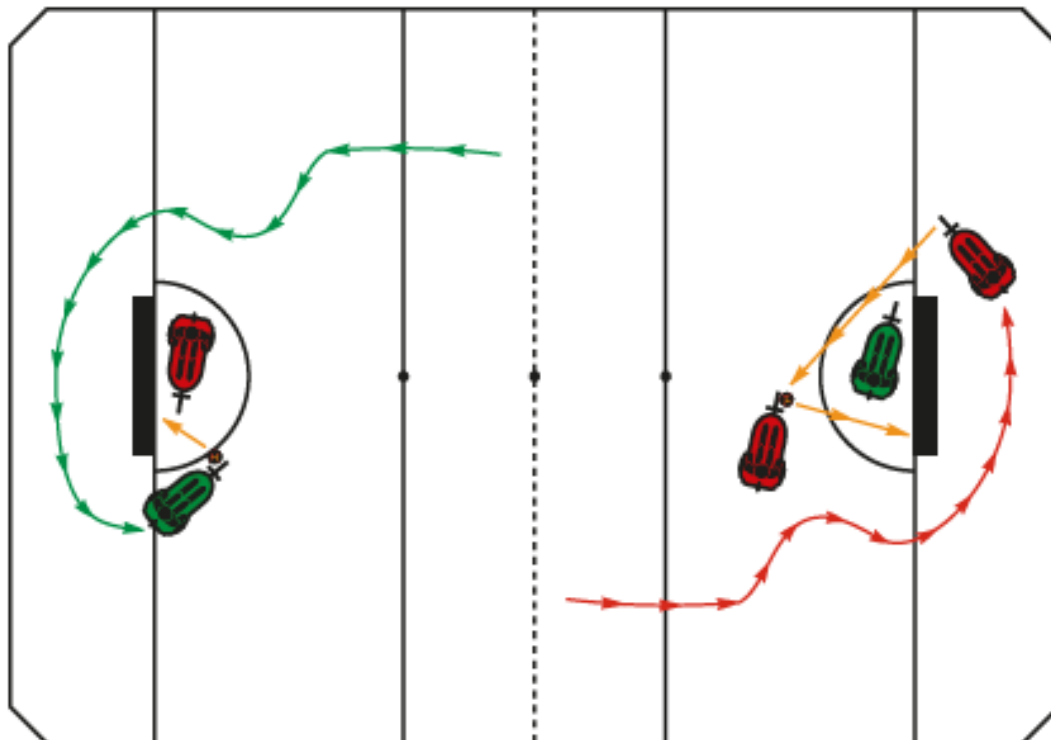
- A fellow player can be placed at the top of the goal field so that a pass can be made instead of a finish when the ball carrier gets around the goal.

LEVEL OF DIFFICULTY

- 3-5

PREREQUISITES

- Very skilled, as the exercise requires good ball control at maximum speed.



FINISHES

BODY FEINT TO SHOT

PLAYING AREA: ½



TOOLS: Goal and balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

The ball carrier drives straight down to the goalkeeper's post and prepares for a flick shot. The ball carrier tugs at the chair but instead of flicking the ball, the ball carrier lets it continue against the front post.

PURPOSE

- To feint the goalkeeper.
- Being able to finish in a varied way.
- To be able to finish surprisingly.

FOCUS POINTS

- To tug at the chair without losing ball control.
- To tug at the chair at the moment when there is a good angle of attack across the goal.

VARIATION

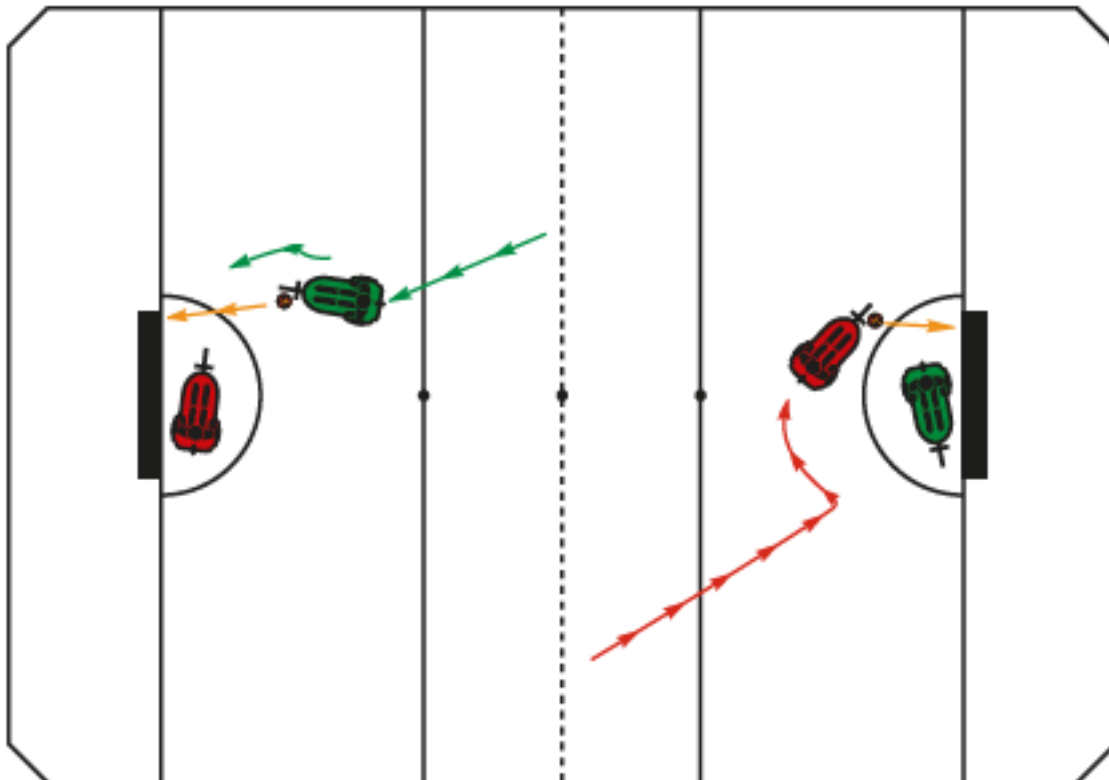
- The ball carrier can drive across the goal and instead of flicking, he/she can continue towards the rear post where he/she finishes.

LEVEL OF DIFFICULTY

- 5

PREREQUISITES

- For the practiced.
- Requires maximum control of chair and ball.



FINISHES

PASS FOR SHOT

PLAYING AREA: 1



TOOLS: Goal and balls



NUMBER OF PLAYERS: 2-6

DESCRIPTION

Two players start on either side of the goal. Both drive straight down towards the opposite goal. One player passes the ball to the other, who returns it. There should be made 3 passes towards the goal and the exercise should end with a finish.

PURPOSE

- To practise passes when moving.

FOCUS POINTS

- That the passes are made in front of the fellow player so that he can drive into the ball with the stick and make a quick return.
- That both players time their speed so that they have ball control and can drive into the ball.

VARIATION

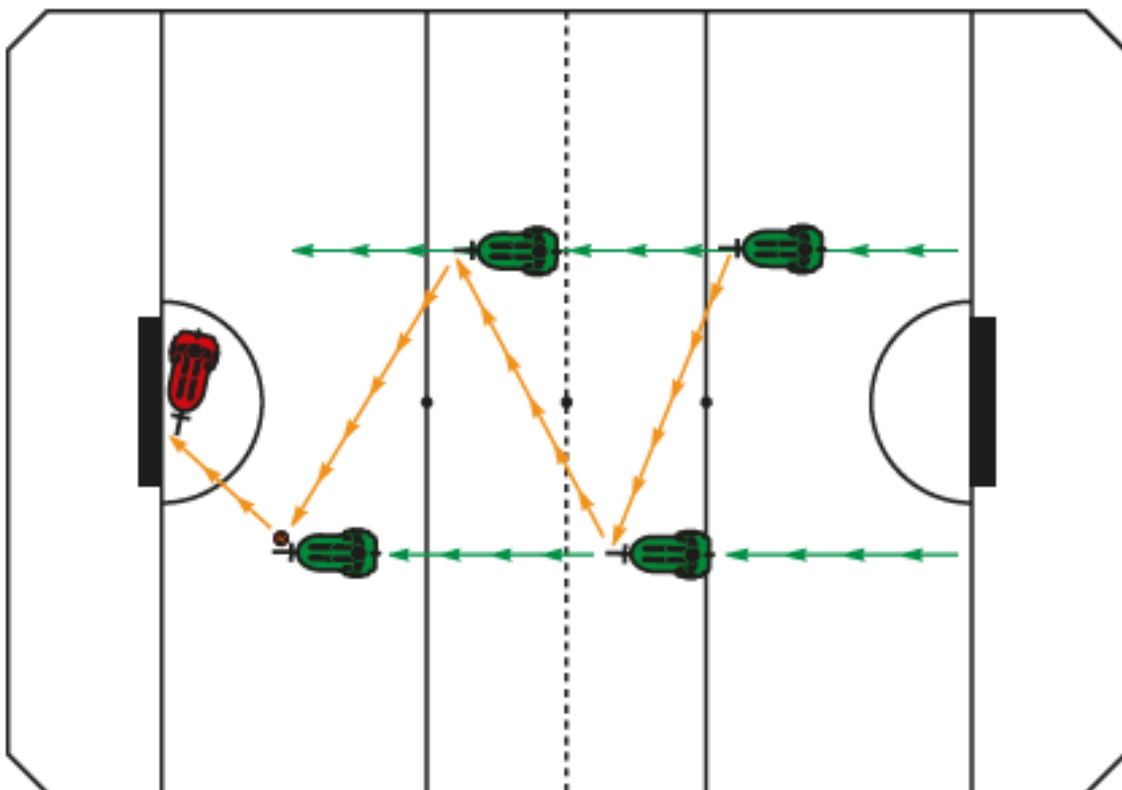
- With or without goalkeeper.
- Move the exercise slightly out to the sides.

LEVEL OF DIFFICULTY

- 2-4

PREREQUISITES

- Requires good ball control.



FINISHES

FINISHES UNDER PRESSURE

PLAYING AREA: 1



TOOLS: Goal and balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

The goalkeeper is positioned in the goal. At the opposite end, a ball carrier and a defender start next to each other on one side of the playing area. The ball carrier is closest to the boundary and on the coach's signal, he/she drives down towards the goal. On the coach's second signal, the defender follows and tries to press the ball carrier's finish.

PURPOSE

- The striker must learn to make a counter-attack.
- Keeping a cool head in a 1 against 1 encounter with the goalkeeper.
- Maintain overview of defence and goalkeeper.
- Cutting in front of the defender and thereby create more time for finishing.

FOCUS POINTS

- That the ball carrier cuts in front of the defender.
- A fast finish.
- Assess the time available before the defender gets close.
- Staying focused on a good finish even if there is a defender.

VARIATION

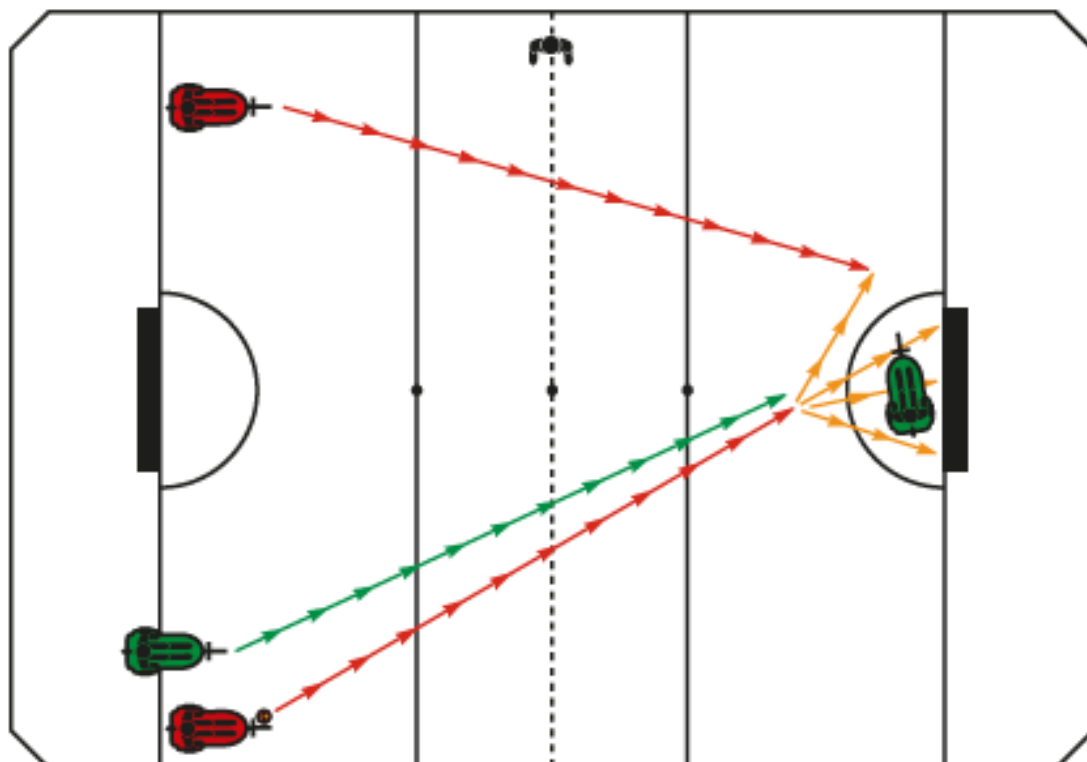
- An additional striker can be sent along with the defender. So if the ball carrier cannot finish the first time, he/she has the opportunity to pass over to his/her fellow player.

LEVEL OF DIFFICULTY

- 2-4
- The level of difficulty is adjusted by reducing/increasing the time between the first and the second signal.

PREREQUISITES

- Good control of chair as the exercise takes place at high speed.



FINISHES

CONVERSION

PLAYING AREA: 1



TOOLS: Goal, cones and balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

A cone is placed on the back line 1 metre from the goal field on both sides of the goal at both ends of the playing area. A goalkeeper is positioned in both goals. The rest of the players are divided into two groups and are positioned in a corner at either end of the playing area. The coach stands behind one goal at one side and a helper does the same at the other end of the playing area.

The exercise starts with a ball carrier driving down and finishing at one goal. Once he/she has finished, the coach rolls a ball to the goalkeeper, who must finish at the other end. Immediately after finishing, the ball carrier drives around a cone of the set up cones and must try to prevent the goalkeeper from finishing.

Each time a player has finished, this player must defend. After being a defender, the player drives back in line. When the goalkeeper gets the ball, the goal is empty and one of the remaining players must cover the goal.

PURPOSE

- To practise conversion.

- To practise overview and focus.

FOCUS POINTS

- Having focus on the part of the exercise you are doing. This means that the player should finish as best as possible instead of focusing on the subsequent defence.
- That the striker drives around the cone as fast as possible so that he/she has the opportunity to press the goalkeeper's finish.

VARIATION

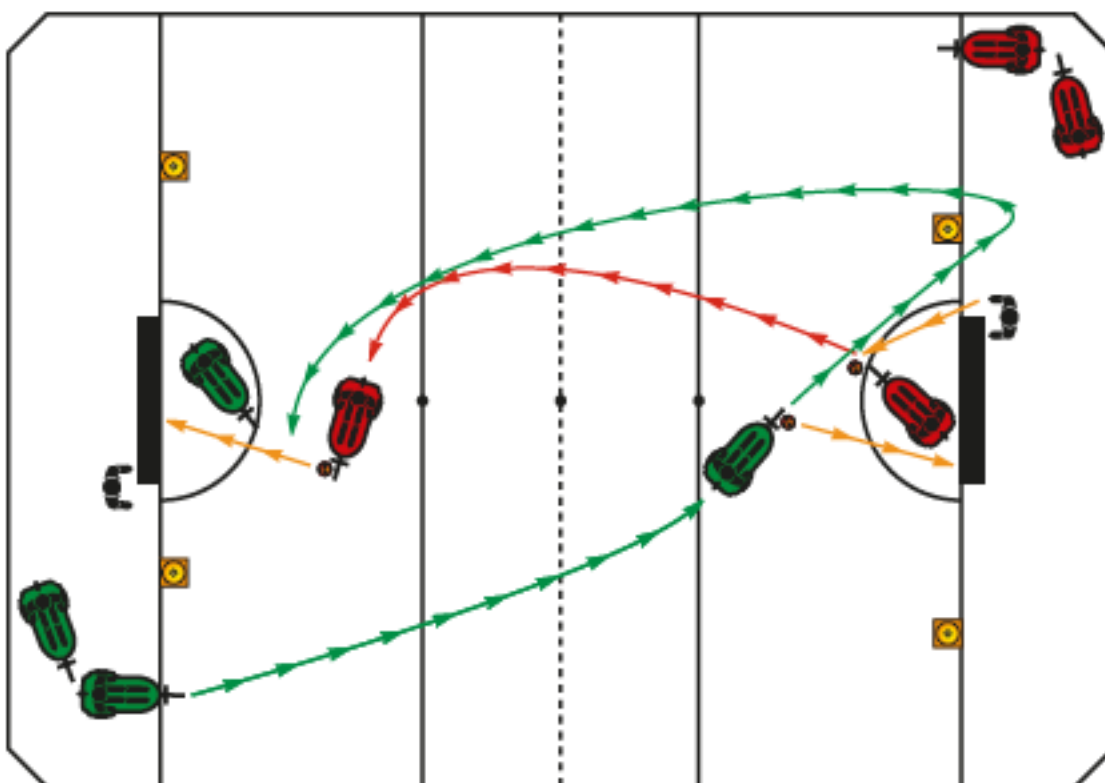
If the exercise becomes too confusing, you can just set up cones at one end of the playing area so that the exercise ends when the goalkeeper has finished and you can get new players at the different positions.

LEVEL OF DIFFICULTY

- 3-5

PREREQUISITES

- Overview.



PASSES

PASSES

PLAYING AREA: ½ or 1  TOOLS: Balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

Two players are placed opposite each other and pass to each other.

PURPOSE

- To practise passes.

FOCUS POINTS

- To time the speed at reception.
- To pass right in front of your fellow player.

VARIATION

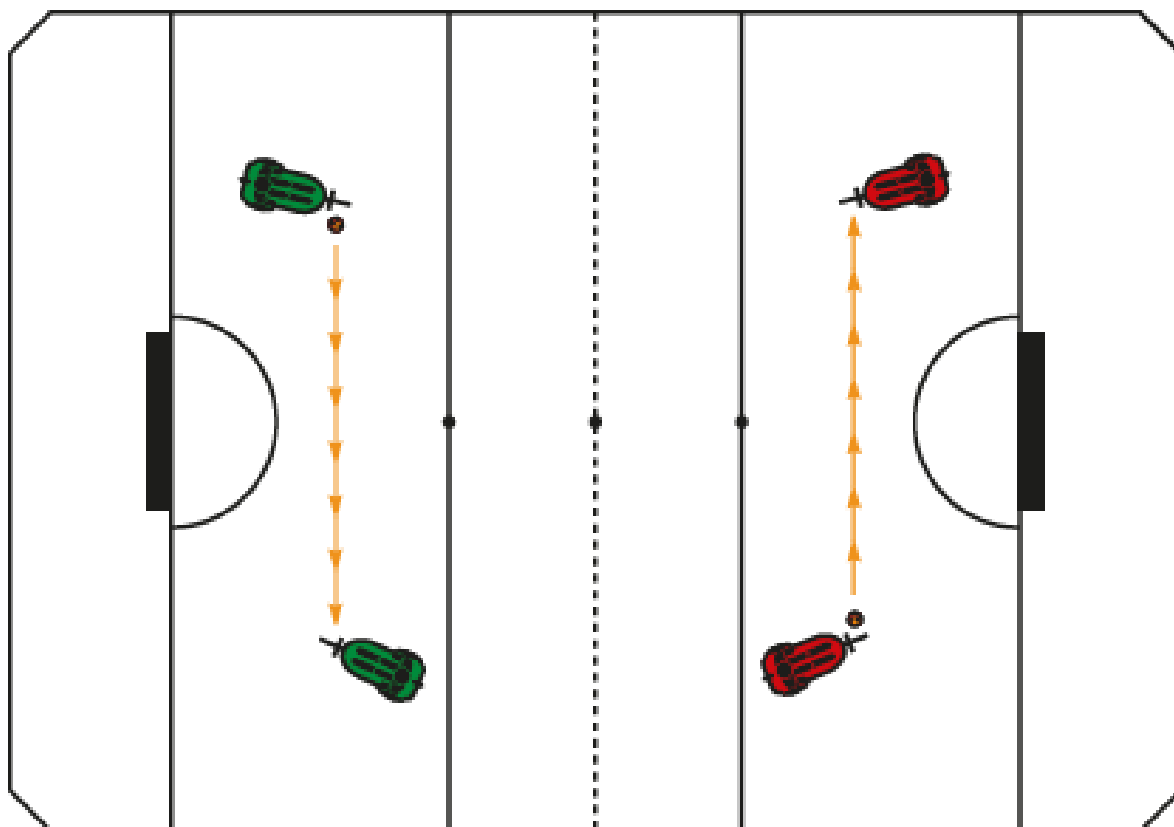
- Passing against the boundary instead of to a fellow player.
- Delimiting the area, where the pass should take place, with cones.
- Count the number of passes in 1 minute.

LEVEL OF DIFFICULTY

- 1-3

PREREQUISITES

- Control of the chair.



PASSES

TRIANGLE PASSES

PLAYING AREA: ½ or 1  TOOLS: Balls



NUMBER OF PLAYERS: 3

DESCRIPTION

Player 1 passes to player 2, who passes to player 3.

PURPOSE

- To practise passes.
- To practice timing.
- To practice ball control.

FOCUS POINTS

- That the pass is placed in front of the next player.
- That the player times his/her speed towards the ball.

VARIATION

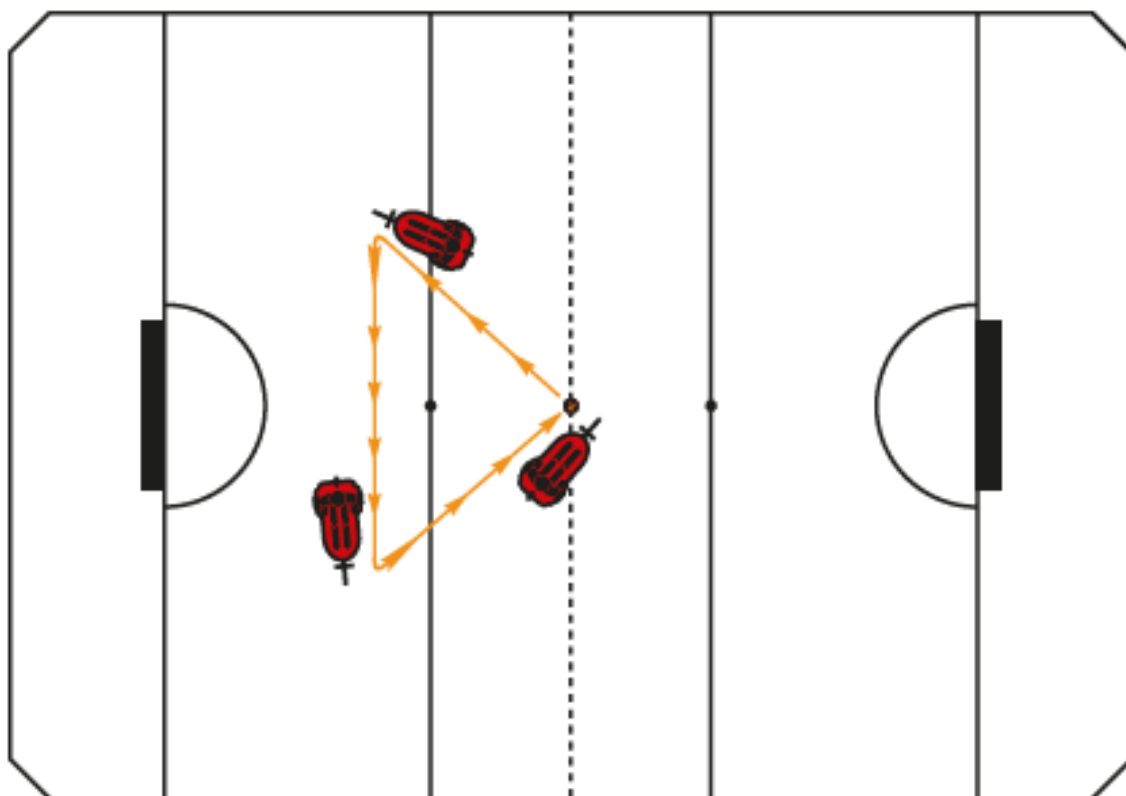
- 1st time pass.
- Can be made with 4 or 5 players.
- Cones can delimit the area where the pass must end.
- Can be made in motion.

LEVEL OF DIFFICULTY

- 2-5

PREREQUISITES

- Good control of chair and ball.



PASSES

PASSES

PLAYING AREA: ½ longitudinally



TOOLS: Cones and balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

Two players start at the back line. One in the corner and one at the goal field. An equal number of cones are set up between the players. The players pass to each other through the cones.

PURPOSE

- To practise passes.
- To time one's driving in relation to the ball.

FOCUS POINTS

- That the players pass the ball in front of each other so that they can drive into the ball.
- The players do not drive too far forward so that a pass can always be made to their stick.

VARIATION

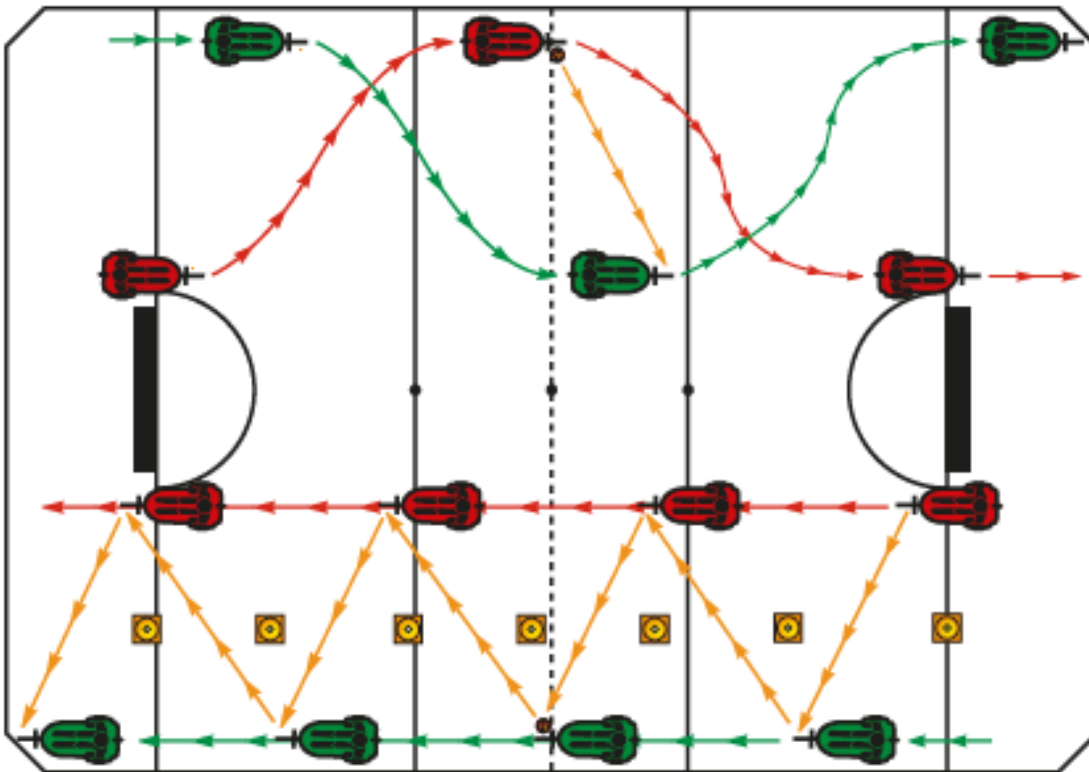
- Instead of cones, the players can cross in front of each other before passing to each other.
- The players come from either direction.

LEVEL OF DIFFICULTY

- 2-5

PREREQUISITES

- Control of chair and ball.



PASSES

PASS FOR SHOT

PLAYING AREA: 1



TOOLS: Goal, cones and balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

Player 1 starts in the corner and the coach rolls a ball to him/her. Player 1 drives around cone 1 and crosses the playing area.

At the same time, player 2 crosses the playing area. Player 1 drives past cone 2 and passes the ball to player 2, who has driven in the opposite direction to player 1.

PURPOSE

- To practise passes and finishes.
- To practise coordination between the players.
- To practise timing in passes/finishes.

FOCUS POINTS

For player 1: • The angle of passing.

- Crossing in front of player 2.

For player 2: • Crossing behind player 1.

- To time speed in relation to passing the ball.

VARIATION

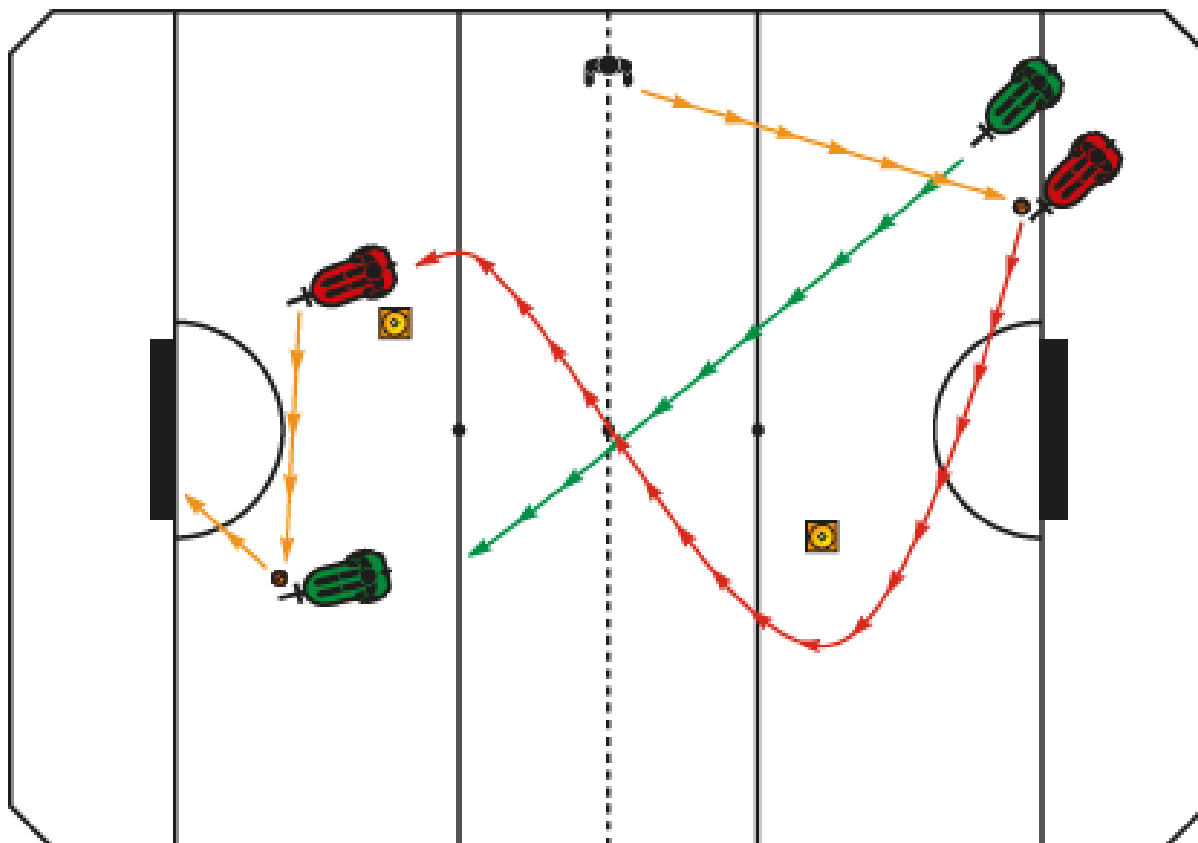
- Player 1 starts on the right side of the goal, while player 2 starts on the left side.
- Player 1 drives straight down to the goal field and passes to player 2, who has driven in parallel to player 1.
- Both exercises can be done with goalkeeper
- Both exercises can be delimited with cones to show in which area the pass should be made.

LEVEL OF DIFFICULTY

- 2-5

PREREQUISITES

- Good control of chair and ball.



PASSES

PASS FOR SHOT

PLAYING AREA: 1



TOOLS: Goal and balls



NUMBER OF PLAYERS: 3-6

DESCRIPTION

The ball carriers start in a corner. The goalkeeper is positioned in the goal at the opposite end of the playing area. There is a player at the goal field, to whom a pass can be made. The ball carrier drives towards the post and finishes if the goalkeeper does not cover properly or otherwise the ball carrier passes to the fellow player, who is positioned at the bottom of the goal field on the opposite side.

PURPOSE

- To practise passes for finishes.

FOCUS POINTS

- That the ball carrier is a threat with both finish and pass.
- That the ball carrier's pass is on the fellow player's blade so that a finish can be made the first time.
- That the player, who receives the pass, positions him-/herself so that a finish can be made the first time.

VARIATION

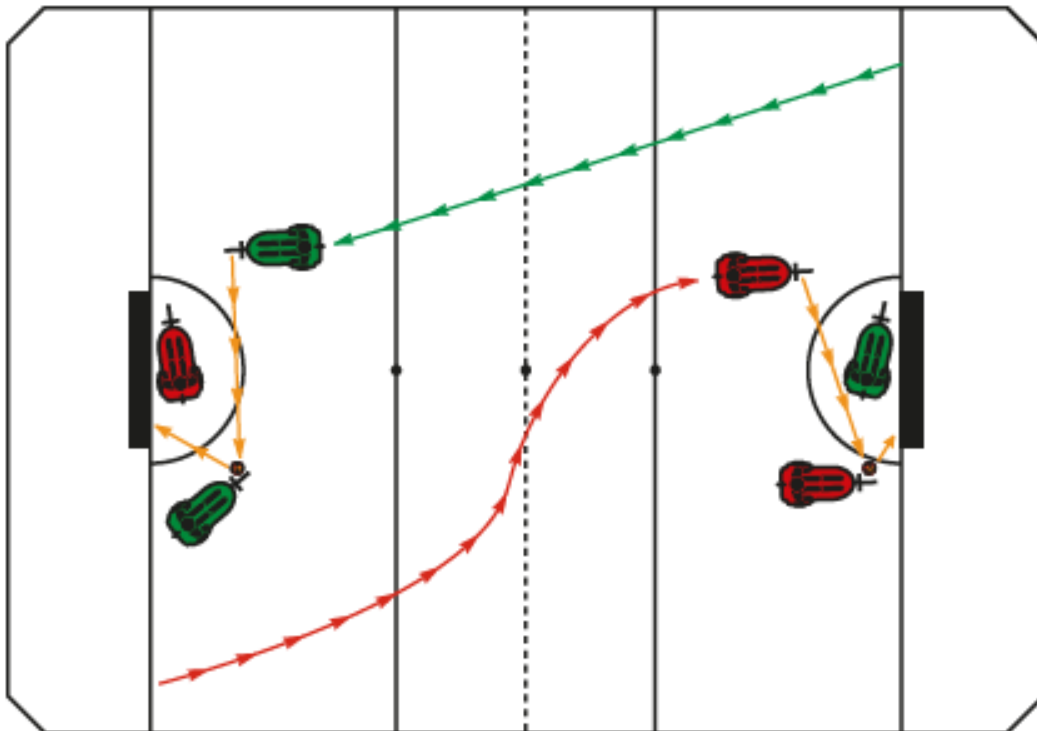
- The ball carrier crosses over the playing area and the fellow player positions him-/herself on the opposite side as in 1 and 2.

LEVEL OF DIFFICULTY

- 2-5

PREREQUISITES

- Good ball control.



PASSES

PASS AND FINISH

PLAYING AREA: 1



TOOLS: Goal, cones and balls



NUMBER OF PLAYERS: 2-6

DESCRIPTION

A square is set up in the middle of the playing area. Player 1 starts at the rear cone on the right while player 2 starts at the rear cone on the left. Player 1 drives with ball and passes through the two front cones to player 2. Player 2 receives the ball and drives around the 4 cones and towards the goal. Player 1 continues straight ahead towards the goal post to be able to receive a pass for a finish.

PURPOSE

- To practice interaction.
- To practise passes.
- To practice finishes.
- To coordinate the driving.

FOCUS POINTS

- Player 1:
- To time the pass to player 2.
 - To time the speed towards the goal relative to the pass.

- Player 2):
- To adjust the speed at the moment of receiving.
 - To optimise the angle towards the goal so that it is possible both to shot and to pass.

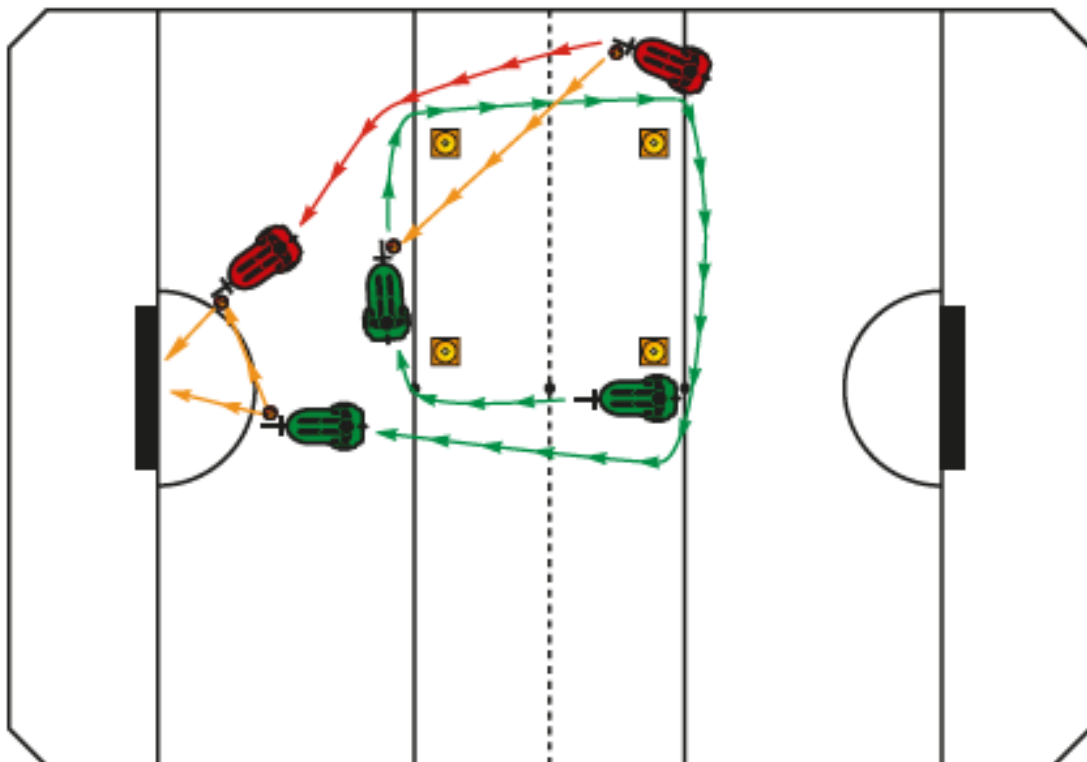
VARIATION

LEVEL OF DIFFICULTY

- 3-5

PREREQUISITES

- Good control of chair and ball.



PASSES

PASS AND FINISH

PLAYING AREA: 1



TOOLS: Goal and balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

Player 1 starts to the right of the goal and player 2 to the left. Player 1 and player 2 start at the same time. Player 1 drives with ball and crosses the playing area while player 2 crosses the field behind player 1. Player 1 drives towards the goal and finishes on goal or passes to player 2

PURPOSE

- To practise passes.
- To practice finishes.
- To practice timing.

FOCUS POINTS

- For player 1:
- To drive at an angle from which he/she can both finish and pass.
 - Choosing the right moment of finishing/passing.

For player 2: • To time his/her driving so that the player has speed at the moment of finishing.

VARIATION

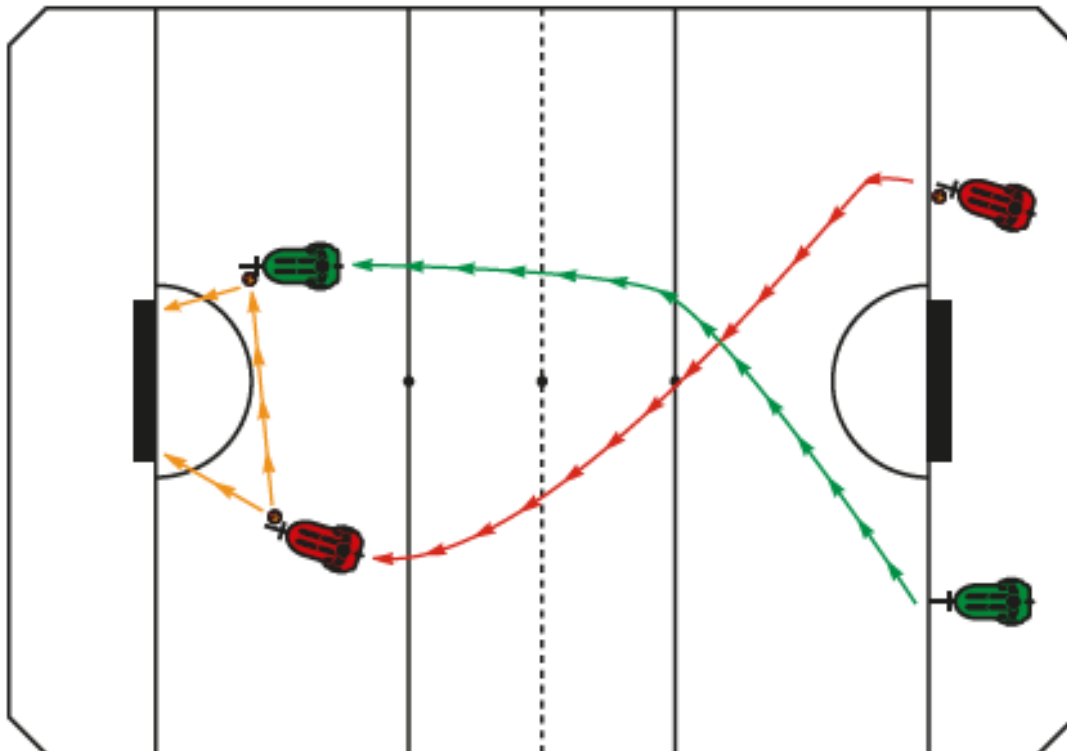
- With goalkeeper

LEVEL OF DIFFICULTY

- 3-5

PREREQUISITES

- Good control of chair and ball.



PASSES

PASSING FOR SHOT BEHIND GOAL

PLAYING AREA: ½



TOOLS: Goal and balls



NUMBER OF PLAYERS: 2-6

DESCRIPTION

The ball carrier starts in one side at the centre line and drives behind the goal and passes to the fellow player positioned at the top of the goal field.

PURPOSE

- To practise passes and finishes.

FOCUS POINTS

- That the pass is made at the right moment where the goalkeeper has difficulty in reacting.
- That there is speed in the passes.
- That the passes are made in front of the fellow player.
- That the deliveries are precise.

VARIATION

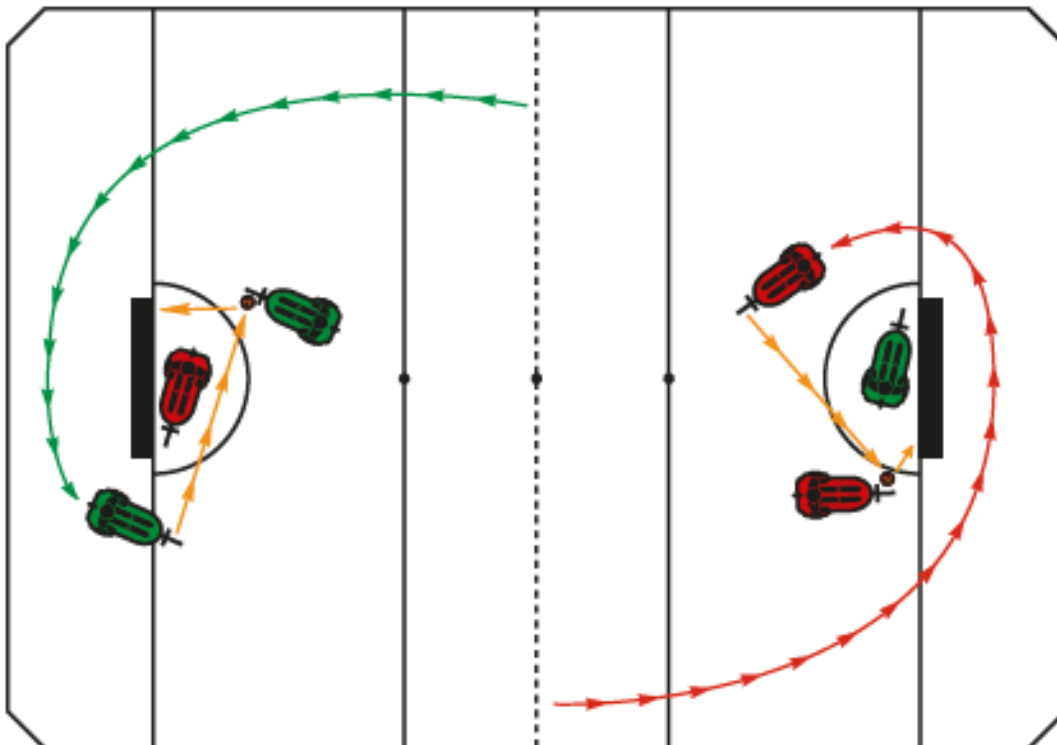
- Drives farther up and passes to the fellow player located at the bottom of the goal field on the opposite side.

LEVEL OF DIFFICULTY

- 3-5

PREREQUISITES

- Good ball control.



PASSES

PASS FOR SCREENING

PLAYING AREA: ½



TOOLS: Goal, cones and balls



NUMBER OF PLAYERS: 2-6

DESCRIPTION

The ball carrier starts at the centre and drives across towards the goal. A defender or a number of cones are placed on the goal field on the same side as the ball carrier. A fellow player is positioned next to the goal field on the same side as the ball carrier.

The ball carrier passes on the outer side of the defender and the fellow player finishes.

PURPOSE

- To practise passes against a compact defence.
- Choosing the right decision

FOCUS POINTS

- To pass early on the outer side.
- To pass later on the inner side.
- That there is a lot of speed in the passes.

VARIATION

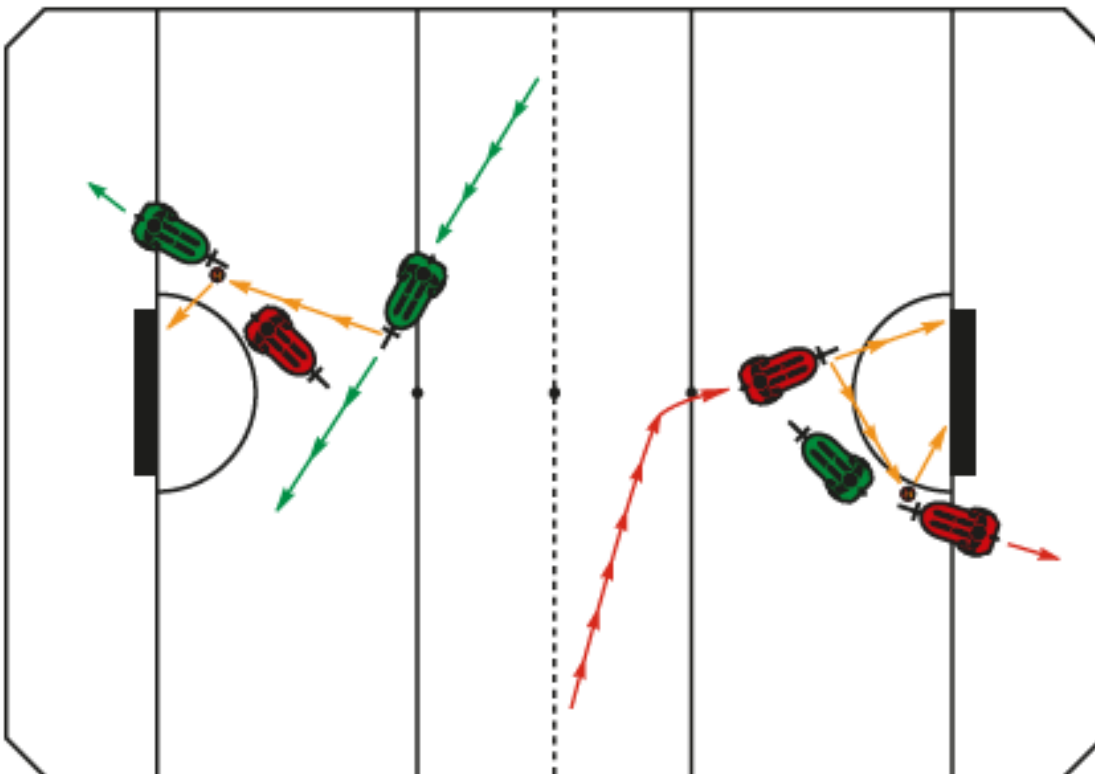
- The ball carrier passes to the fellow player on the inner side of the defender.
- The exercise can be done with goalkeeper and live defence.
- The exercise can be done where two rows of cones show where the pass must be placed on the inner and outer side.

LEVEL OF DIFFICULTY

- 3-5

PREREQUISITES

- Requires good control and precision.



SCREENINGS

BEGINNER SCREENING

PLAYING AREA:
½ longitudinally



TOOLS: None



NUMBER OF PLAYERS: 2-8

DESCRIPTION

Two players start next to each other on the back line approx. ½ metre from the boundary. The innermost player must try to prevent the outermost player from touching the boundary.

PURPOSE

- To practise screenings at beginner level.
- To practise driving technique.

FOCUS POINTS

- For the innermost player, it is about following the speed and movements of the outermost player.
- For the outermost player, it is about using the start and stop method to outmanoeuvre the innermost player

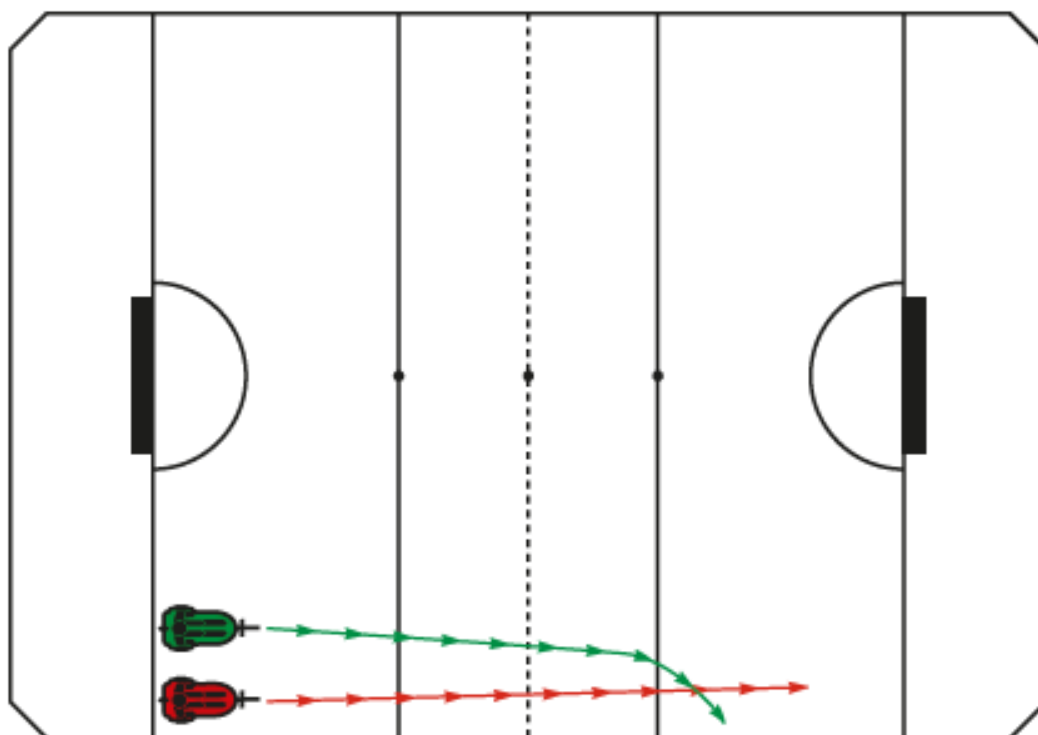
VARIATION

LEVEL OF DIFFICULTY

- 1-2

PREREQUISITES

- Slight control of the chair.



SCREENINGS

RACE

PLAYING AREA: 1



TOOLS: None



NUMBER OF PLAYERS: 2-8

DESCRIPTION

Two players start next to each other. On the coach's signal, they race to the opposite goal and back to the back line.

PURPOSE

- To illustrate that the one who comes first down to the goal will always come first around it and therefore you do not pursue the opponent behind the goal.
- To practise timing and responsiveness in the defensive play.

FOCUS POINTS

- That the one, who comes last, does not drive along around the goal.
- To pick up on the opposite side of the goal.
- To screen across to the boundary.

VARIATION

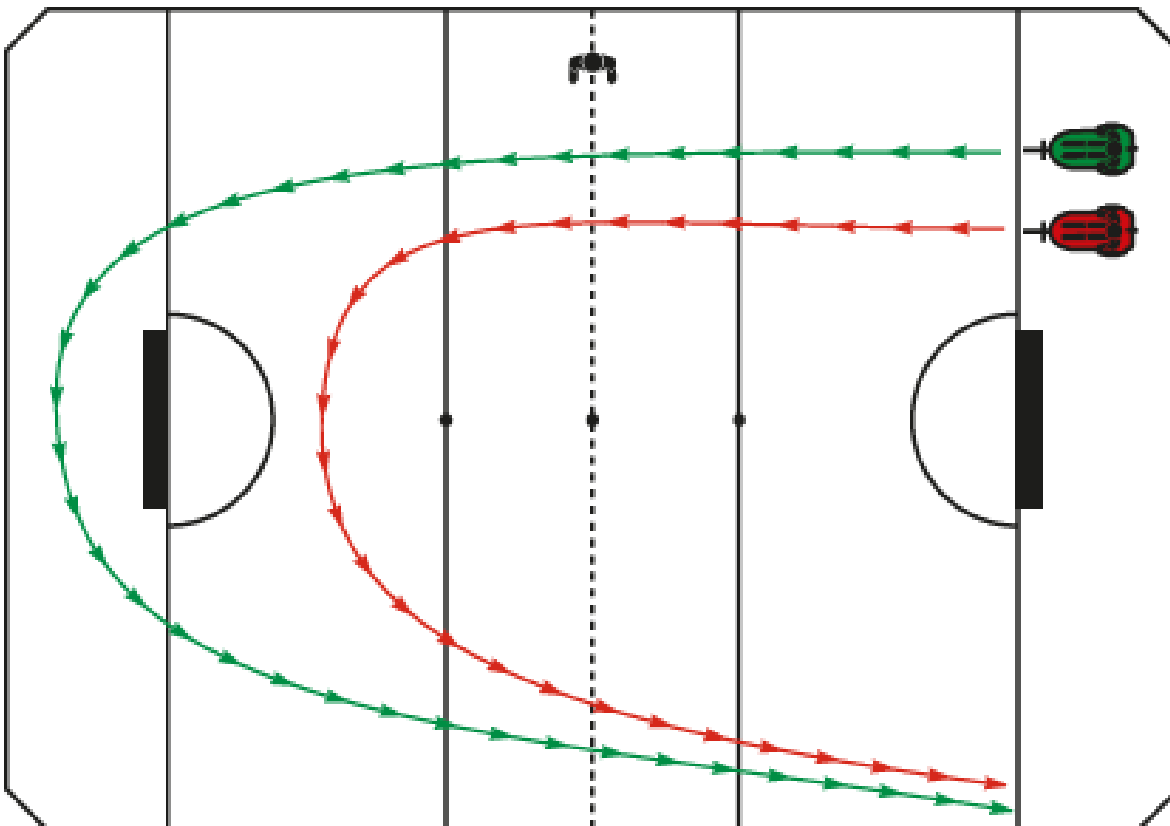
- The player, who comes last, crosses in front of the goal field and picks up the one in front.
- The player, who comes last, crosses in front of the goal field and screens the one in front towards the boundary. (NB. Must be done responsibly as driving is done at maximum speed).

LEVEL OF DIFFICULTY

- 1-5

PREREQUISITES

- Control of the chair, timing and for variation number 2 screening technique is required.



SCREENINGS

1 AGAINST 1 SCREENING

PLAYING AREA: $\frac{1}{4}$



TOOLS: Cones



NUMBER OF PLAYERS: 2

DESCRIPTION

A square playing area is set up. Two cone goals of 3-4 metres are placed opposite each other. The two players take turns preventing the other from driving through the other player's goal.

PURPOSE

- To practise screening of the opponent.

FOCUS POINTS

- To work with timing.
- Avoiding being stationary so that start/stop reaction time for the chain does not take too long.
- To avoid braking too hard or driving too slowly.

VARIATION

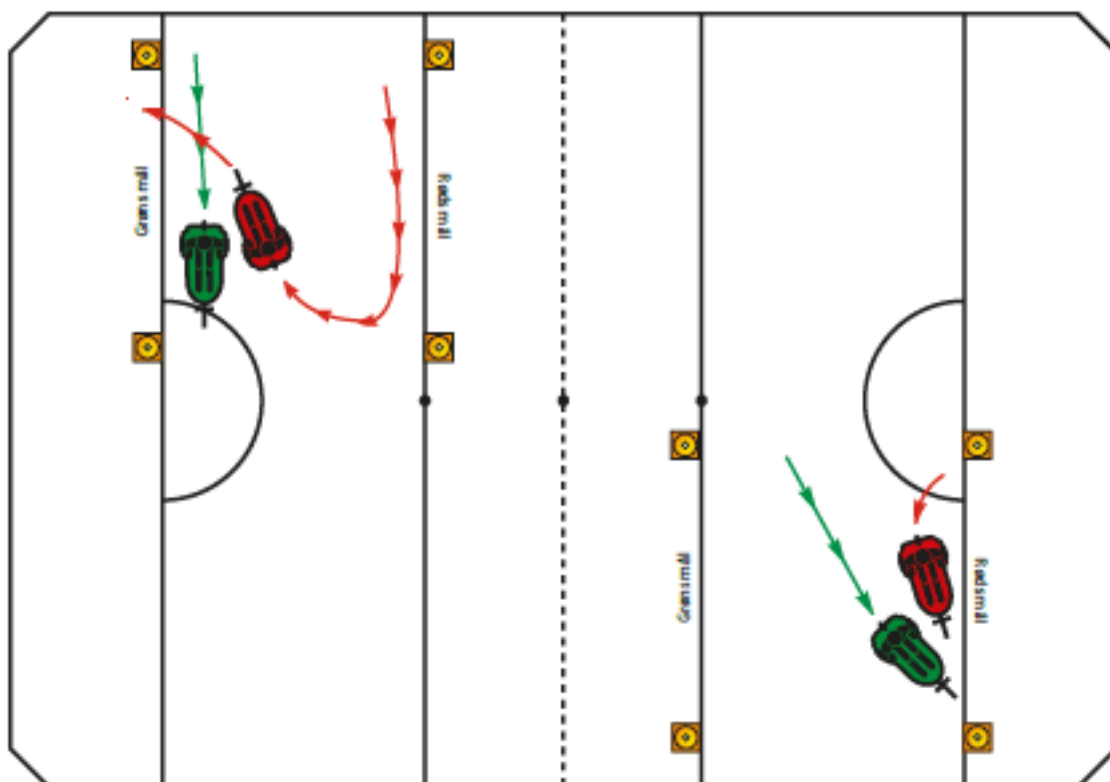
- The distance between the cones can be varied.

LEVEL OF DIFFICULTY

- 1-5

PREREQUISITES

- Control of the chair.



SCREENINGS

SCREENING KNOCK OVER A CONE

PLAYING AREA: 1



TOOLS: Cones



NUMBER OF PLAYERS: 2

DESCRIPTION

Three cones are set up to form a large triangle. One player must knock over the cones while the other must defend them. The exercise is over when all the cones have been knocked over.

PURPOSE

- To practice screening.
- To practise driving technique.

FOCUS POINTS

- That the defender position him-/herself so that he/she can cover as much as possible.
- That the defender focuses on all cones.

VARIATION

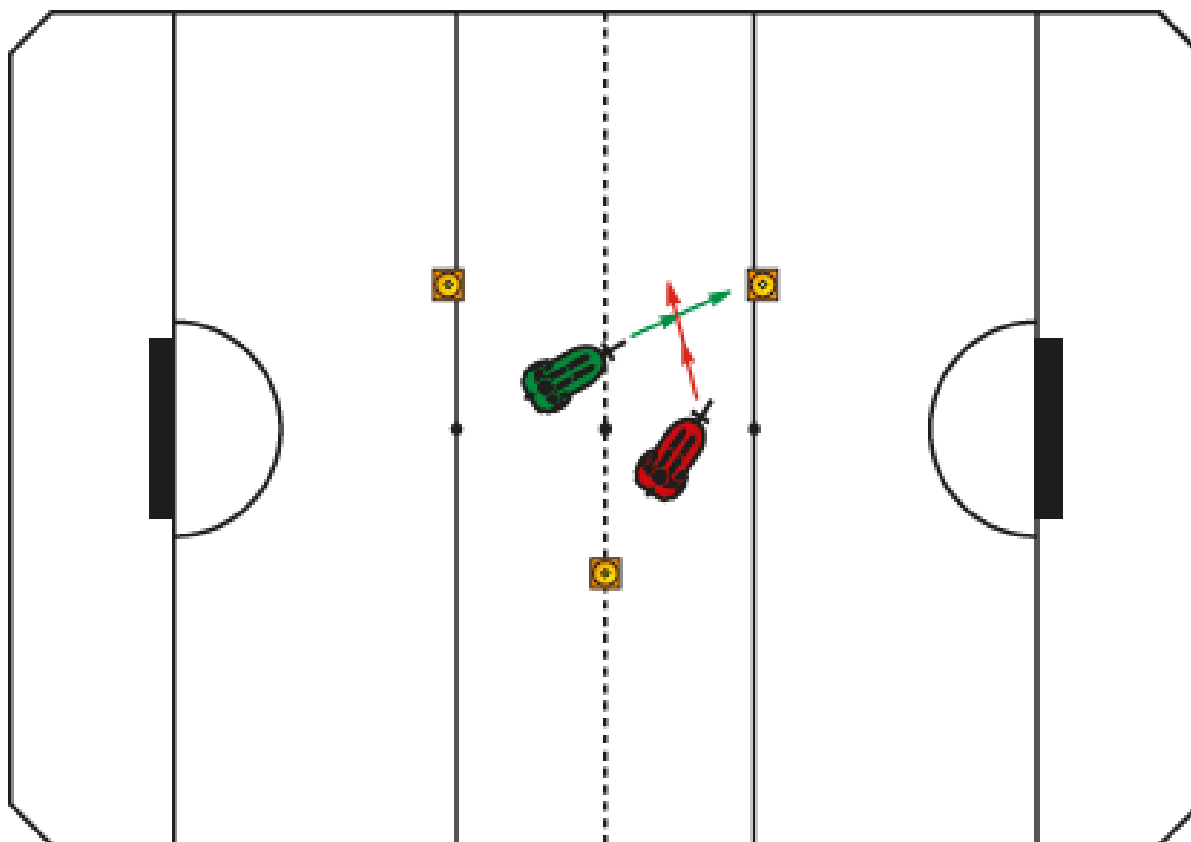
- The exercise can be done with more cones.
- The exercise can be done 2 against 2, 3 against 3, or 4 against 4.

LEVEL OF DIFFICULTY

- 1-5

PREREQUISITES

- Control of the chair.



SCREENINGS

SCREENINGS IN OWN ZONE

PLAYING AREA: ½



TOOLS: none



NUMBER OF PLAYERS: 2-8

DESCRIPTION

The defender starts at the goal field and drives towards the penalty line and turns in a curve towards the boundary and down to the back line.

PURPOSE

- The path is used to screen an opponent away from the goal field down towards the back line, where the player poses a minor risk to the goal.

FOCUS POINTS

- With opponent
- That the defender times his/her driving to turn towards the back line and to drive in parallel to the opponent.
 - That the defender does not let the striker get in front or behind him/her

VARIATION

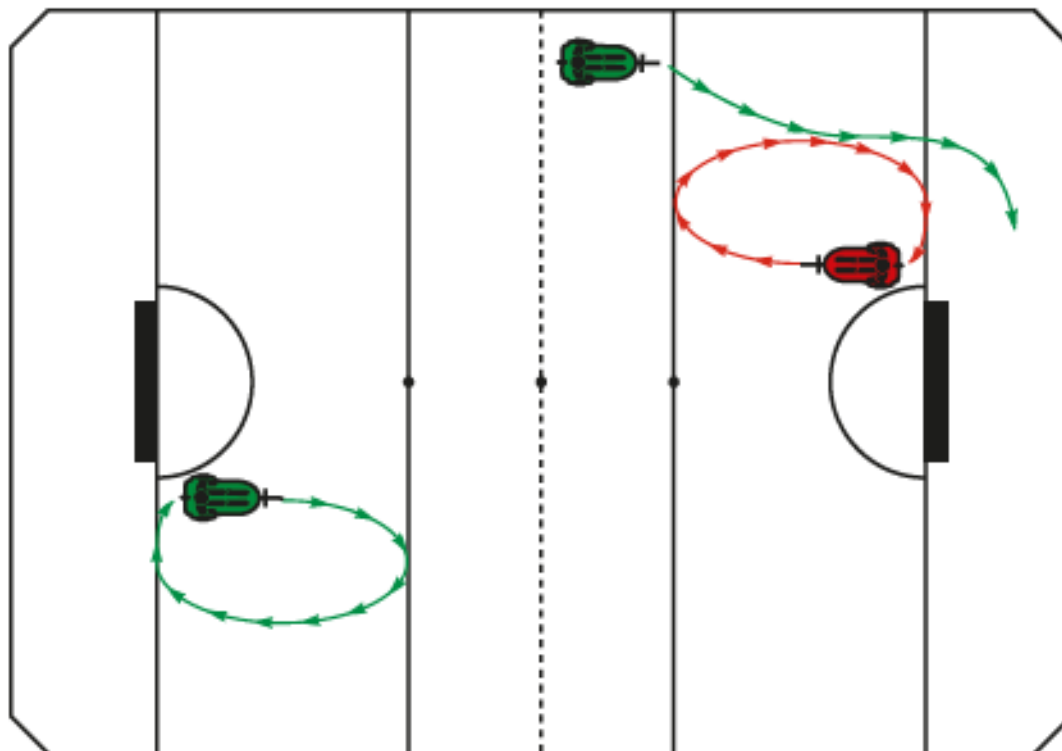
- Without opponent.
- With opponent.
- With opponent with ball.

LEVEL OF DIFFICULTY

- 2-5

PREREQUISITES

- Control of chair and ball.



SCREENINGS

ATTACK SCREENING

PLAYING AREA: ½ longitudinally



TOOLS: None



NUMBER OF PLAYERS: 3-6

DESCRIPTION

Two players start next to each other on the back line approx. ½ metre from the boundary. On the coach's signal, the innermost player drives with the ball and must try to finish on goal at the opposite end. The middle player is a screening player and must try to keep the outermost player away from the ball carrier.

PURPOSE

- To practise rolling screenings/attack screenings.
- To practise reaction.

FOCUS POINTS

- That the screener adjusts his/her speed to the defender's speed so that he/she does not get in front or behind.

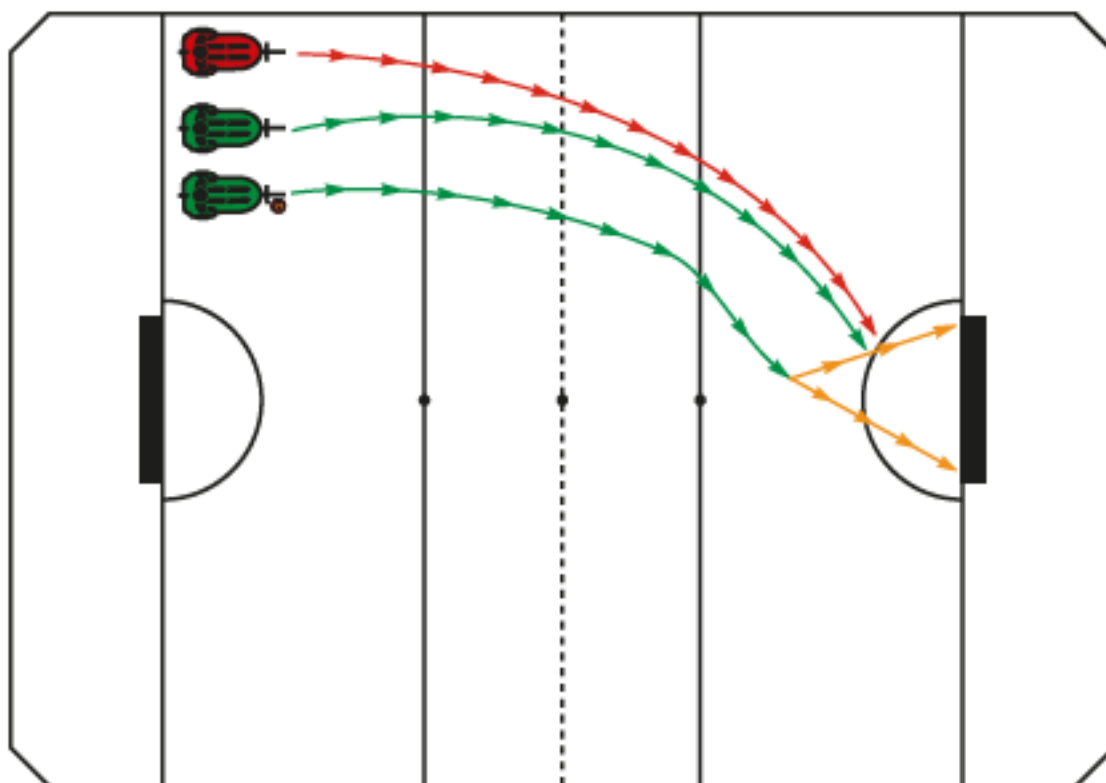
VARIATION

LEVEL OF DIFFICULTY

- 2-4

PREREQUISITES

- Control of chair and speed.



SCREENINGS

SCREENING

PLAYING AREA: ½ longitudinally



TOOLS: Balls



NUMBER OF PLAYERS: 3

DESCRIPTION

A player must try to prevent a striker from getting to the other end. The front striker must try to screen the defender to one side so that the rear striker can get past.

PURPOSE

- To practice screening.
- To practise how to use a screening.

FOCUS POINTS

- Screening against the boundary.
- That the rear striker waits to attack until the defender is screened against one side.

VARIATION

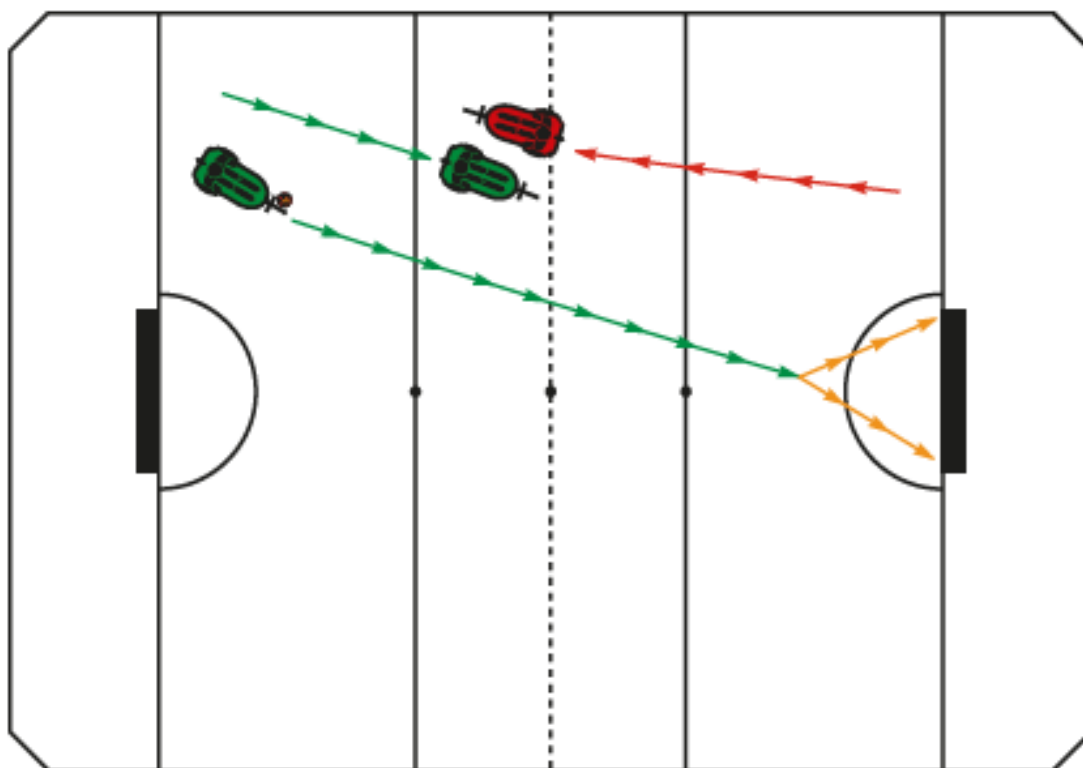
- The rear striker can drive with ball.

LEVEL OF DIFFICULTY

- 2-4

PREREQUISITES

- Control of chair so you do not collide with anyone.



SCREENINGS

2 AGAINST 1

PLAYING AREA: ½ longitudinally

TOOLS: Balls



NUMBER OF PLAYERS: 3-8

DESCRIPTION

The two attacking players start at the back line, one at the corner and the other at the goal post. The defender starts at the penalty line. The player at the goal field drives forward with the ball. The defender screens the ball carrier towards the boundary. At the boundary, the ball carrier turns towards his/her own field. At the same moment, the striker in the corner screens the defender towards the boundary. The ball carrier turns all the way around towards the middle and continues towards the goal and finishes.

PURPOSE

- To turn a defence screening to one's own advantage by trapping the defender at the boundary.

FOCUS POINTS

- That the striker in the corner times his/her driving so that the defender is trapped close to the boundary.

VARIATION

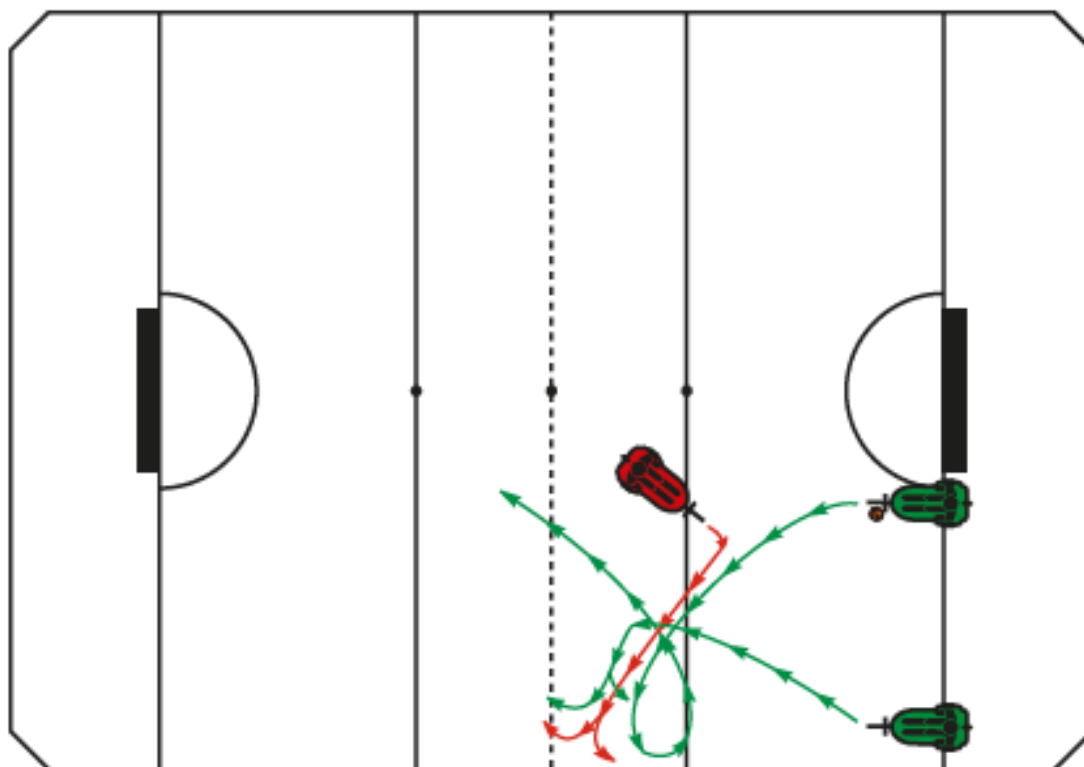
- An extra defender can be put on the playing area making it more difficult to get free.

LEVEL OF DIFFICULTY

- 3-5

PREREQUISITES

- Requires control of chair and ball.



SCREENINGS

SCREENING FOR FINISH

PLAYING AREA: 1



TOOLS: Balls



NUMBER OF PLAYERS: 3

DESCRIPTION

A striker and a defender start side-by-side facing the striker's goal around the penalty line on the striker's court. The striker drives behind his/her own goal with the defender, who presses him. The defender can choose to follow the striker around the goal or cross the playing area for the goal field. When the striker drives behind the goal, the goalkeeper must screen the defender away so that the striker can get to a finish.

PURPOSE

- To practise conversion.
- To practise the goalkeeper's role at a counter-attack

FOCUS POINTS

- Goalkeeper:
- That the goalkeeper follows and screens the defender in the path chosen.
 - That the goalkeeper chooses the right time to drive out of the goal.
- Ball carrier:
- At the variation he/she must wait for the fellow player to set the screening so that the ball carrier can choose, which way to drive around.

VARIATION

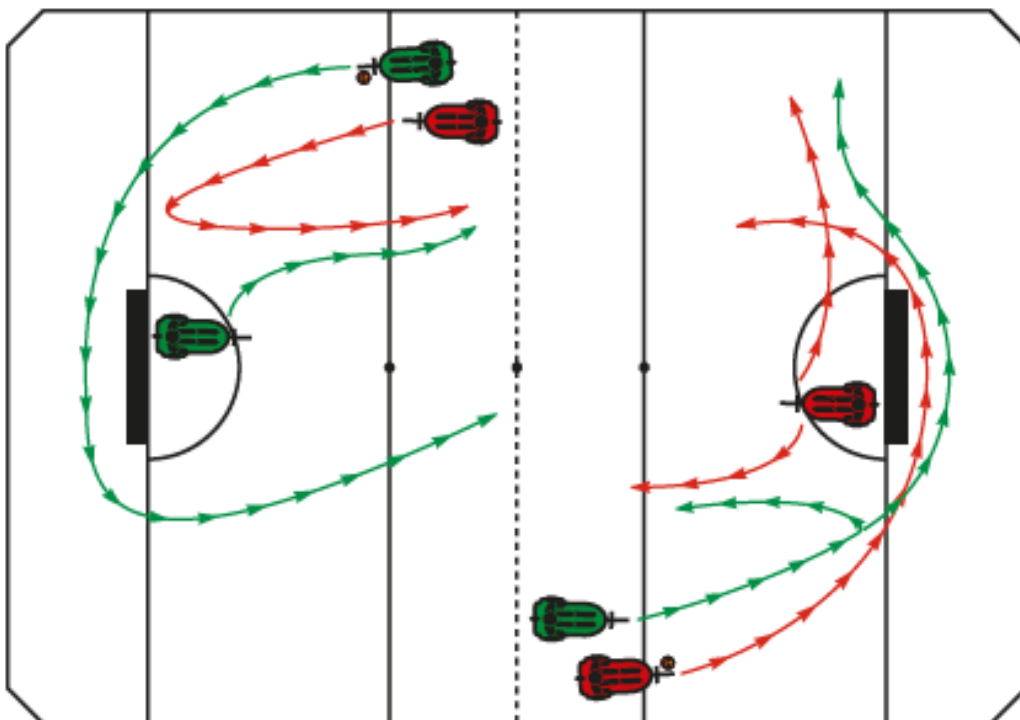
- Another defender and another striker can be put on the side from where the striker comes around the goal. The new striker must either screen the new defender towards the middle or out towards the boundary so that the striker can come to a finish.

LEVEL OF DIFFICULTY

- 3-5

PREREQUISITES

- Good control of chair and ball. Screening skills and overview.



SCREENINGS

ATTACK SCREENING

PLAYING AREA: 1



TOOLS: Balls



NUMBER OF PLAYERS: 6

DESCRIPTION

The defending team starts at the penalty line but the attacking team starts at their own goal. The goalkeeper sends a goaltender ball to a fellow player. The two strikers together try to screen the defenders so that there is room for a finish or a pass.

PURPOSE

- To practise organised offensive play.
- To practice timing.
- To practice screening.

FOCUS POINTS

- That the screenings create room for the ball carrier.
- That the ball carrier take advantage of the screenings by not only driving fast forward, but instead wait for a screening to be set.

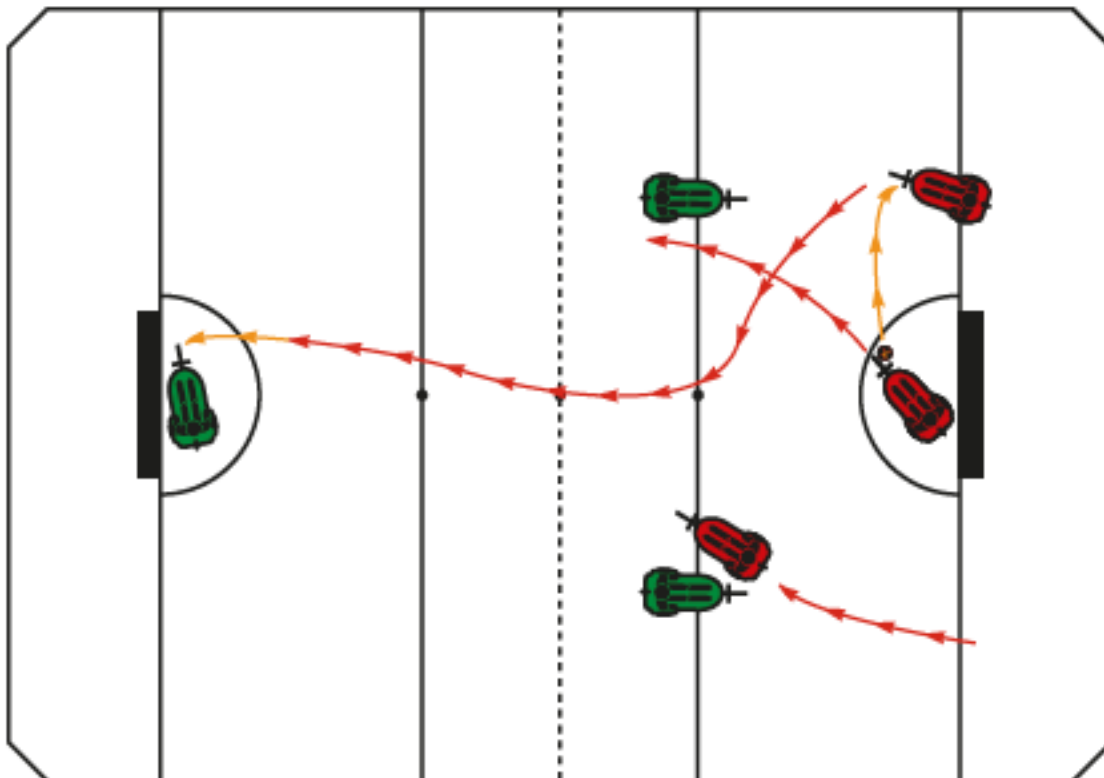
VARIATION

LEVEL OF DIFFICULTY

- 3-5

PREREQUISITES

- Requires good ball control, screening skills and a good overview.



SCREENINGS

SCREENING/COUNTER-ATTACK

PLAYING AREA: 1



TOOLS:



NUMBER OF PLAYERS: 6

DESCRIPTION

One team starts in zero defence while the other team attacks with ball. On the coach's signal, the goalkeeper of the zero defence gets a ball and the team must now attack. The attackers leave the ball and return to defend their goal. The two defenders must try to screen the attackers so that the goalkeeper can make a quick finish. When having finished, switch the roles so that both teams defend/attack.

PURPOSE

- To practise attack screening.
- To practise conversion defence/attack.

FOCUS POINTS

- That the goalkeeper waits to attack until the defenders have screened the strikers and thus have created space.

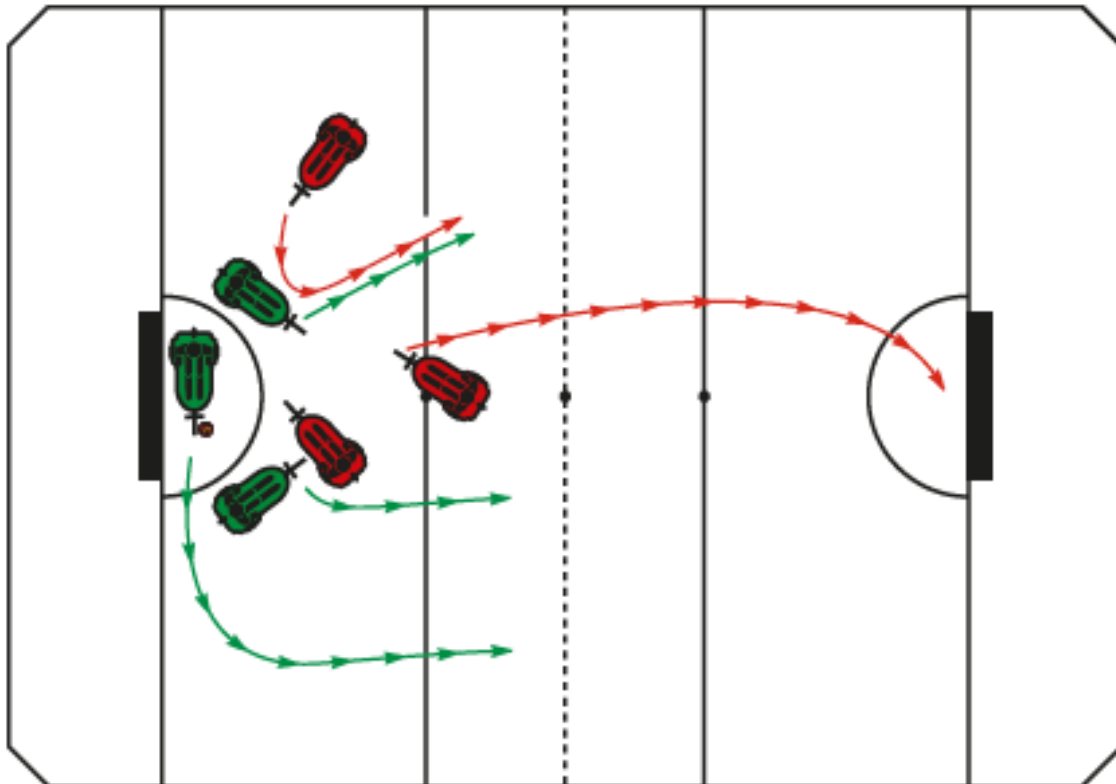
VARIATION

LEVEL OF DIFFICULTY

- 3-5

PREREQUISITES

- Good control of chair and ball.
- At the same time it is important that the players are practised so that they know a little about paths and zero defence.



SCREENINGS

T SCREENING

PLAYING AREA: ½



TOOLS: Balls and goal



NUMBER OF PLAYERS: 5-6

DESCRIPTION

Two defenders defending the goal field. Three strikers must try to get to a finish. Two of the strikers must try to create a T screening by making a 90° angle with the goal field so that the defenders are screened away from the middle of the goal. The striker with the ball can then finish in the hole that the screenings have made.

PURPOSE

- To practise attack screening at the goal field.
- To create a finish opportunity in the middle of the goal.

FOCUS POINTS

- That the screening is as perpendicular to the goal field as possible.
- That the defenders are screened away from the middle of the goal.

VARIATION

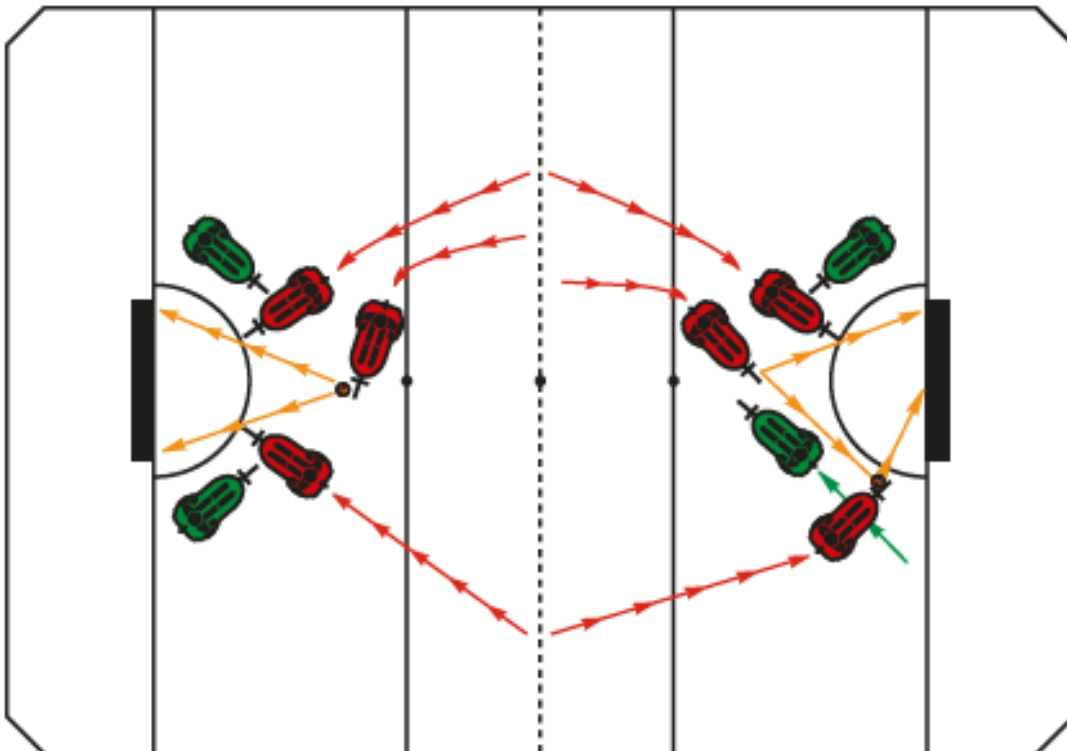
- One striker makes a T screening on one side. The second striker positions him-/herself at the bottom of the goal field in the other side. The ball carrier attacks the hole in the middle of the goal field but can pass to the striker at the bottom of the goal field if the defender is pressing him/her.

LEVEL OF DIFFICULTY

- 2-3
- Variation: 4-5

PREREQUISITES

- Control of chair and screening skills.



SCREENINGS

V SCREENING

PLAYING AREA: ½



TOOLS: Balls and goal



NUMBER OF PLAYERS: 4-6

DESCRIPTION

Two defenders defend the goal field. Two strikers must try to create a screening on the side of the defenders so that the chairs form a V.

The strikers must screen the defenders away from the centre of the goal field where the ball carrier should finish.

PURPOSE

- To practise attack screening.
- To make room for finishing.

FOCUS POINTS

- That the screening is set on the side of and slightly in front of the defender.
- That the defender is screened away from the centre of the goal.

VARIATION

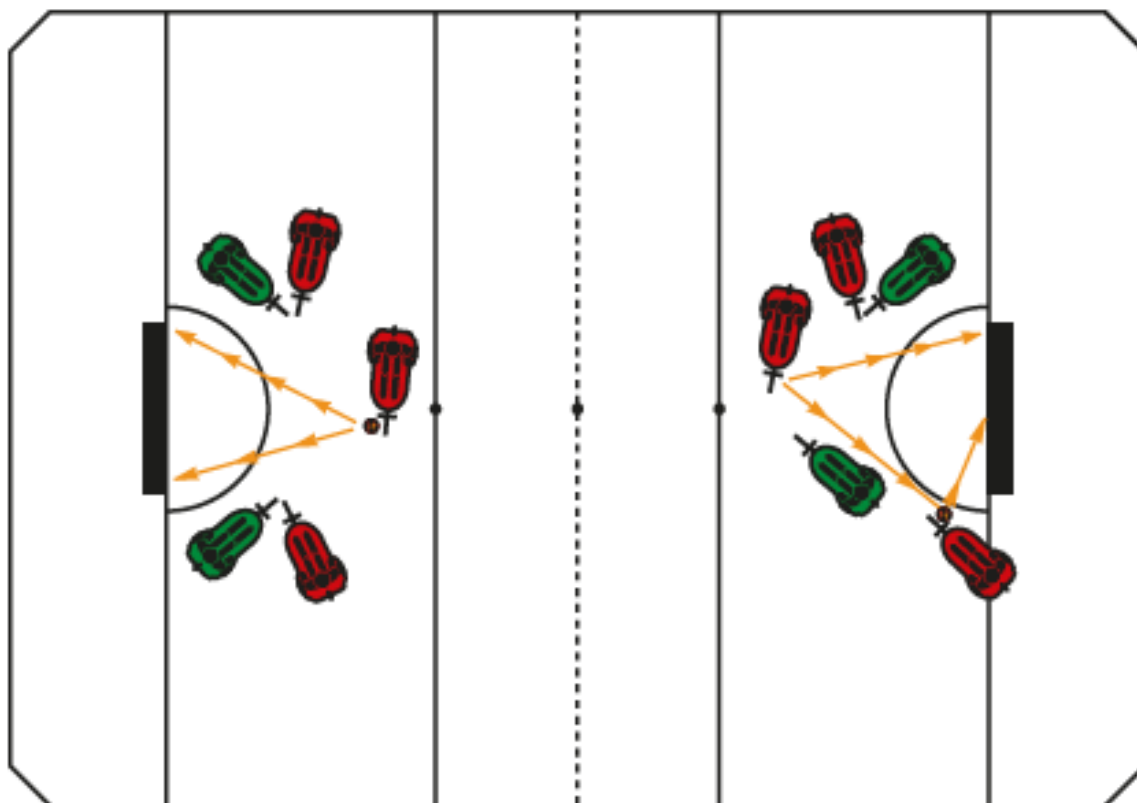
- One striker positions him-/herself at the bottom of one side of the goal field behind the defender. The second striker screens the other defender away from the goal in the opposite side of the goal field. The ball carrier attacks the hole in the centre of the goal field and can make an early or late pass to the striker at the bottom of the goal field.

LEVEL OF DIFFICULTY

- 2-4
- Variant: 4-5

PREREQUISITES

- Good control of chair and ball as well as screening skills.



ATTACK

2 AGAINST 2

PLAYING AREA: ½ or 1  TOOLS: Balls and goal



NUMBER OF PLAYERS: 4

DESCRIPTION

Two players defend a goal against two attacking players. One of the defending players is the goalkeeper while the other is a defender. The two attacking players must arrive at finishing opportunities.

PURPOSE

- The 2 against 2 exercise must be practised in order to obtain many game situations in a short time.
- To practise game situations where the strikers get to finish with opponents pressing them.

FOCUS POINTS

Striker: That one attacker screens the defender to open up as large an area as possible for the fellow player to finish in.

Finisher: That the finisher creates the largest angle for him-/herself to finish in, so that he/she can finish both in the short and long corner.

VARIATION

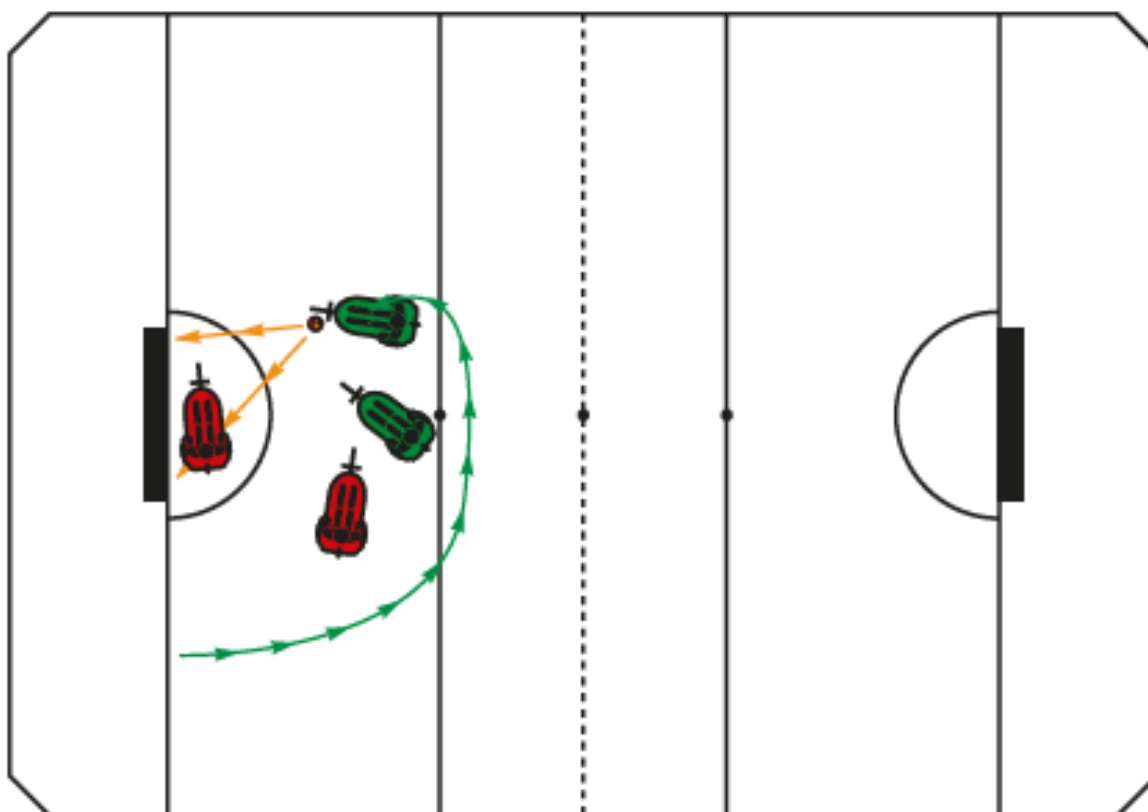
- The exercise can be done in a half playing area, where the teams take turns attacking.
- The exercise can be done in a whole playing area, where each team defend a goal.

LEVEL OF DIFFICULTY

- 2-5
- Most people can participate in this exercise as long as they have control of the chair and one player on each team has ball control.

PREREQUISITES

Control of chair and ball.



ATTACK

3 X 2

PLAYING AREA:
The entire playing area



TOOLS: Ball and goal



NUMBER OF PLAYERS: 4-6

DESCRIPTION

Three goals are set up in the playing area. One on one side in the middle and the other two obliquely in the two opposite corners. Three teams are picked with two players on each team and the game is all against all.

PURPOSE

- To practise overview.
- To practise match situations.
- To practise conversion from defence to attack to defence.

FOCUS POINTS

- Quick switch between defence and attack.

VARIATION

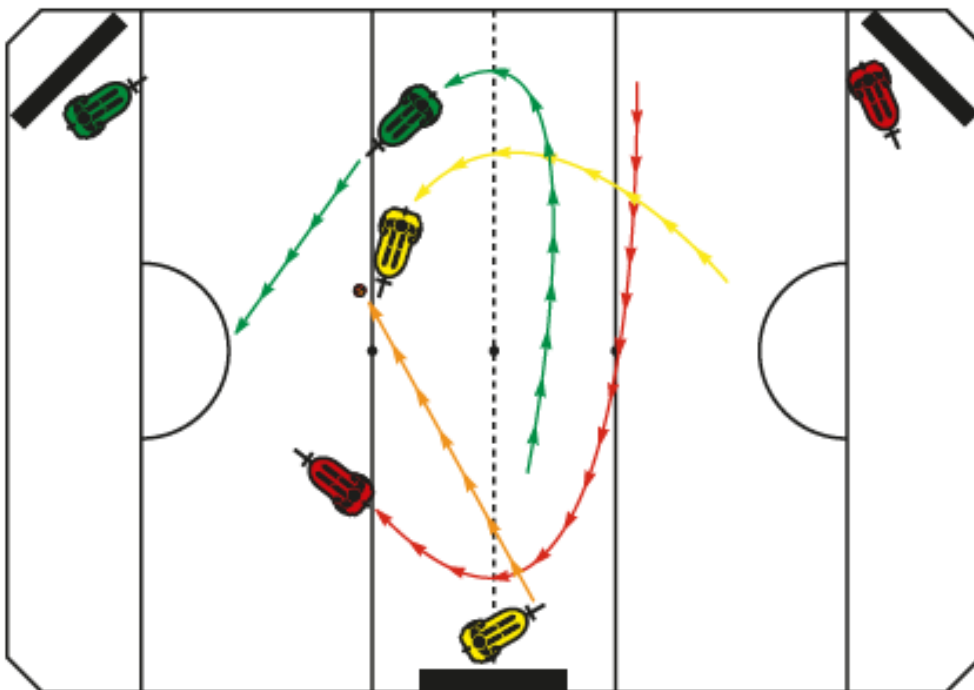
- Place the goals slightly in the playing area so that it will be possible to drive behind the goals.

LEVEL OF DIFFICULTY

- 2-4

PREREQUISITES

- Good control of chair and ball.



ATTACK

REDUNDANT ATTACK

PLAYING AREA: The entire playing area



TOOLS: Ball and goal



NUMBER OF PLAYERS: 6

DESCRIPTION

The defending team can only have two players on their own court, but the attacking team can have three players. When defending, one of the defenders must stay above the centre.

PURPOSE

- To practise offensive play.

FOCUS POINTS

- To attack quickly and get over the centre so that the ball carrier can be set up for a good finish or pass.

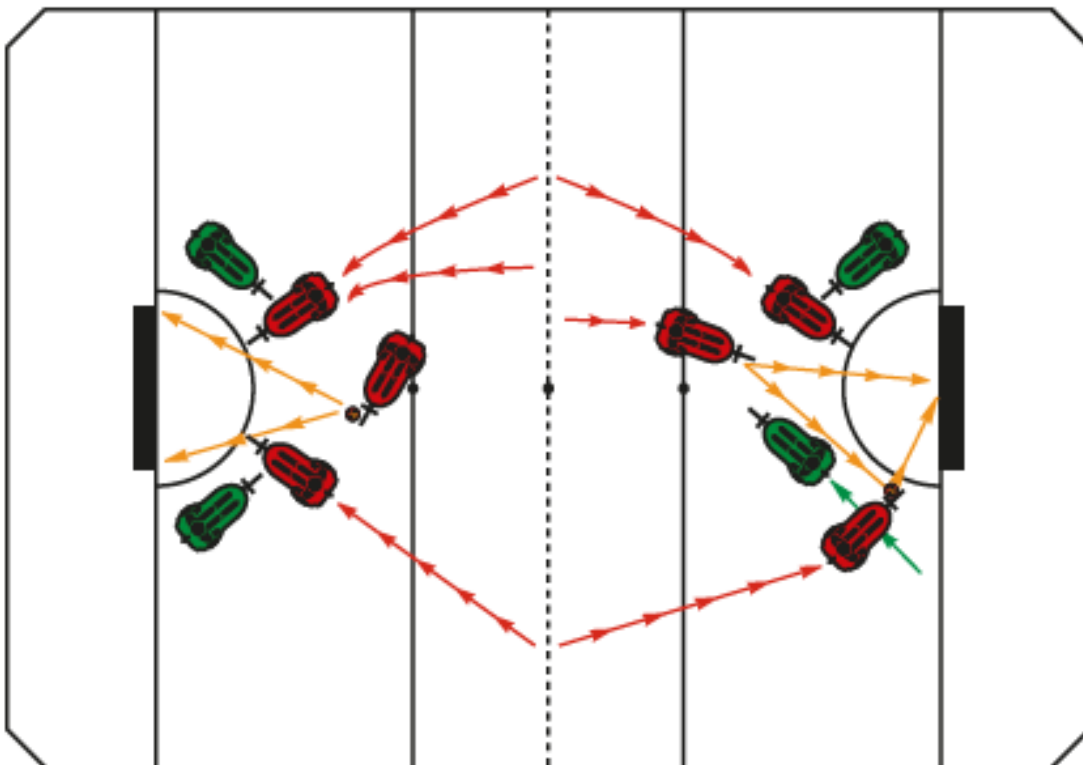
VARIATION

LEVEL OF DIFFICULTY

- 2-4

PREREQUISITES

- Good control of chair and ball.



ATTACK

HEAVEN AND HELL

PLAYING AREA: 1



TOOLS: Cones and balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

5 cones are placed facing each other across the playing area. Each player has a cone. Each match lasts two minutes, during which you play one against one, where you get 1 point for hitting the opponent's cone with the ball. When the battle is over, all those who have won a place move to the right, while those who have lost a place move to the left. When reaching the end to the right you are in heaven and when reaching the end to the left, you are in hell. You lose your spot in heaven if you lose a battle, and you can get out of hell if you win a battle

PURPOSE

- To practise 1 against 1.
- To create atmosphere.

FOCUS POINTS

VARIATION

LEVEL OF DIFFICULTY

- 2-5

PREREQUISITES

- Control of chair and ball.



ATTACK

REACTION

PLAYING AREA: 2 x $\frac{1}{2}$ longitudinally



TOOLS: Balls and goal



NUMBER OF PLAYERS: 2-8

DESCRIPTION

The players are divided into two rows on the penalty line on either side. The coach positions him-/herself in the middle. When the coach rolls a ball down towards the goal, two players must drive and the one, who reaches the ball first, finishes

PURPOSE

- To practise reaction.
- To practise timing in relation to ball and opponent.
- To finish under pressure.

FOCUS POINTS

- That the players only start on the coach's signal.

VARIATION

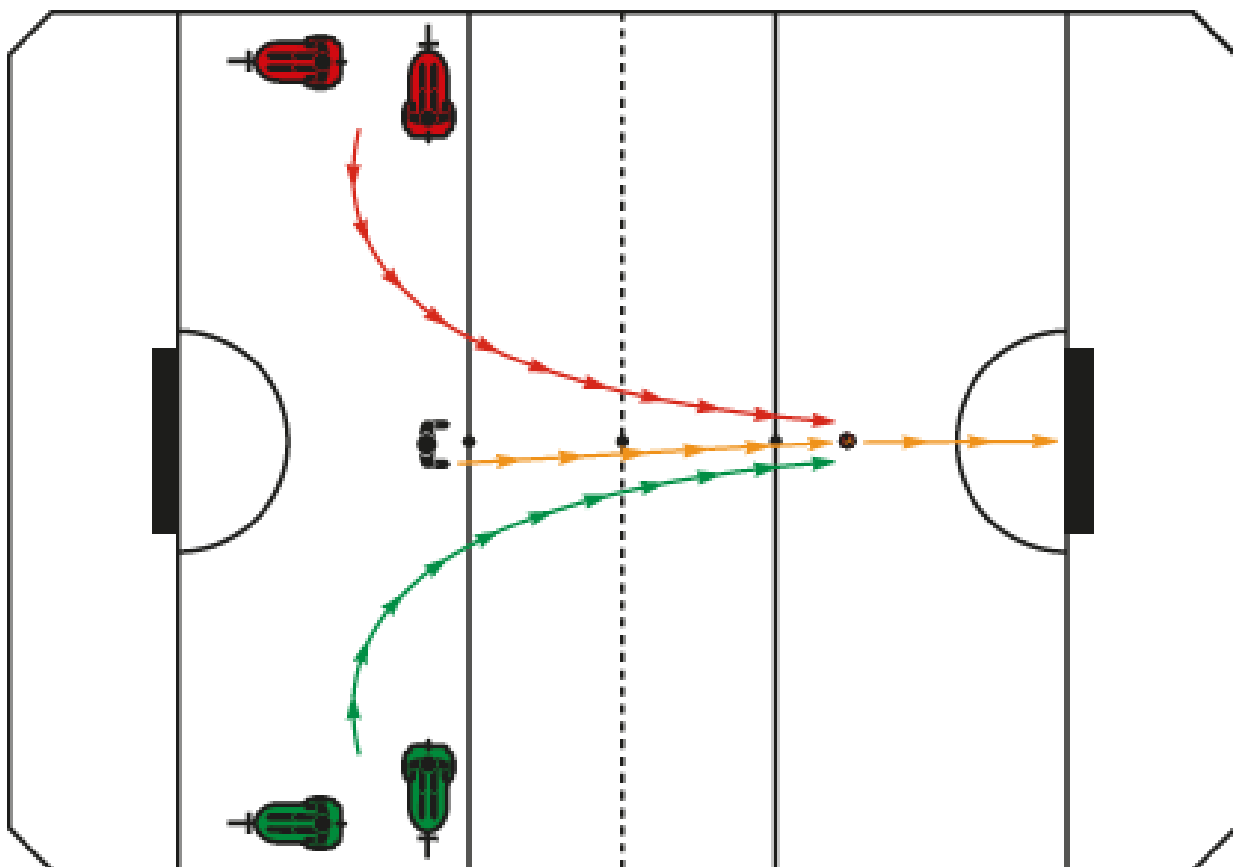
- The players start with their side to the direction of the game.
- The players start with their back to the direction of the game.

LEVEL OF DIFFICULTY

- 3-5

PREREQUISITES

- Requires good control of the chair as there is a risk of collision if the players do not have control.



GOALKEEPER

GOALKEEPER EXERCISE

PLAYING AREA: ½



TOOLS: Balls and goal



NUMBER OF PLAYERS: 1

DESCRIPTION

The goalkeeper is positioned in the goal field and must protect the goal. The coach places him-/herself at the penalty spot and rolls a ball towards the goal at different angles.

PURPOSE

- To train the goalkeeper in moving in the goal field.

FOCUS POINTS

- To foresee from where the ball is coming.
- To stop the ball.

VARIATION

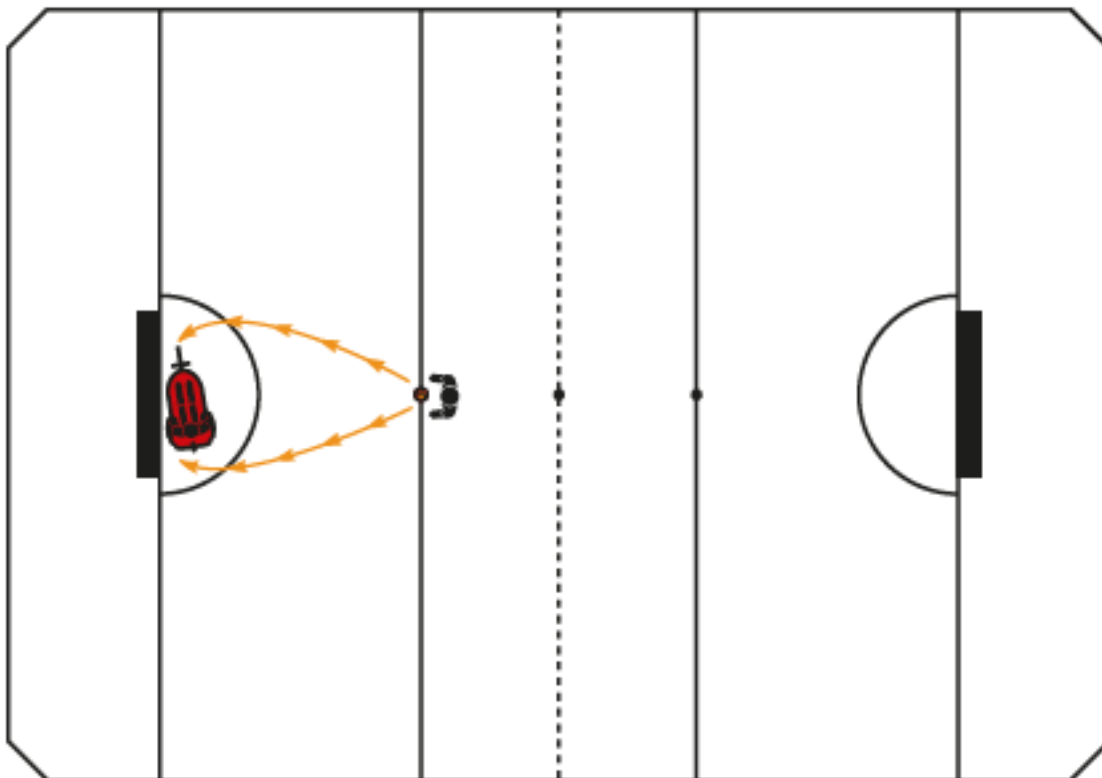
- The coach can position him-/herself in different positions.

LEVEL OF DIFFICULTY

- 1-2
- The speed of the balls determines the level of difficulty.

PREREQUISITES

- It is an exercise for a new player, who may want to be a goalkeeper.
- It requires a little bit of control of the chair.



GOALKEEPER

GOALKEEPER EXERCISE/HOCKEY STICK

PLAYING AREA: ½



TOOLS: Stick, balls and goal



NUMBER OF PLAYERS: 1

DESCRIPTION

The goalkeeper is positioned in the goal and must cover the posts. The coach positions him-/herself behind the goal and attacks a post.

PURPOSE

- That the goalkeeper practices protecting the posts.
- That the goalkeeper practices anticipating where to position him-/herself.

FOCUS POINTS

- That the goalkeeper covers the post completely.
- That the goalkeeper is not stationary so that he can react to the coach's change of direction.
- That the goalkeeper can constantly see where the ball is.

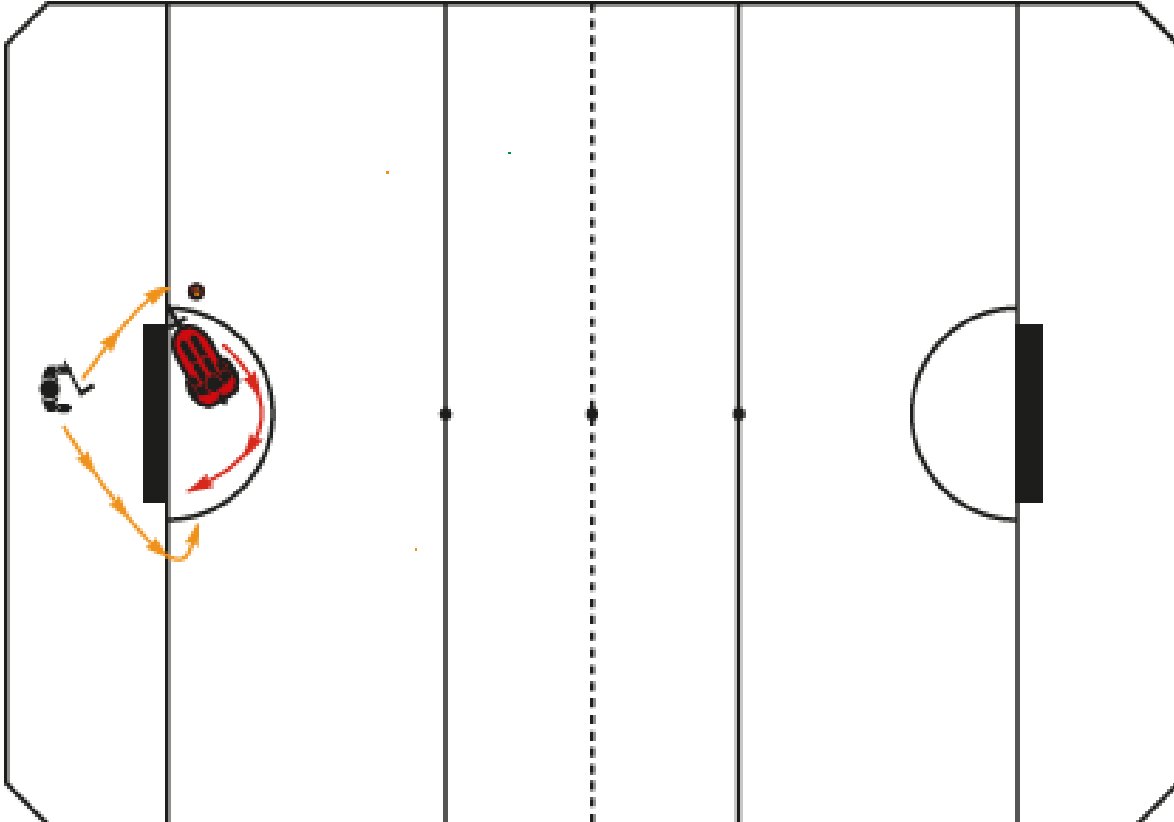
VARIATION

- Instead of the coach using a hockey stick, you can use a player with good ball control, who drives around the goal and chooses to finish at some point.
- Two players can be used so that there is one to pass to.

LEVEL OF DIFFICULTY

- 1-5

PREREQUISITES



GOALKEEPER

GOALKEEPER ROTATION

PLAYING AREA: ½



TOOLS: Stick, balls and goal



NUMBER OF PLAYERS: 1

DESCRIPTION

The goalkeeper is positioned in the goal while the coach positions him-/herself approx. 5 m from the goal. The coach rolls balls alternately on the right/left side.

PURPOSE

- To train the goalkeeper's movements.
- That the goalkeeper gets a feel for the goal field.

FOCUS POINTS

- That the goalkeeper rotation forms a semicircle.
- That the goalkeeper has his/her eyes on the ball throughout the entire exercise.

VARIATION

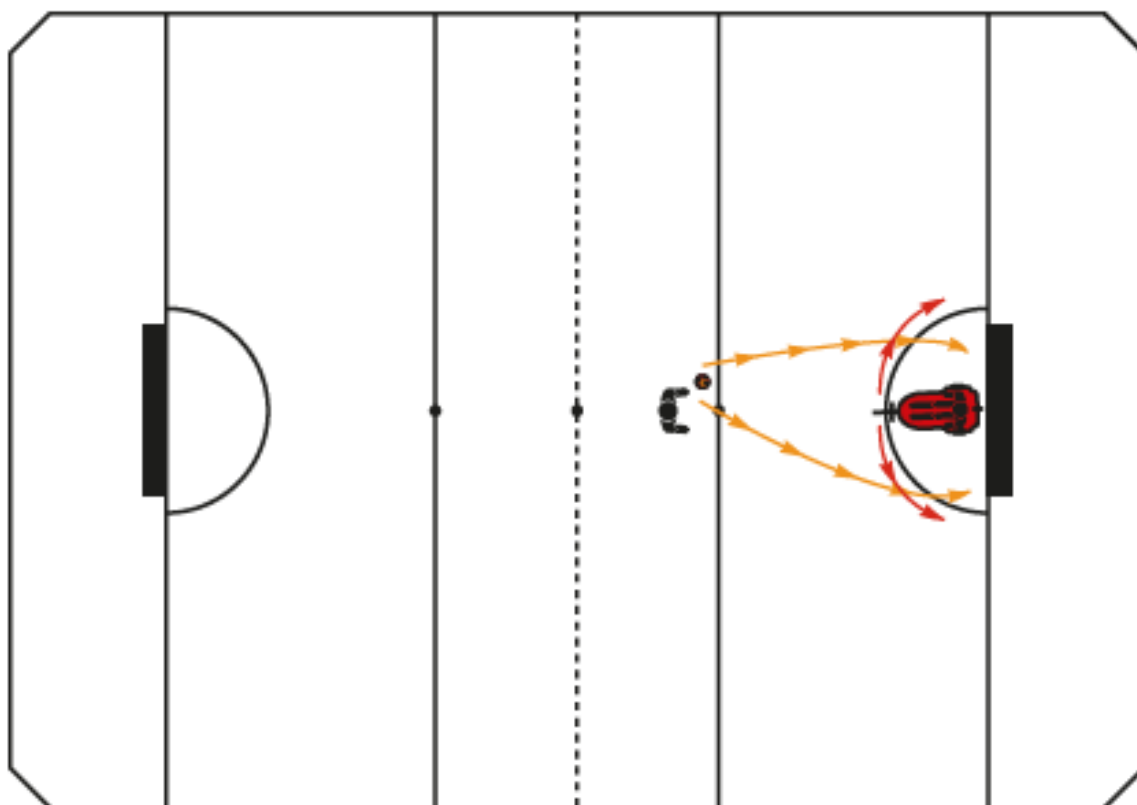
- The coach can position him-/herself in different positions.
- The coach can vary the time between rolling the balls

LEVEL OF DIFFICULTY

- 1-2
- This is a beginner's exercise.

PREREQUISITES

- Slight control of the chair.



GOALKEEPER

GOALKEEPER REACTION

PLAYING AREA: ½



TOOLS: Stick, balls and goal



NUMBER OF PLAYERS: 1

DESCRIPTION

The goalkeeper starts in one side of the goal. The coach rolls a ball in the opposite side and the goalkeeper must try to make a save

PURPOSE

- To train the goalkeeper's responsiveness.
- To train the goalkeeper's timing.

FOCUS POINTS

- That the goalkeeper can constantly see the ball.
- The goalkeeper stops the ball so that it lies still on the stick.

VARIATION

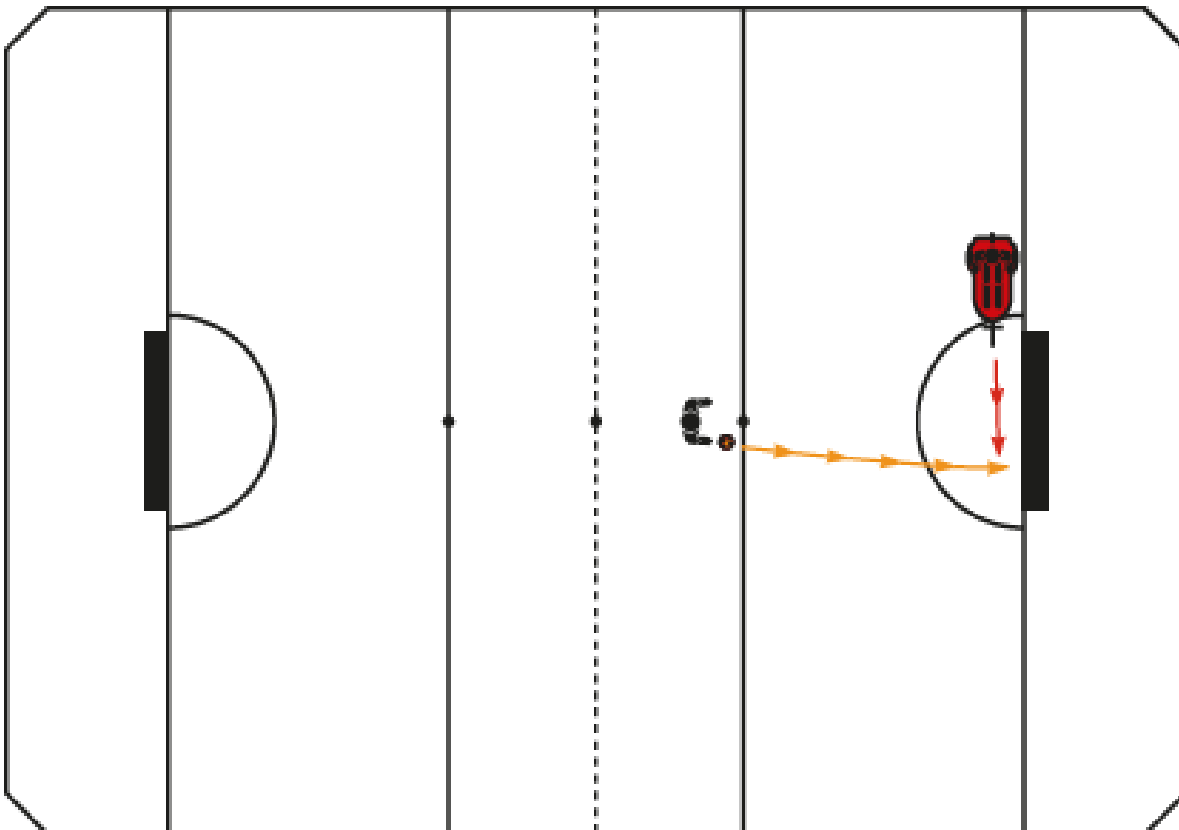
- Throw in both sides.
- Throw from different positions.

LEVEL OF DIFFICULTY

- 1-3

PREREQUISITES

- Slight control of the chair.



GOALKEEPER

FINISHING/GOALKEEPER POSITIONING

PLAYING AREA: ½



TOOLS: Goal, cones and balls



NUMBER OF PLAYERS: 2-6

DESCRIPTION

Player 1 starts at the boundary around the middle on one side. Player 1 drives with the ball towards the goal. The goalkeeper covers at the goal post. Player 1 continues behind the goal and out to cone 1. The goalkeeper follows player 1's movement. Player 1 rounds cone 1 with a full rotation and continues past cone 2 and finishes towards the goalkeeper.

PURPOSE

- That the goalkeeper is trained in positioning him-/herself in the goal depending on where player 1 is heading.
- To practice finishes.

FOCUS POINTS

- That the goalkeeper blocks off completely at the posts.
- That the goalkeeper can constantly see where the ball is.
- That the goalkeeper anticipates where player 1 is headed.

VARIATION

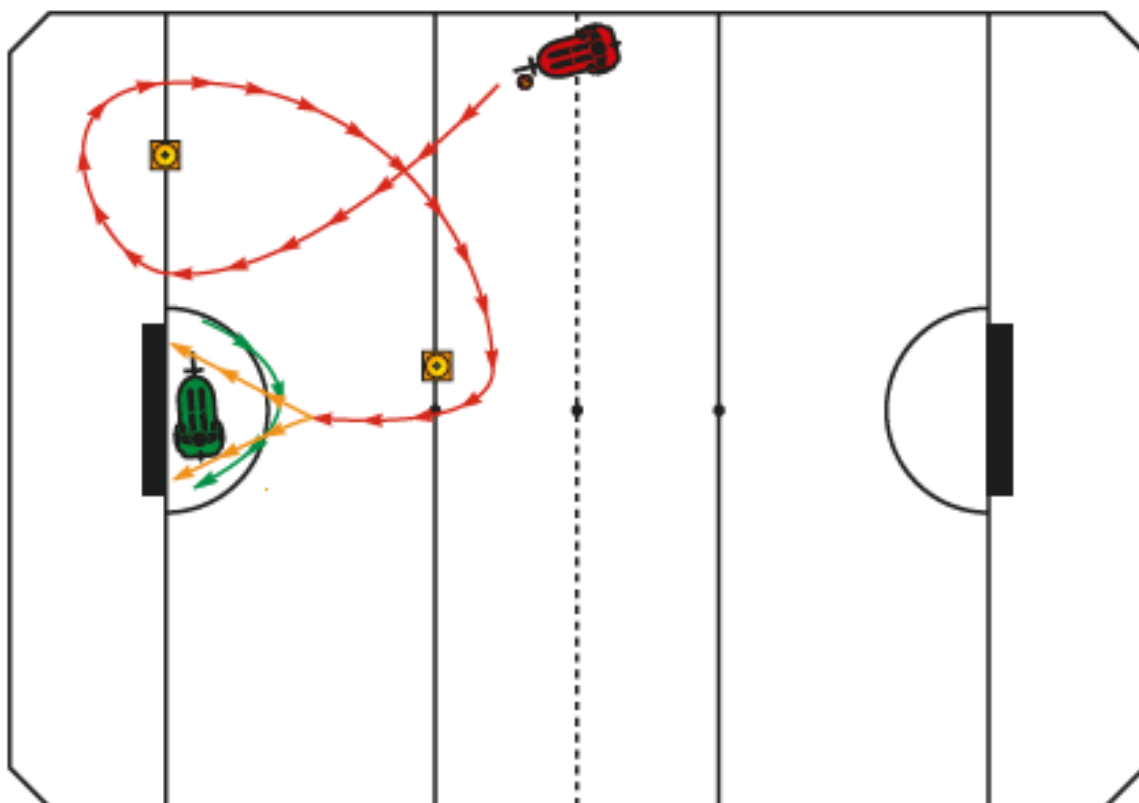
- A fellow player can be used, to whom player 1 can pass instead of finishing.

LEVEL OF DIFFICULTY

- 3-5

PREREQUISITES

- Good control of chair and ball.



GOALKEEPER

GOALKEEPER COVER THE CORNER

PLAYING AREA: ½



TOOLS: Balls and goal



NUMBER OF PLAYERS: 2-6

DESCRIPTION

The goalkeeper is positioned in the goal. The strikers are positioned at the centre line on one side. The striker drives towards the goal and finishes at the front post. The goalkeeper should try to cover the post.

PURPOSE

- To train the goalkeeper in covering the post completely.

FOCUS POINTS

- That the goalkeeper positions him-/herself so that the angle becomes the least possible for the striker.

VARIATION

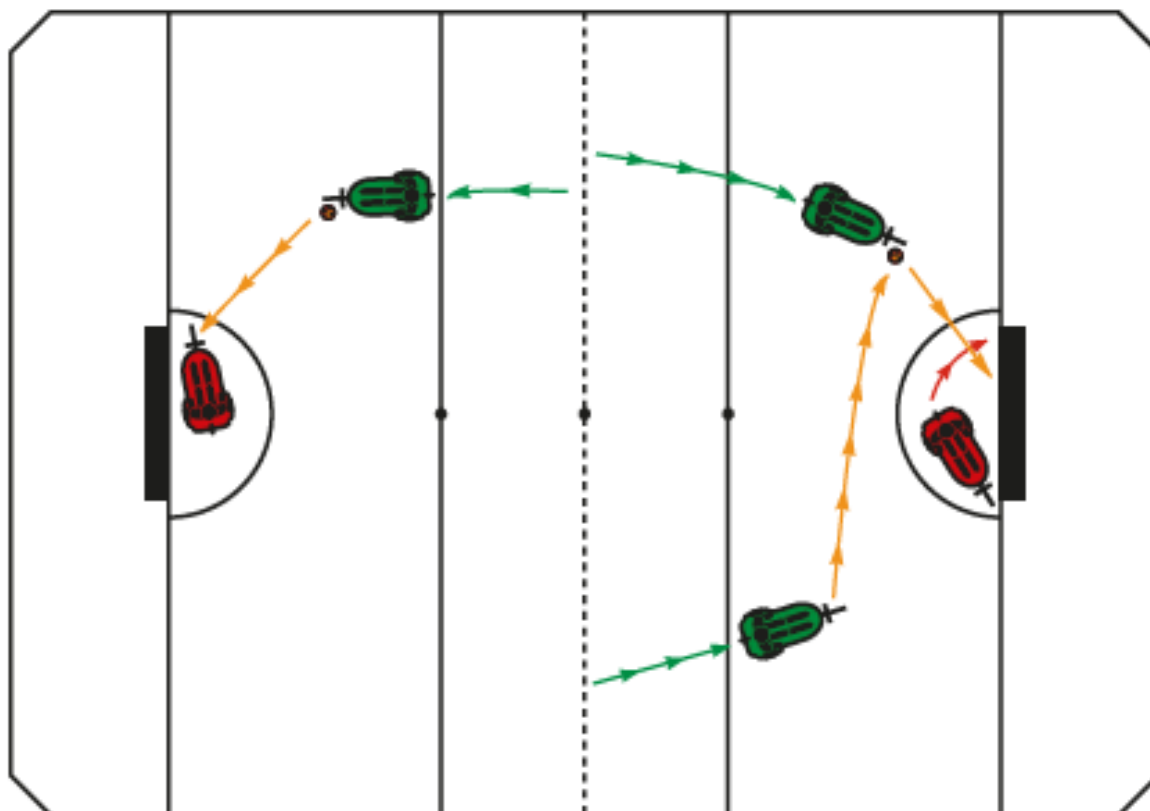
- Another striker can be used, to whom the fellow player can pass. This means that the goalkeeper must also concentrate on covering the opportunity for making a pass.

LEVEL OF DIFFICULTY

- Original exercise: 1-3
- For variation 1 :3-5

PREREQUISITES

- Original exercise: Control of chair and ball.
- For variation 1: Good control over balls and chair



GOALKEEPER

PASS TO GOALKEEPER

PLAYING AREA: ½  TOOLS: Balls and goal



NUMBER OF PLAYERS: 3-4

DESCRIPTION

The goalkeeper is positioned in the goal. 2-3 strikers drive around in front of the goal and pass to each other or finish. The goalkeeper should try to cover the goal against finishes that may come from all the strikers.

PURPOSE

- To train the goalkeeper's movements in the goal.
- To train the goalkeeper's foresight.
- To train the goalkeeper's overview.

FOCUS POINTS

- That the goalkeeper focuses on all the strikers.
- That the goalkeeper can constantly see where the ball is.

VARIATION

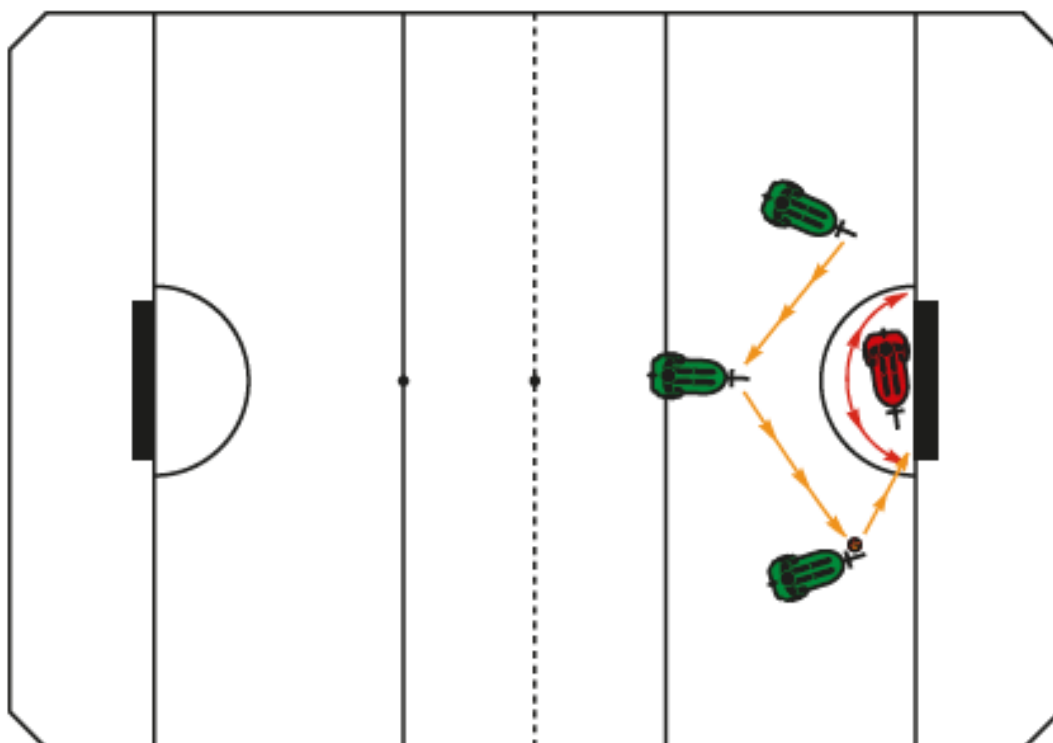
- You may place an empty chair at the goal field so that the goalkeeper must also relate to a defender.

LEVEL OF DIFFICULTY

- 3-5

PREREQUISITES

- This requires that the strikers have good ball control and can pass the ball so that there is always dynamics in the exercise.



GOALKEEPER

GOALKEEPER REDUCE THE ANGLE

PLAYING AREA: ½ or 1



TOOLS: Balls and goal



NUMBER OF PLAYERS: 2-6

DESCRIPTION

The attacking player drives down towards the goal to finish. The goalkeeper drives forward towards the striker to reduce the angle of attack and tries to drive in parallel to the striker until he cannot finish towards the goal.

PURPOSE

- To decrease the finishing angle.
- Pressing the striker in 1 against 1 situations.
- To practice the positioning if there is an opportunity to pass.

FOCUS POINTS

- That the goalkeeper times his/her driving so that the striker cannot pass or finish.
- That the goalkeeper does not get more than 1 m outside the goal field.
- The goalkeeper positions him-/herself so that he/she can drive in the direction, which the striker drives.
- That the goalkeeper drives in a semicircle towards the striker.

VARIATION

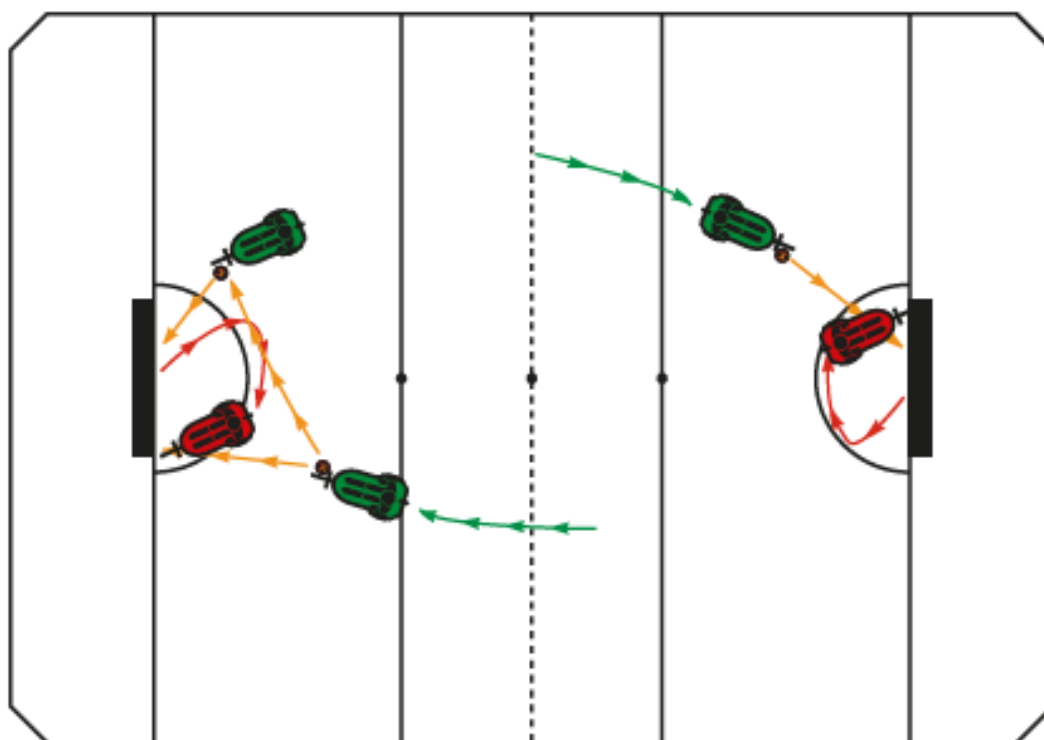
- A striker can be added so that the finisher has an opportunity to pass, of which the goalkeeper should be aware.

LEVEL OF DIFFICULTY

- 3-5

PREREQUISITES

- It is important that the goalkeeper has good control of the chair and timing, as the exercise takes place at high speed and close to the opponent.



GOALKEEPER

STRESS THE GOALKEEPER

PLAYING AREA:
The entire playing area



TOOLS: Goal, cones and balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

The coach has all the balls in one side in the middle of the playing area. The players start in either corner behind the goal on the same side as the coach and with a goalkeeper in both goals. A player in one corner receives a ball from the coach and must try to score. The moment the coach has released the ball, the goalkeeper at the opposite end must drive out and round the penalty line and back into the goal and try to prevent a scoring. As soon as the striker finishes, the coach sends off a new ball.

PURPOSE

- The goalkeeper is trained in driving back and positioning him-/herself correctly in the goal at the opponent's counter-attack.

FOCUS POINTS

- The goalkeeper must try to turn so that he/she can drive with the striker.
- The goalkeeper must try to make the angles as small for the striker as possible.

VARIATION

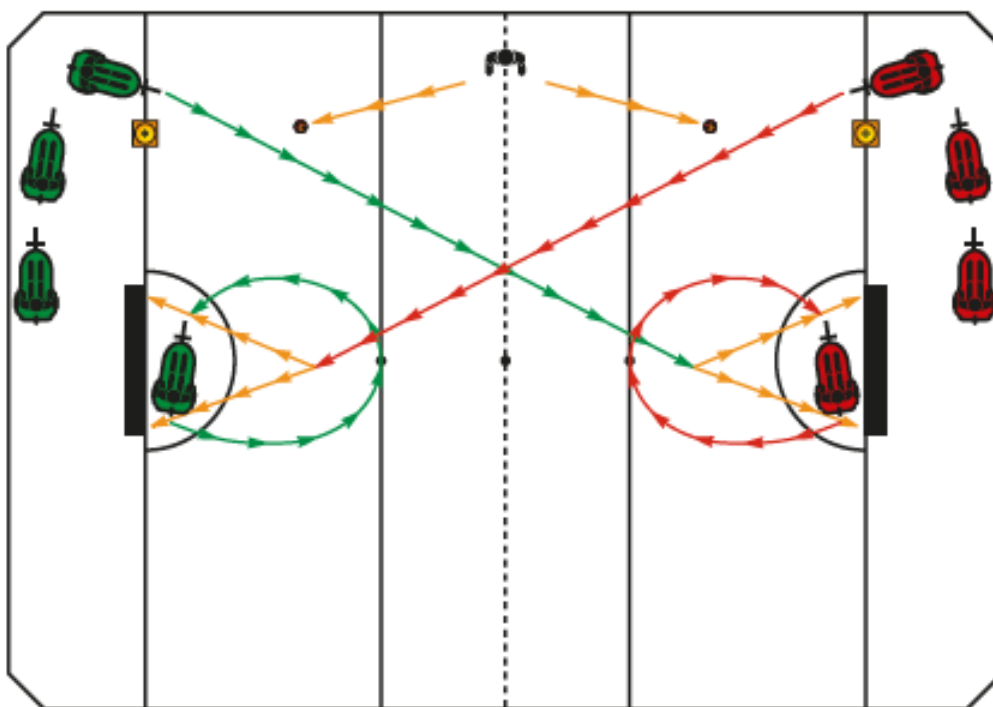
- An extra striker can be added, who can receive a pass.

LEVEL OF DIFFICULTY

- 3-4-5
- The coach can reduce the level of difficulty for the goalkeeper by making passes more difficult for the strikers to get under control and giving the goalkeeper more time to position him-/herself.
- The coach can reduce the level of difficulty for the goalkeeper by making passes more difficult for the strikers to get under control and giving the goalkeeper more time to position him-/herself.

PREREQUISITES

- The players must be able to get a loose ball under control.



GOALKEEPER

GOALKEEPER CHAOS ATTACK

PLAYING AREA: ½



TOOLS: Goal and balls



NUMBER OF PLAYERS: 2-6

DESCRIPTION

The strikers finish when they see a chance but only one striker can finish at a time.

PURPOSE

- To stress the goalkeeper.
- To train the goalkeeper's overview.
- To train the goalkeeper's foresight.

FOCUS POINTS

- That the goalkeeper positions him-/herself according to who can finish.

VARIATION

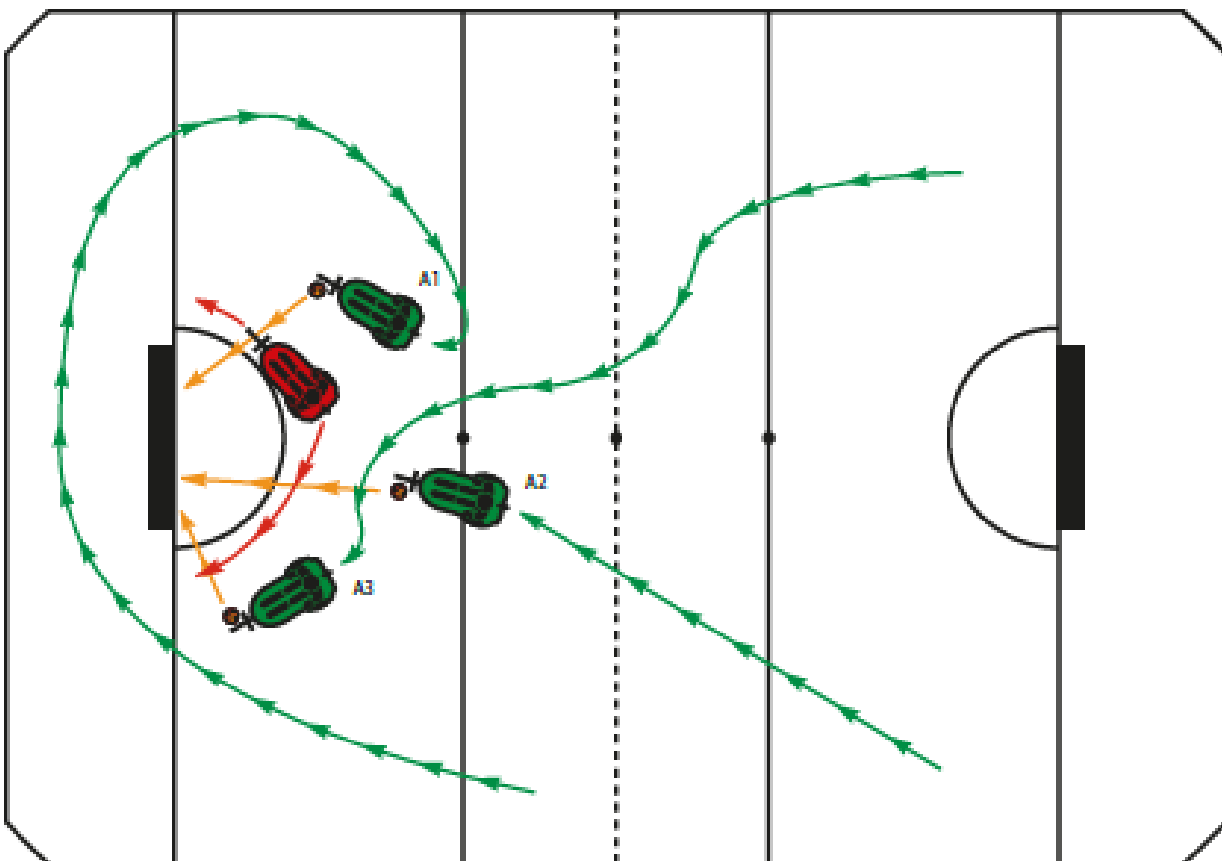
- Half of the strikers have balls, e.g. they can pass to the other half.

LEVEL OF DIFFICULTY

- 2-4

PREREQUISITES

- Good control of chair and ball.



GOALKEEPER

GOALKEEPER POSITIONING

PLAYING AREA: ½



TOOLS: Goal and balls



NUMBER OF PLAYERS: 2-4

DESCRIPTION

The two empty chairs are placed at the edge of the goal field so that there is a hole at both posts and between the chairs. An attacking player drives around with the ball and can finish when he wants to. The goalkeeper follows the striker and must cover the holes

PURPOSE

- To train the goalkeeper's placement in game situations.
- To train the goalkeeper's overview.

FOCUS POINTS

- That the goalkeeper can constantly see the ball.
- That the goalkeeper drives with the striker so that he covers the entire finishing angle.
- That the goalkeeper times his/her driving relative to the striker.

VARIATION

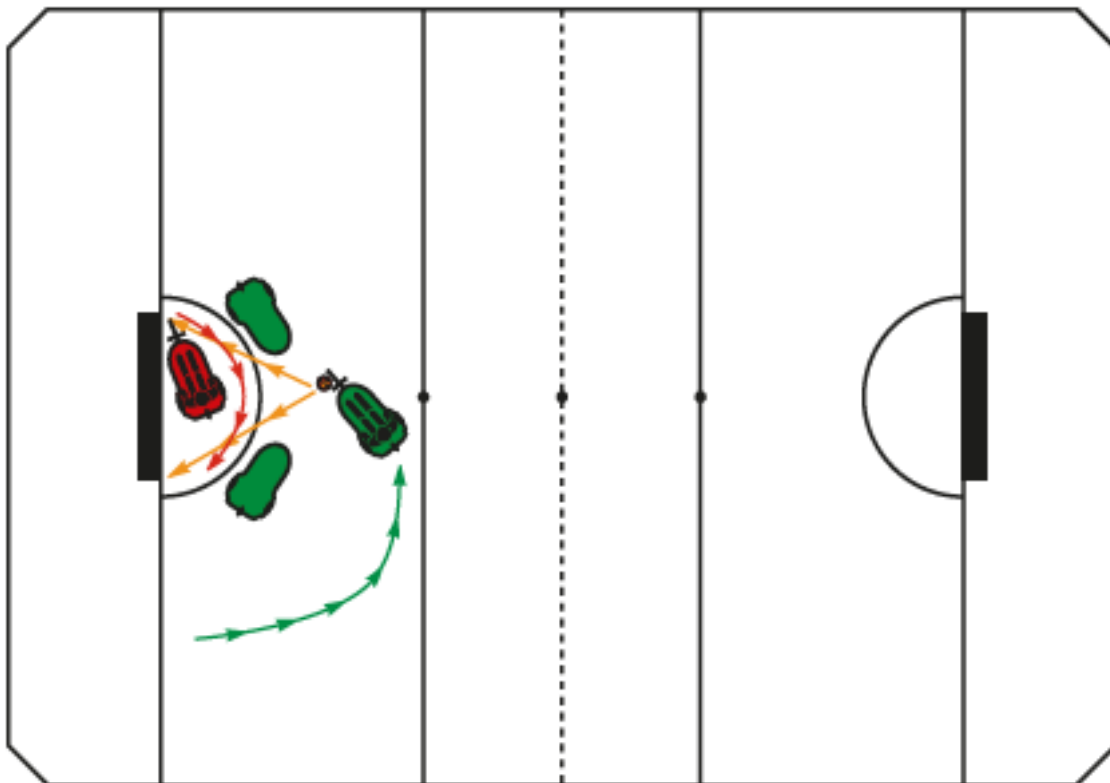
- One or two extra strikers can be used so that the ball carrier has opportunities to pass.

LEVEL OF DIFFICULTY

- 3-5

PREREQUISITES

- The goalkeeper and the players must have good control of the chair.



DEFENCE

PRECAUTION PLAYER - DEFENSE TACTICS

PLAYING AREA: The entire playing area



TOOLS: Ball



NUMBER OF PLAYERS: 3-6

DESCRIPTION

The striker starts behind the back line and must try to get down to the opposite end.

The defence players must prevent the striker from getting past. The two defenders position themselves with one at the front (F1) and one at the rear (F2) approx. three metres apart. As the striker passes the back line, the exercise begins.

F1 presses the striker and F2 is ready to back up in the side where the striker is potentially breaking through.

If the striker gets past F1, F2 takes over the pressure and F1 drives down and is ready to back up.

PURPOSE

- That the players learn to back each other up.
- That the players learn to predict where the opponent will be able to break through.
- To be able to prevent a skilled striker from getting close to the goal field.
- Being able to recover the ball far up in the playing area to create a good starting point for counter-attacks.

FOCUS POINTS

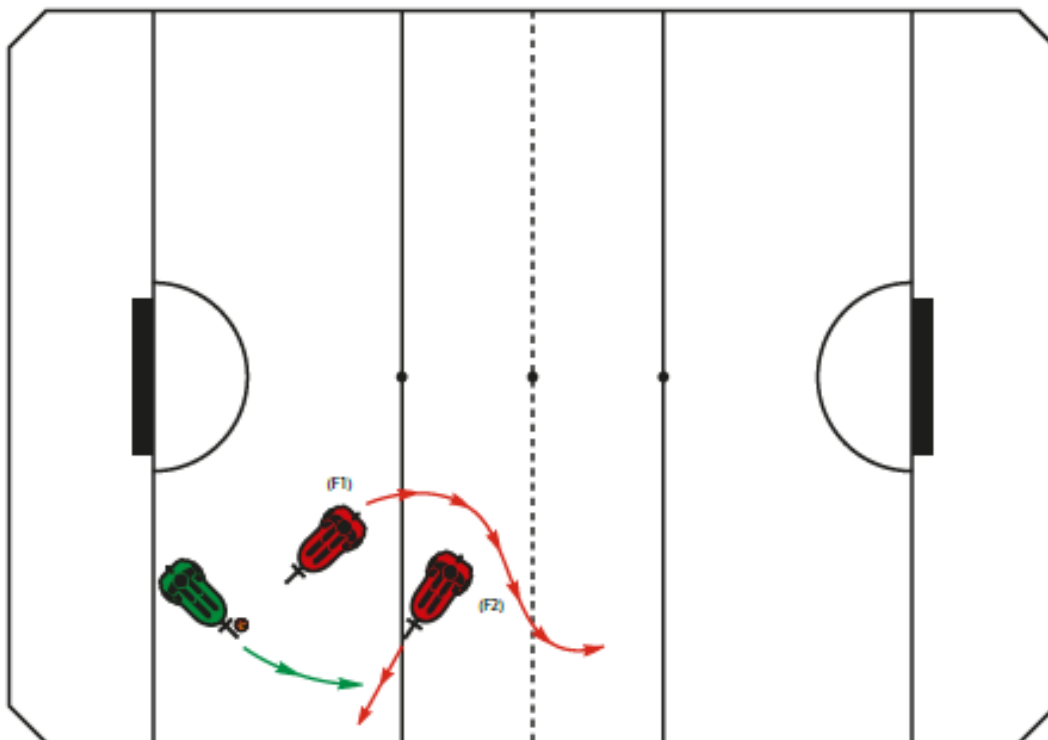
- That the defender at the rear does not get too close to the defender at the front, so that the striker gets the opportunity to get past both defenders at once.
- That the rear defender is always ready to back up in the side where the striker is trying to break through.
- That the front defender quickly comes down and backs up if the striker gets past him/her.
- To press the striker towards the boundary.

VARIATION

- Level of difficulty 1-5
- The level of difficulty can be increased by having the striker drive with the ball.
- The level of difficulty can be increased by halving the length of the playing area, thereby reducing the space on which the striker can manoeuvre.
- Anyone can participate in the exercise.

PREREQUISITES

- The players should at least be able to control the chair, as in this exercise you get very close to the opponent.



DEFENCE

DEFENSE/BACK UP

PLAYING AREA: 1



TOOLS: None



NUMBER OF PLAYERS: 6

DESCRIPTION

Three attacking players start at the back line while three defenders start around the centre. The three attacking players should try to get down to the other back line while the defenders must prevent this. If a striker gets through, the defender can help the other defenders.

PURPOSE

- To practise defence.
- To practise communication.
- To practise back up.
- To practise overview.

FOCUS POINTS

- That the defenders press the attackers into the same area, making it difficult for them to get past the defenders.

VARIATION

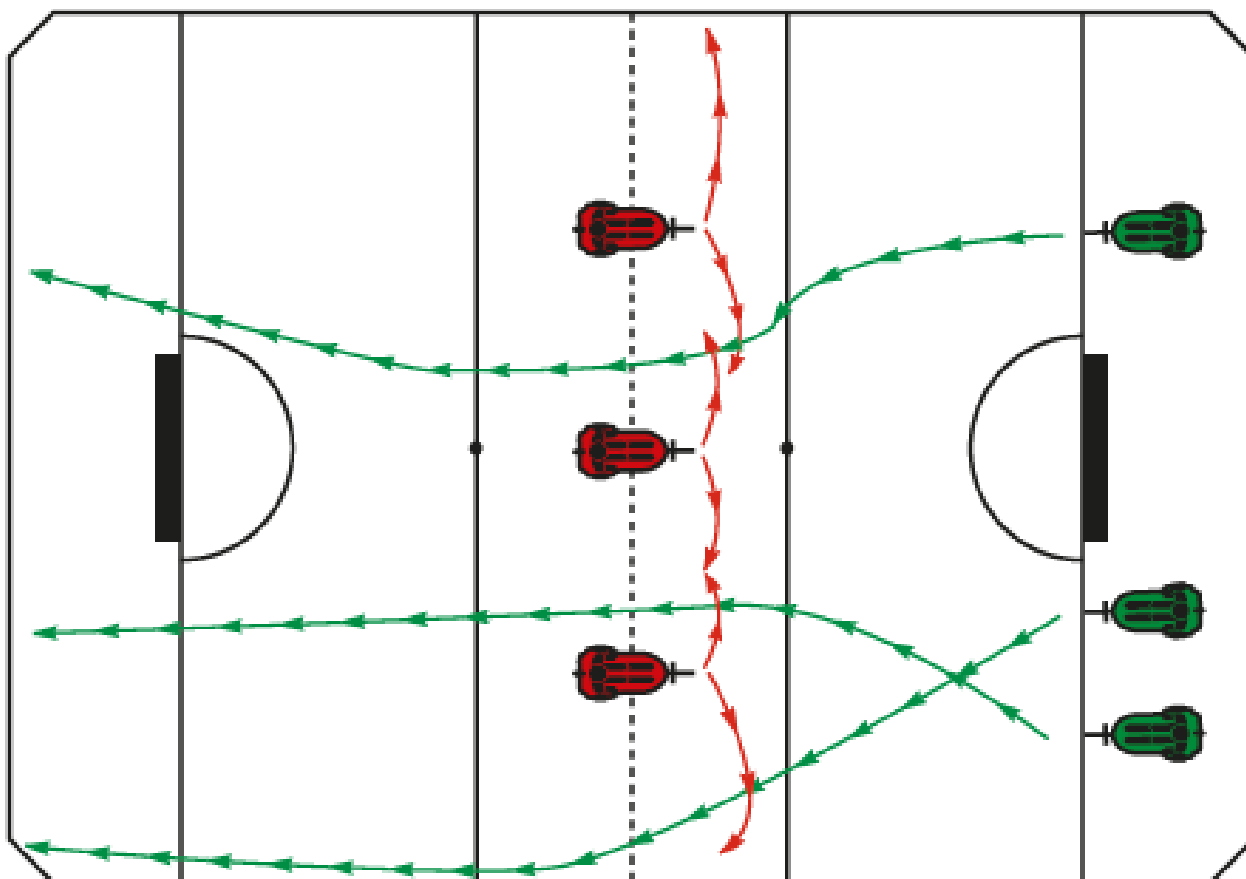
- The exercise can be done with each attacking player having a ball.

LEVEL OF DIFFICULTY

- 1-5 The exercise can be made more difficult by delimiting the playing area.

PREREQUISITES

- Control of chair and screening skills.



DEFENCE

POST DEFENCE

PLAYING AREA: ½



TOOLS: Goal and balls



NUMBER OF PLAYERS: 6

DESCRIPTION

The goalkeeper is in the goal field while the two defenders are positioned at the edge of the goal field on either side. Each defender covers from the back line to the centre of the goal field on his/her side and ensures that the attackers do not get an opportunity to finish.

PURPOSE

- To practise defence.
- To practise overview.

FOCUS POINTS

- Making the smallest possible area for the attackers to finish
- To avoid leaving the edge of the goal line.

VARIATION

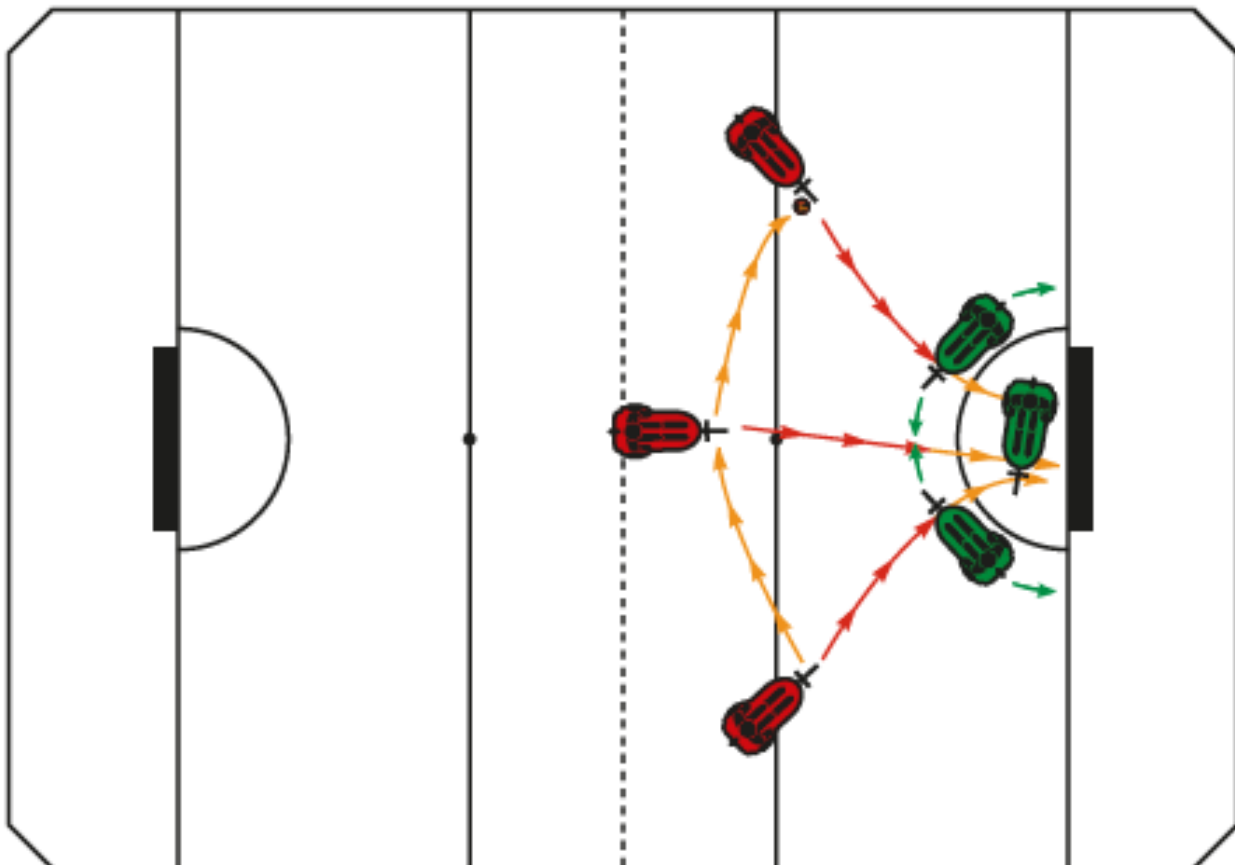
- Each striker can have a ball with which he/she can finish.

LEVEL OF DIFFICULTY

- 1-3

PREREQUISITES

- Control of chair and ball.



DEFENCE

OBSTACLE

PLAYING AREA: $\frac{1}{2}$  TOOLS: None



NUMBER OF PLAYERS: 3

DESCRIPTION

One player is positioned behind the back line. The other two players are positioned on either side of the goal field. Each player covers from the centre of the goal field to the boundary. The player behind the back line should try to drive to the opposite end while the two players in front should prevent this.

PURPOSE

- Keeping the opponent away from the goal.
- To practise screenings.
- To practise communication.
- To practice timing.

FOCUS POINTS

- That the defenders can always see where the player behind the back line is heading.
- That the defenders are constantly moving so that they can follow the striker when he/she is trying to break out.

VARIATION

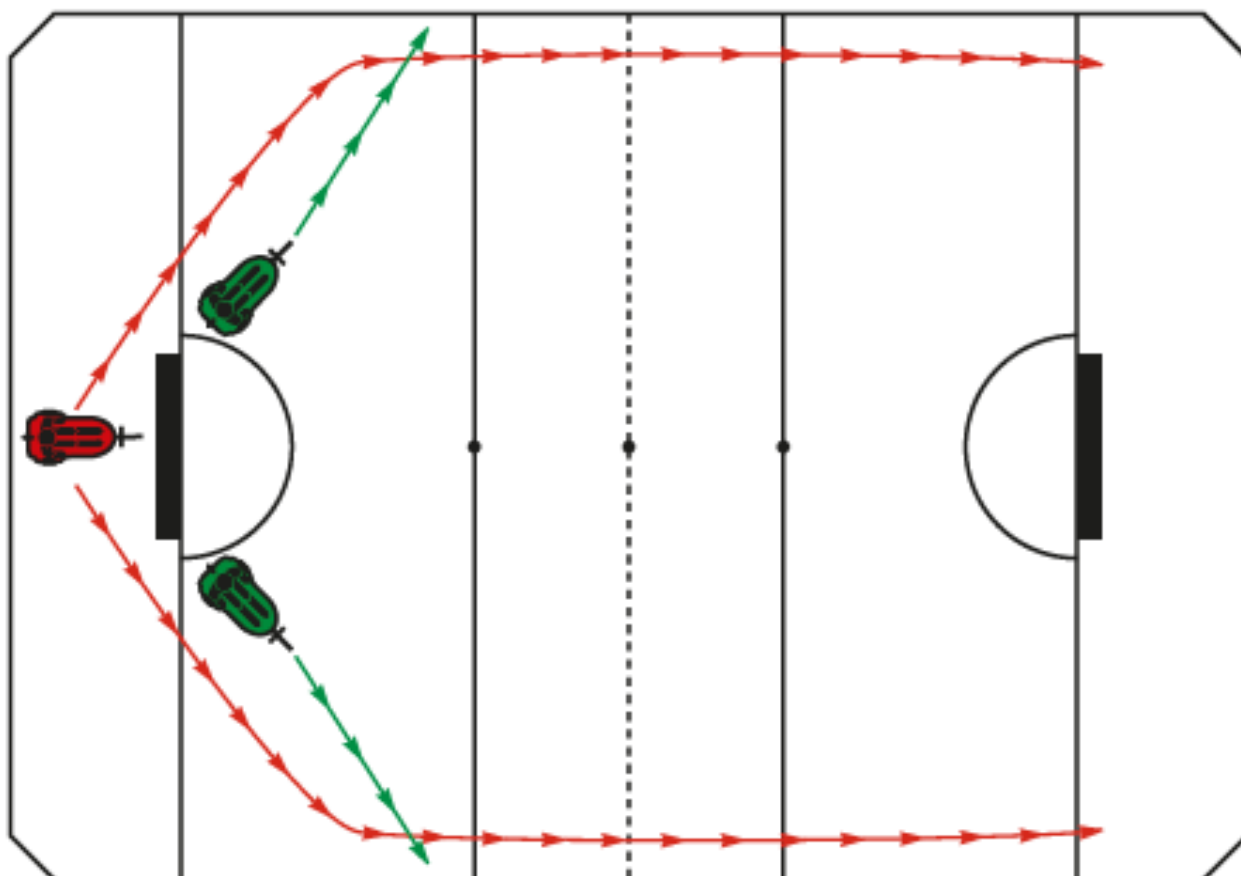
- The striker can drive with the ball.
- Another player can be positioned in the centre of the playing area to back up the two players in front in case the striker breaks through.

LEVEL OF DIFFICULTY

- 1-5

PREREQUISITES

- Control of chair.



GAMES

THE NAME GAME

PLAYING AREA: 1



TOOLS: Balls



NUMBER OF PLAYERS: 2-6

DESCRIPTION

The players are placed in a circle with their backs to the centre. The coach places a ball in the middle. Each player chooses a name (superhero, sports idol, rock star or similar). The coach calls different names and at one point he calls the name of a person chosen by a player.

When a player's name is mentioned, the player must pick up the ball in the middle and drive out and hit the boundary with the ball and put it back in place.

When a player's name is mentioned, the other players must drive out and touch the boundary with the stick and then try to prevent the ball carrier from getting back to his/her place.

PURPOSE

- To practice reaction.
- To create a good atmosphere and have fun.

FOCUS POINTS

VARIATION

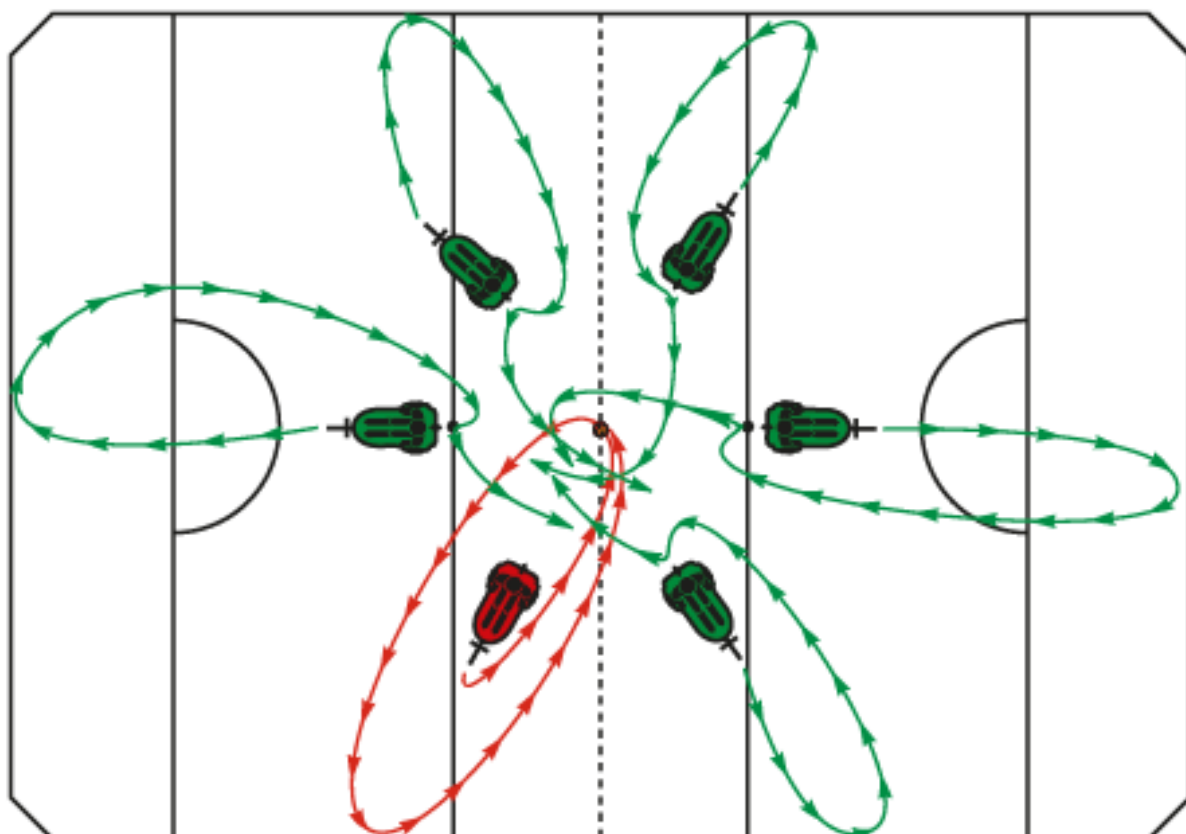
- You can play without a ball (for beginners).
- Two balls can be used so there are more players to focus on (for those, who are slightly practised).

LEVEL OF DIFFICULTY

- 1-3

PREREQUISITES

- Control of the chair, but otherwise everyone can join.



GAMES

PRESIDENT

PLAYING AREA:
The entire playing area



TOOLS: Goal and balls, if necessary



NUMBER OF PLAYERS: 3-6

DESCRIPTION

A player is appointed president. One/two players are appointed bodyguards to protect the president. The other players are catchers. The president is caught when a catcher touches the stick and a new president is appointed. The president and the catchers start at each end of the playing area and the game begins.

3 players = one president, one bodyguard and one catcher
4 players = one president, one bodyguard and two catchers
5 players = one president, two bodyguards and two catchers
6 players = one president, two bodyguards and three catchers

PURPOSE

- The exercise aims at teaching the players to screen in a fun way.

FOCUS POINTS

- The president should focus on using the bodyguards to stay away from the catchers
- The two bodyguards should focus on positioning themselves between the opponent and the president.

- The catchers should focus on working together to press the president towards the boundary, thereby catching him/her where his/her stick can be touched.

VARIATION

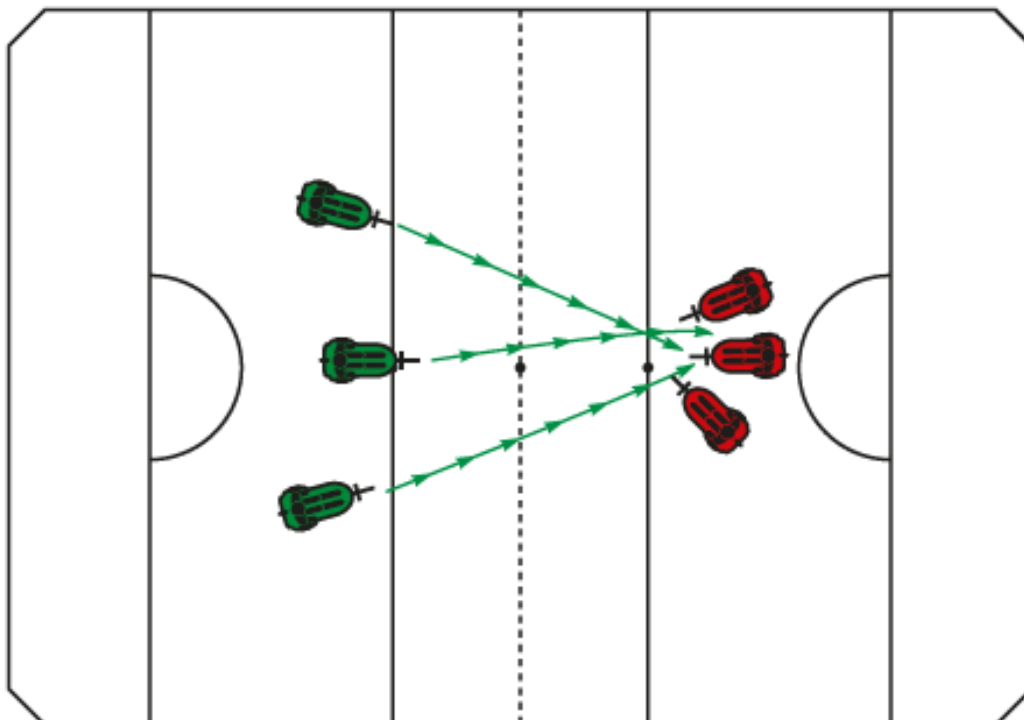
- The goals can be used to make the playing area more difficult for the president to escape and at the same time the players have to deal with an actual playing area.
- The president can drive with the ball.
- Can be expanded with two additional players on each team

LEVEL OF DIFFICULTY

- 1
- Players of all levels can play in this game.

PREREQUISITES

- It is important that the players have so much control of the electric hockey chair that they do not pose a danger to others on the playing area.



GAMES

IN THE FIRE

PLAYING AREA: ½



TOOLS: Balls and stopwatch



NUMBER OF PLAYERS: 2-8

DESCRIPTION

1 or 2 players are positioned behind the back line and the goal is moved out of the playing area. The two players should try to keep the entire area behind the back line free of balls. The other players should try to shoot as many balls into the area as possible in the agreed time.

PURPOSE

- To use a game to practice ball and chair control.
- To create atmosphere and energy.

FOCUS POINTS

VARIATION

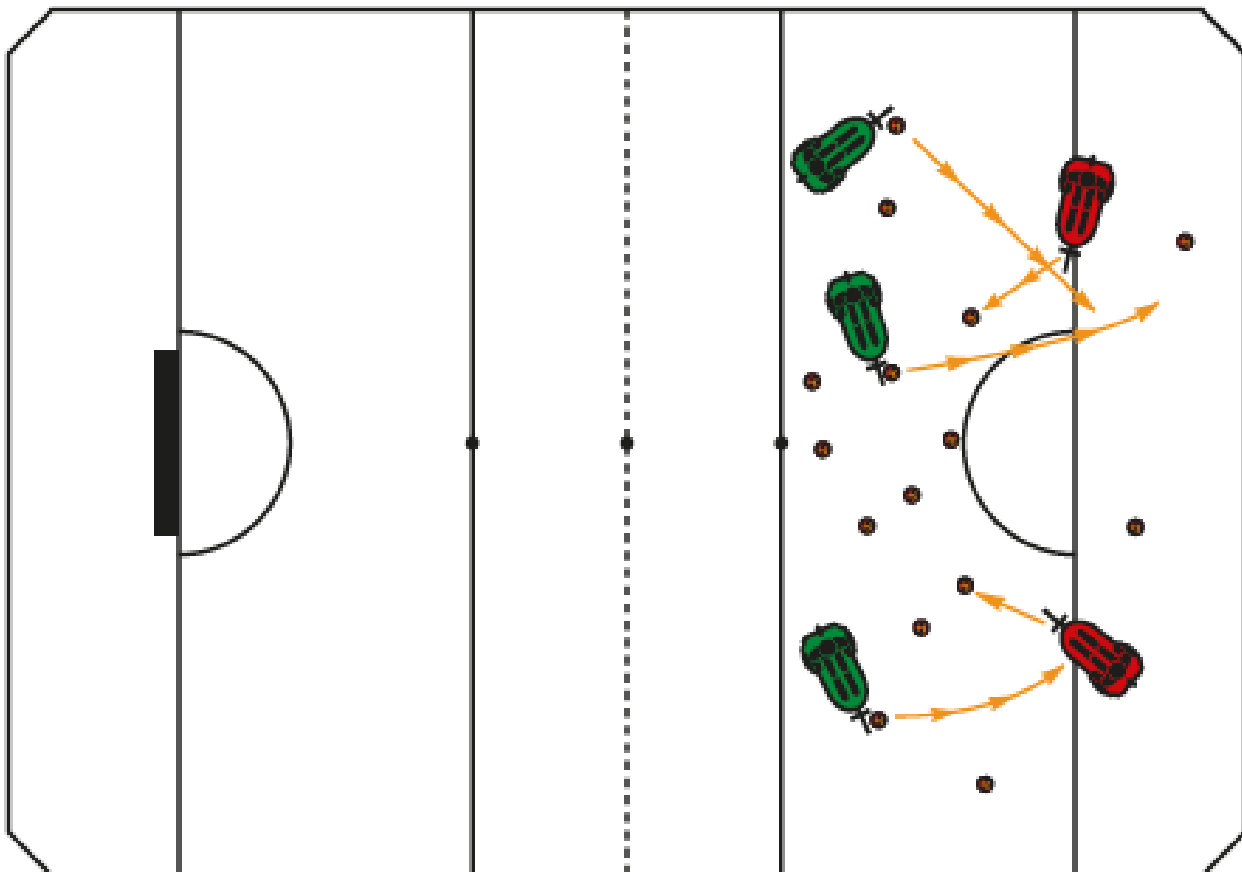
- Number of balls on the playing area.
- Number of players shooting balls behind the line.

LEVEL OF DIFFICULTY

- 1

PREREQUISITES

- Slight control of the chair.



GAMES

PLAYING TAG/DRIVING TECHNIQUES

PLAYING AREA: 1



TOOLS: Cones and balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

Two 2x2 m squares are set up with the cones with 1½ metres to the boundary on either side of the playing area. A catcher is selected, who can catch the others by hitting them with a ball. The other players are not allowed to drive into the goal field or inside the squares.

PURPOSE

- To practise driving technique.
- To create atmosphere.

FOCUS POINTS

- That the trapped ones help each other.
- To press the others towards the corner or into the passage between the square and the boundary where it is easy to hit them.

VARIATION

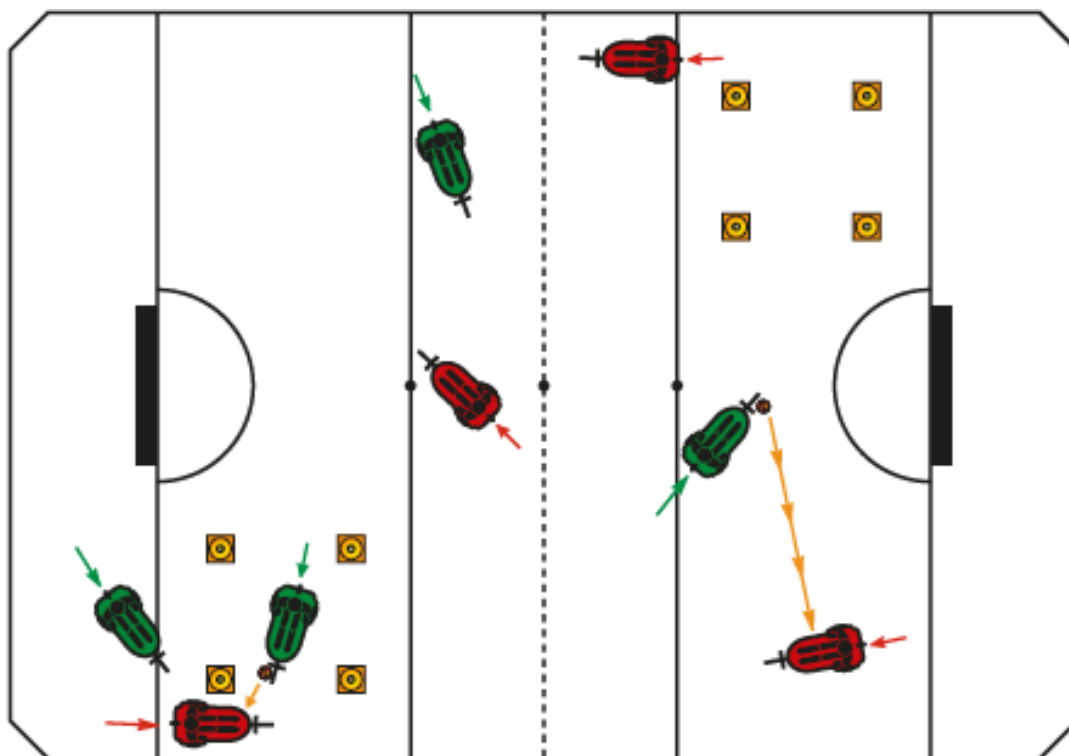
- You can either select a new catcher when someone is hit or the one who is caught joins the catcher until everyone is caught.

LEVEL OF DIFFICULTY

- 1-4

PREREQUISITES

- Slight control of the chair.



GAMES

BUTTER KNOB

PLAYING AREA: ½



TOOLS: Cones and ball



NUMBER OF PLAYERS: 3-6

DESCRIPTION

In a set area, one is in the middle while the other 2-3 players should try to pass the ball to each other and avoid that the player in the middle gets the ball. The ball is lost if a player has it for more than 5 seconds.

PURPOSE

- To practise passes.
- To practice driving technique.
- To pass around the opponent.

FOCUS POINTS

- That the passes are given in front of the player so it can be passed on quickly.
- That the receiver positions him-/herself so that there is room to pass the ball to him/her.

VARIATION

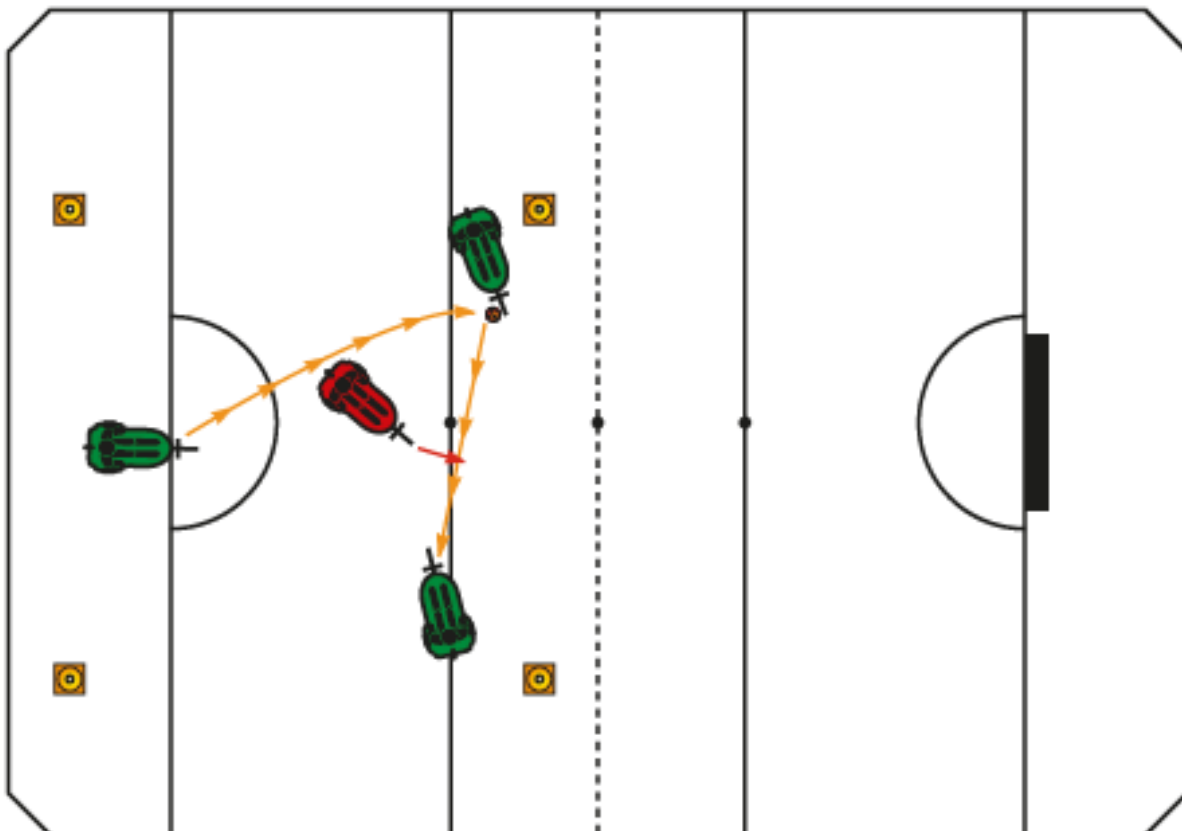
- The distance between the cones can be varied.

LEVEL OF DIFFICULTY

- 2-4

PREREQUISITES

- Control of chair and ball.



GAMES

FOX IN THE HENHOUSE

PLAYING AREA: 1



TOOLS: Balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

One player is the catcher. The other players start at the back line with one ball each. On the coach's signal, they drive towards the other end. The catcher must try to recover the ball from the players.

If a player loses his/her ball, he/she becomes a catcher and the exercise continues until everyone is caught.

PURPOSE

- To practice ball control.

FOCUS POINTS

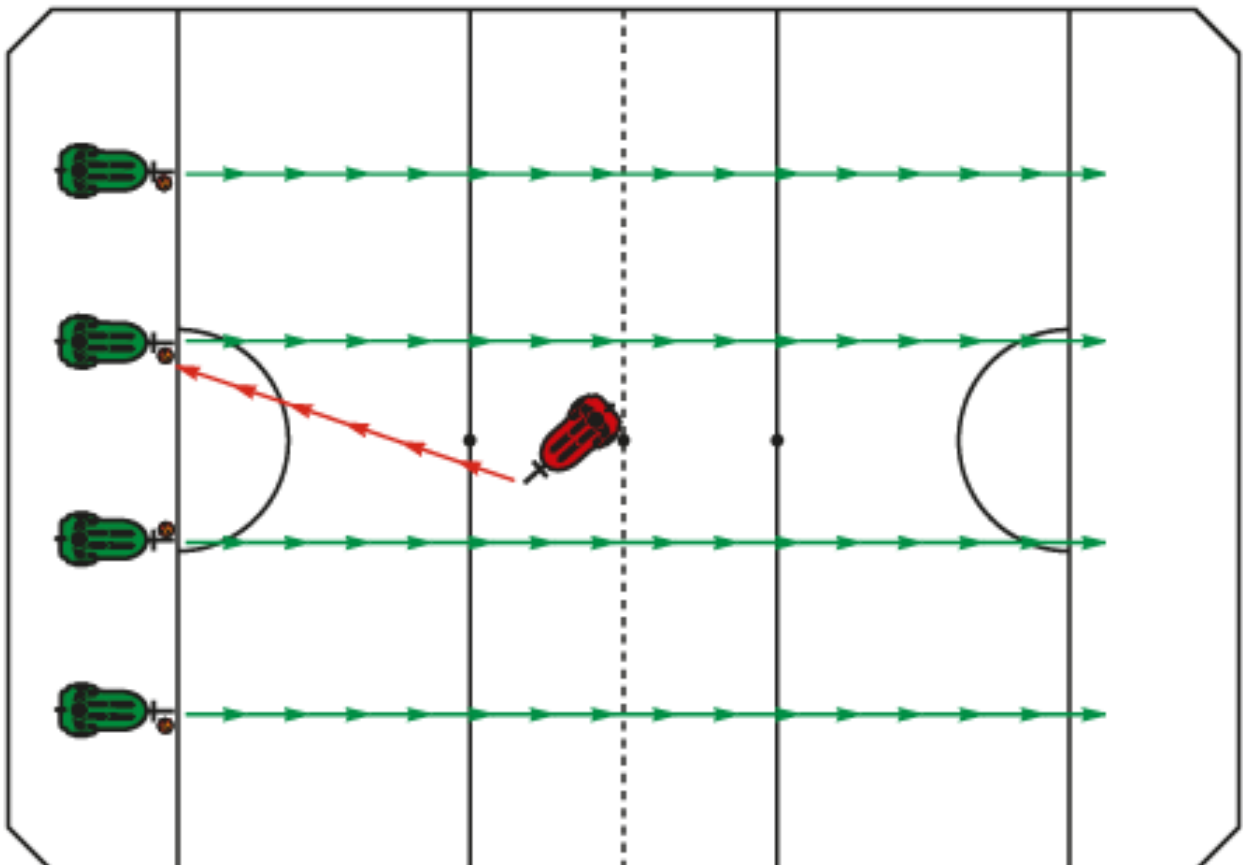
VARIATION

LEVEL OF DIFFICULTY

- 2-3

PREREQUISITES

- Control of chair.



GAMES

CONE GAME

PLAYING AREA: 1



TOOLS: 10 cones + 2 balls



NUMBER OF PLAYERS: 2-8

DESCRIPTION

5 cones are placed on each back line. If a cone is hit with a ball, the player must drive the cone to his/her own back line. If a team has collected all the cones, they have won.

PURPOSE

- To train driving techniques, screenings, precision in finishes through play.

FOCUS POINTS

- That the players focus on their fellow players, opponents and balls at the same time.

VARIATION

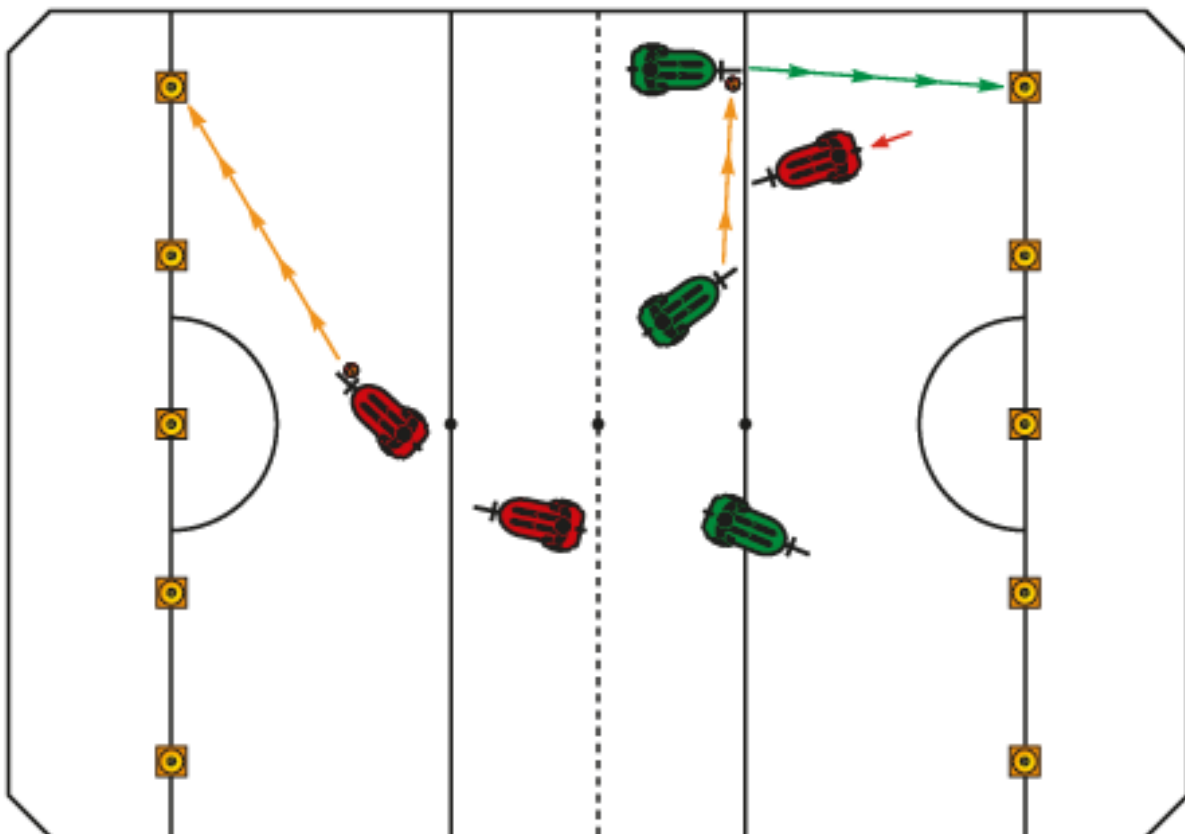
When you hit a cone, you can drive a cone down to the opponent, making the exercise easier to finish.

LEVEL OF DIFFICULTY

- 1-5
- Anyone can play.

PREREQUISITES

- Slight control of the chair.



GAMES

THE CATERPILLAR

PLAYING AREA:
½ longitudinally



TOOLS: none



NUMBER OF PLAYERS: 2-8

DESCRIPTION

The players line up in two rows next to each other on one back line. On the coach's signal, the rearmost player drives up in front of the others. When the player gets in the front of the queue, his/her rear wheel must touch the stick of the player at the front of the queue before the next one takes off.

The row that first comes across the opposite back line has won.

PURPOSE

- To practise driving technique.
- Practicing driving close to others as you do at the goal fields.

FOCUS POINTS

- That the rear wheel touches the stick before the next one takes off.
- To adjust the speed so that you can quickly reverse.

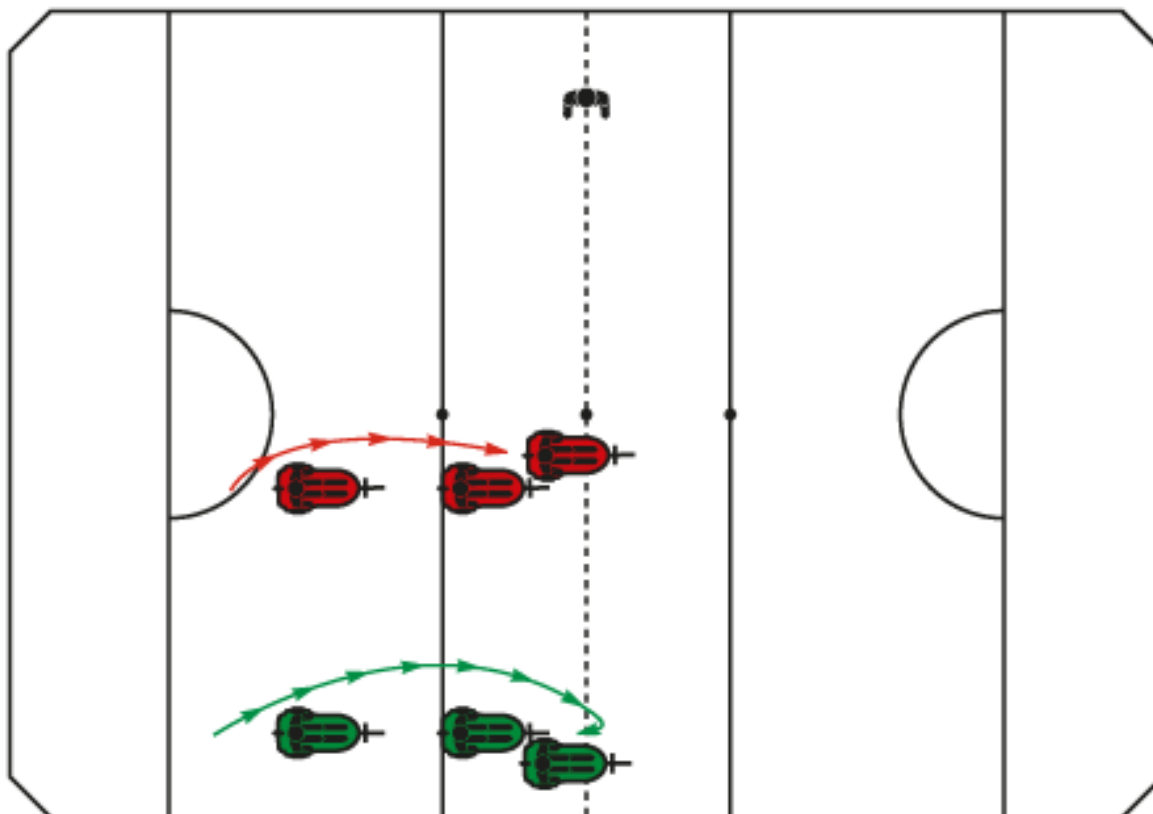
VARIATION

LEVEL OF DIFFICULTY

- 1-3

PREREQUISITES

- Control of chair.



GAMES

AMERICAN PENALTY

PLAYING AREA: 1



TOOLS: Goal and balls



NUMBER OF PLAYERS: 2-6

DESCRIPTION

A penalty shot is performed as follows: the striker starts with the ball from his/her own penalty spot and then drives towards the goalkeeper to finish. The goalkeeper must not cross a line placed 100 cm from the goal line and must never cross the lines of the goal field. In this case, a goal is ruled. The finish must be made within 10 seconds. The referee gives a whistle signal when the penalty shot is executed.

PURPOSE

- To practise 1 against 1.
- To finish the training with a competition.

FOCUS POINTS

- For the goalkeeper:
- To reduce the striker's angle of attack.
 - Forcing the striker to finish in a given side.

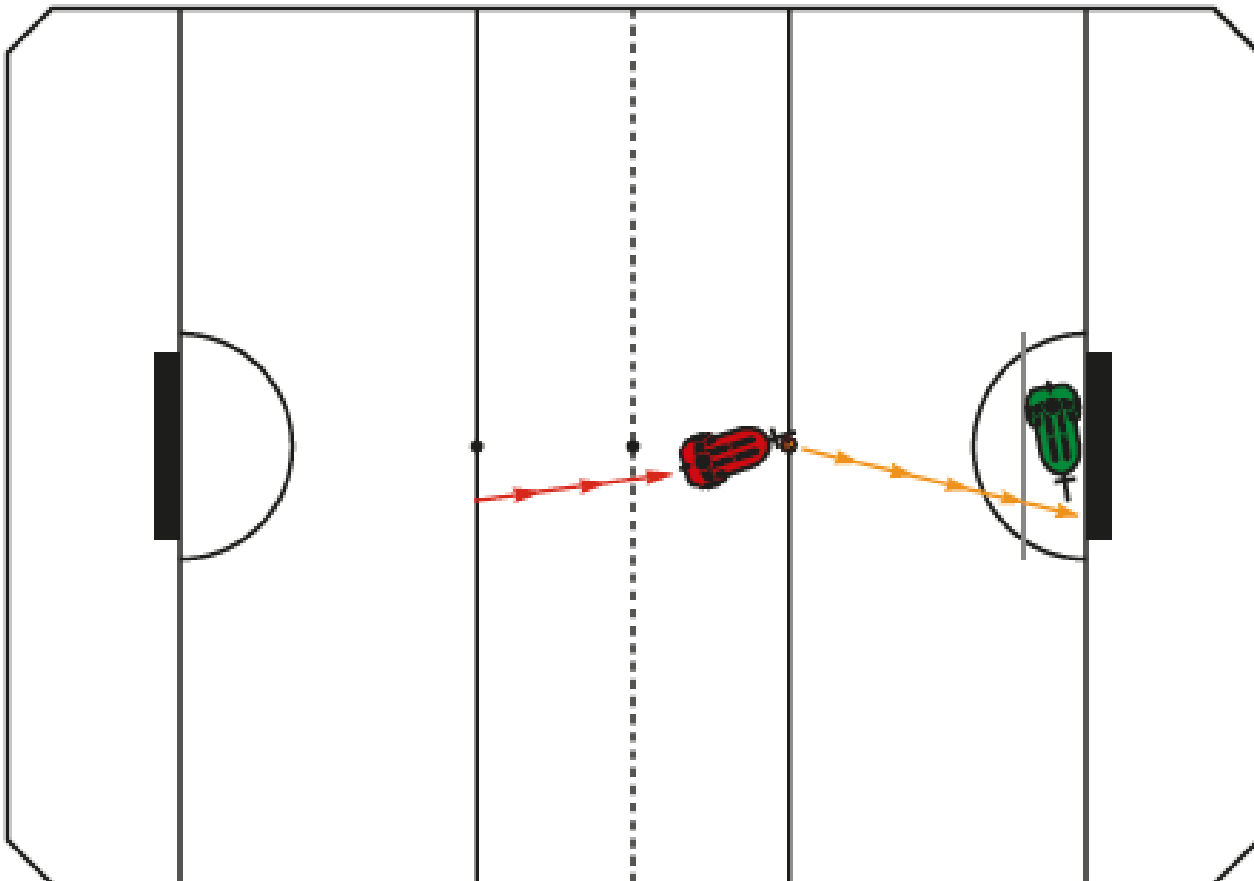
VARIATION

LEVEL OF DIFFICULTY

2-5

PREREQUISITES

A little bit of driving and ball technique.



BALL LAUNCHER

SHOOTING PRACTISE WITH BALL LAUNCHER

PLAYING AREA: 1



TOOLS: Goal and balls



NUMBER OF PLAYERS: 2-6

DESCRIPTION

The ball launcher is placed 3 metres from the player, perpendicular to the player's direction of travel. When the ball is launched, the player moves forward quickly and shoots at the ball launcher, then the player turns the chair 180° and receives ball no. 2, which is also shot at the ball launcher.

PURPOSE

- To practise slap shots.

FOCUS POINTS

- Hitting the ball with the front part of the stick.
- The direction that the ball takes at different angles of the position of the hockey chair when shooting.

VARIATION

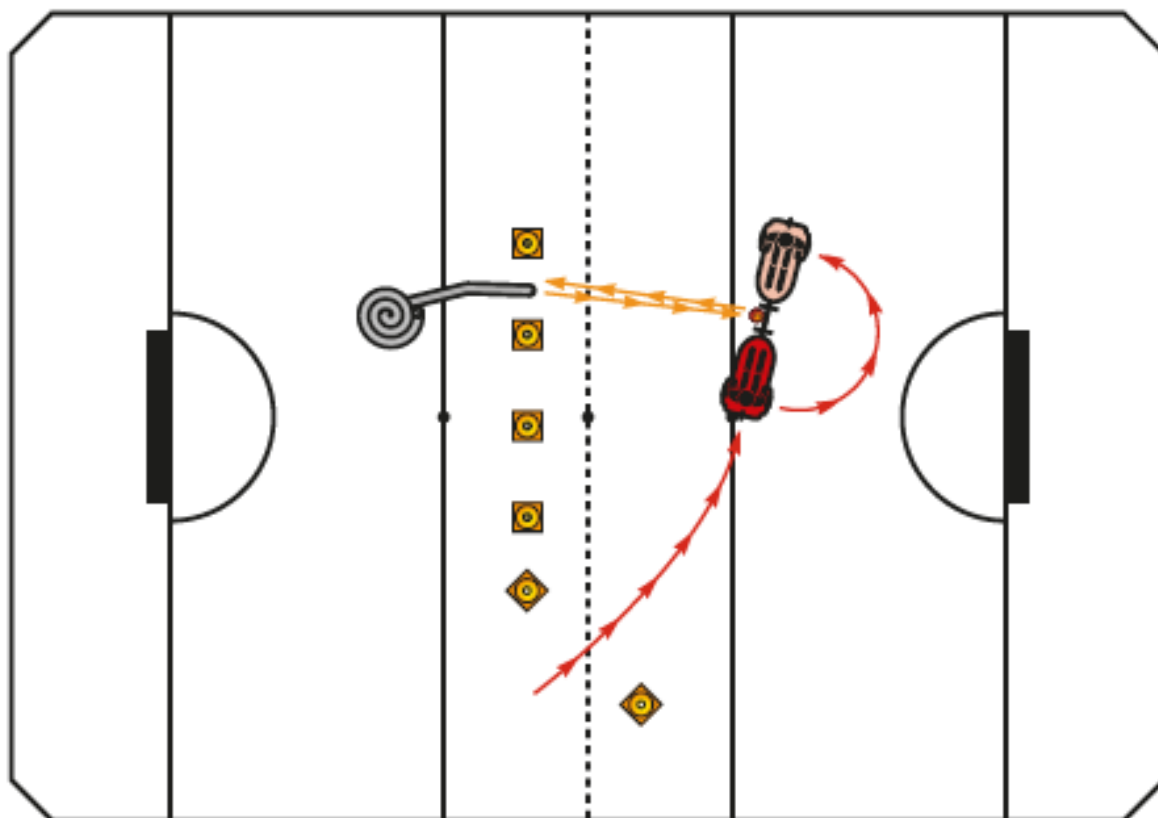
- The distance from ball launcher to player can be increased or decreased.
- Number of balls launched before it is the next player's turn to shoot.
- The time between ball launches.
- Place cones in front of the ball launcher and hit them alternately.
- When rotating 180°, change between turning left and right.

LEVEL OF DIFFICULTY

- 1-4½

PREREQUISITES

Control of chair and a little bit of ball control.



BALL LAUNCHER

PASS THE BALL THROUGH THE GOAL FIELD WITH A BALL LAUNCHER

PLAYING AREA: ?



GENNEM

TOOLS: Ball launcher and balls



NUMBER OF PLAYERS: ?

DESCRIPTION

A player is positioned next to the goal field and a ball launcher is placed in the opposite side outside the goal field, launching balls to the player. When the ball is launched, the player must "hit" the ball so that it gets into the goal. The player must try both to hit with the side of the chair and with the stick. Please note that it is not necessary to hit the ball hard. It is not necessary to move the chair more than 2-3 cm.

PURPOSE

- To practice shooting at the goal after the ball crosses the goal field.

FOCUS POINTS

- To train the player's timing to hit the ball.
- To train that the players get the sense that it is not necessary to hit the ball if they are positioned correctly relative to the goal line.
- To train that the players get the sense of what angle the chair should be placed in, relative to the goal line.
- To train that the players get the sense of how little to hit the ball.

VARIATION

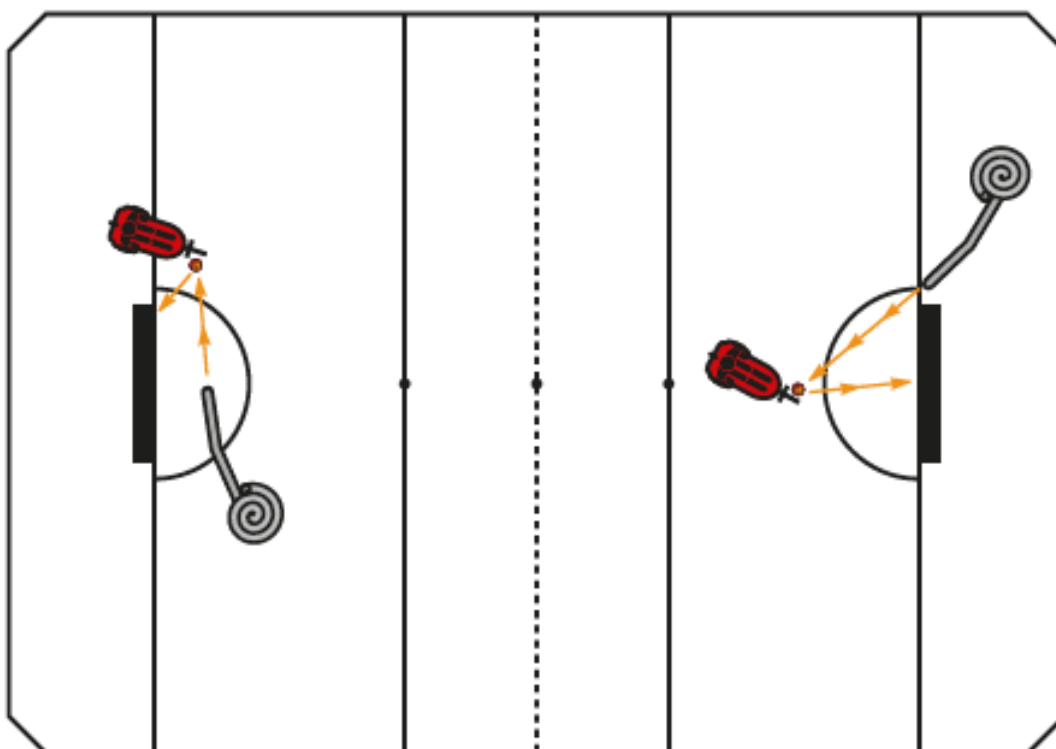
- That the player's stick faces the back line
- That the ball launcher is placed next to the goal and shoots towards the centre, from where the player shoots at the goal.

LEVEL OF DIFFICULTY

- 2-3

PREREQUISITES

Good ball control.



BALL LAUNCHER

RECEIPT OF PASSES FROM THE BALL LAUNCHER

PLAYING AREA: ?



TOOLS: Ball launcher and balls



NUMBER OF PLAYERS: ?

DESCRIPTION

The ball launcher is placed 3 metres from one of the goals. The players start from the goal line. When passing the ball from the ball launcher, the player receives the ball and drives to the goal field on the opposite side and shoots at the goal, then a new ball is taken from the corner and the player zigzags between the cones back to the opposite side.

The ball launcher should be placed in 3 positions, with the following function:

Position 1: where the player must receive a ball coming towards him.

Position 2: where the player receives the ball straight from the side.

Position 3: where the player receives the ball straight from a follower.

PURPOSE

- To train the player's ability to receive the ball in different situations.
- To train the player's timing when receiving the ball in different situations.

FOCUS POINTS

- That the player receives the ball with the front part of the stick.

VARIATION

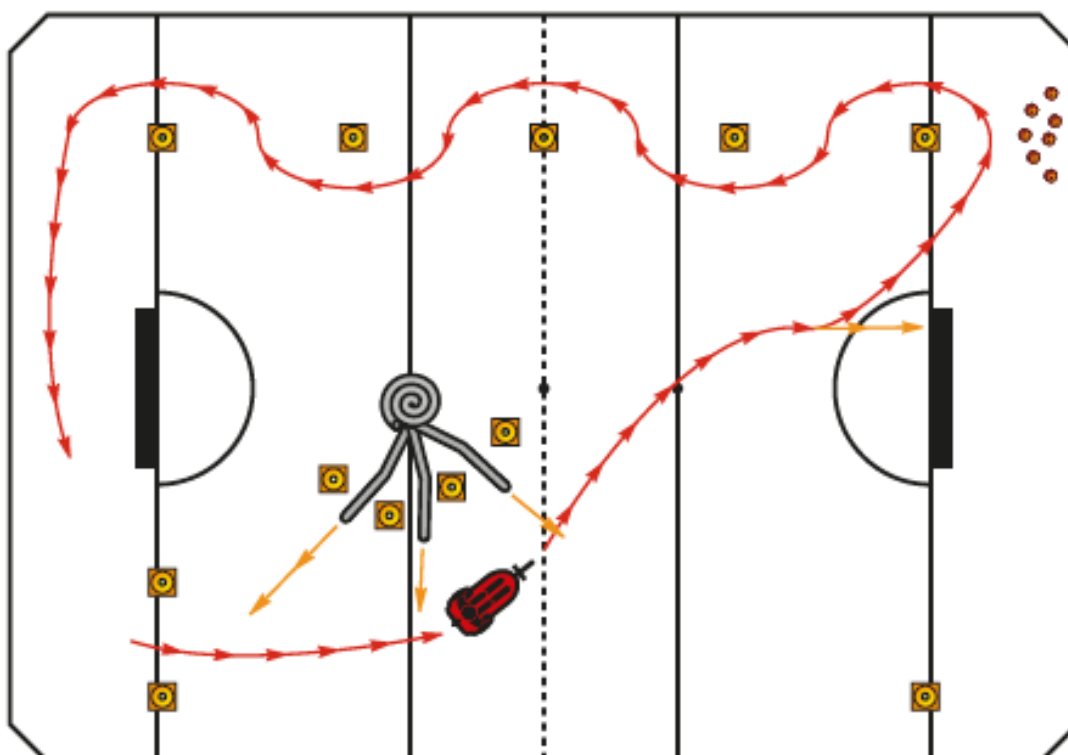
- Vary the reception of the ball, from a ball coming from the front, from the side and from a follower.
- Incorporate other subsequent exercises

LEVEL OF DIFFICULTY

- 1-2

PREREQUISITES

Slight control of the chair.



BALL LAUNCHER

GOALKEEPER EXERCISE WITH BALL LAUNCHER

PLAYING AREA: ?



TOOLS: Ball launcher, goal and balls



NUMBER OF PLAYERS: ?

DESCRIPTION

The ball launcher is set to launch the ball close to one post of the goal. The player starts at the opposite side of the goal and tries to save the ball from going into the goal, after which the goalkeeper must turn around and touch the opposite post with the paddle.

When the goalkeeper has touched the post, ball no. 2 is launched, which the goalkeeper must now prevent from going into the goal. This continues several times...

PURPOSE

- To train the goalkeeper's responsiveness.
- To train the goalkeeper's timing.
- To train the goalkeeper's speed.

FOCUS POINTS

- that the goalkeeper is constantly watching the ball.
- The goalkeeper stops the ball so that it lies still at the stick.
- that the goalkeeper is aware of the difference between turning into the goal or out of the goal.

VARIATION

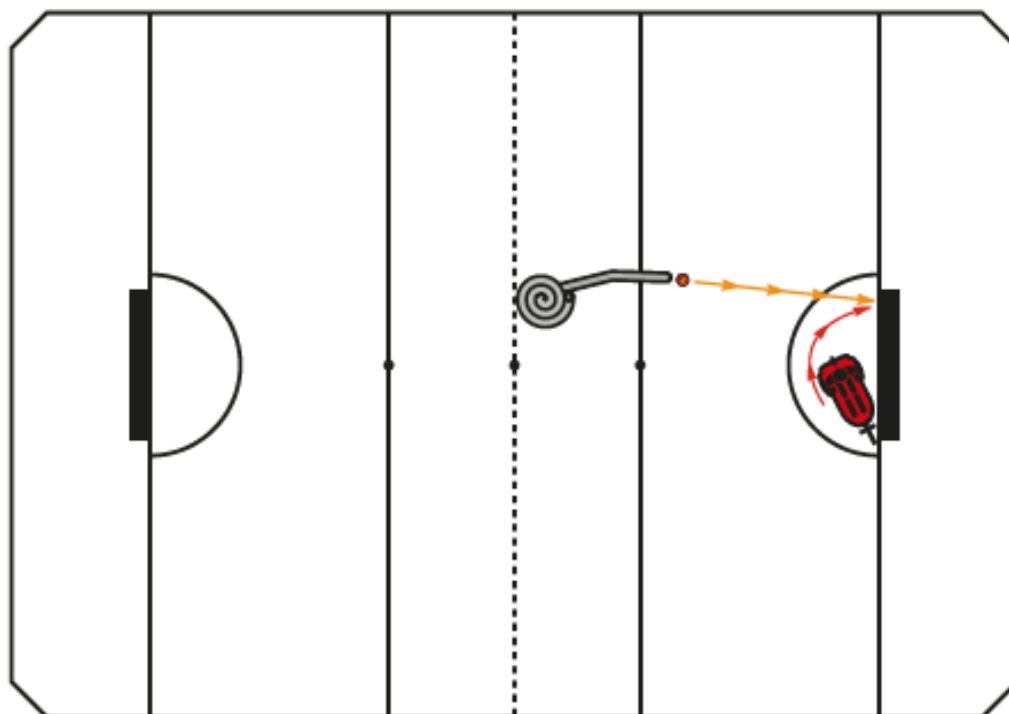
- Vary the time between the ball launches.
- The goalkeeper turns in and out of the goal, respectively, when he goes to the opposite post.
- The goalkeeper reverses to the opposite post.

LEVEL OF DIFFICULTY

- 1-2

PREREQUISITES

Slight control of the chair.



OWN EXERCISES

PLAYING AREA:



TOOLS:



NUMBER OF PLAYERS:

DESCRIPTION

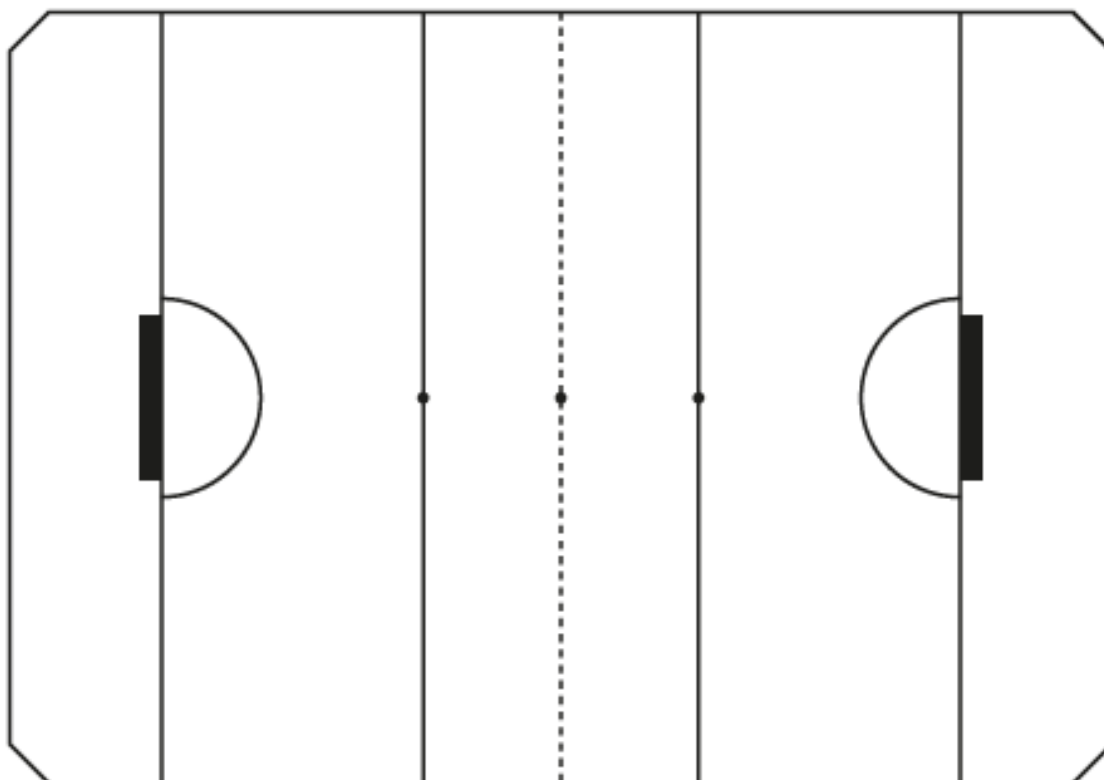
VARIATION

PURPOSE

LEVEL OF DIFFICULTY

FOCUS POINTS

PREREQUISITES



TRAINING PLAN

WARM UP:

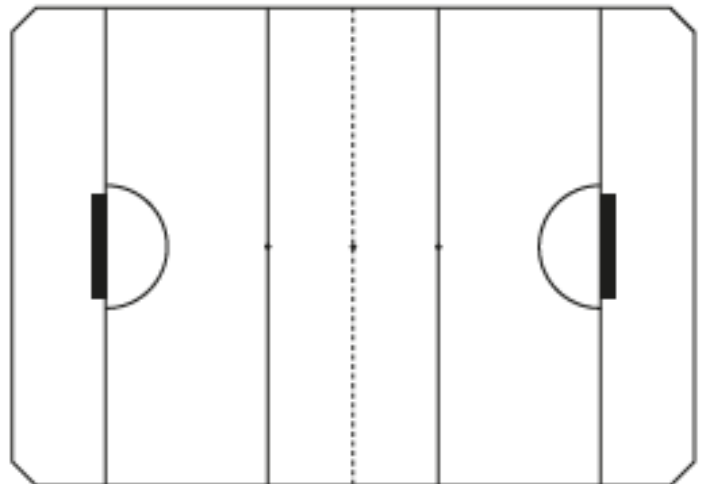
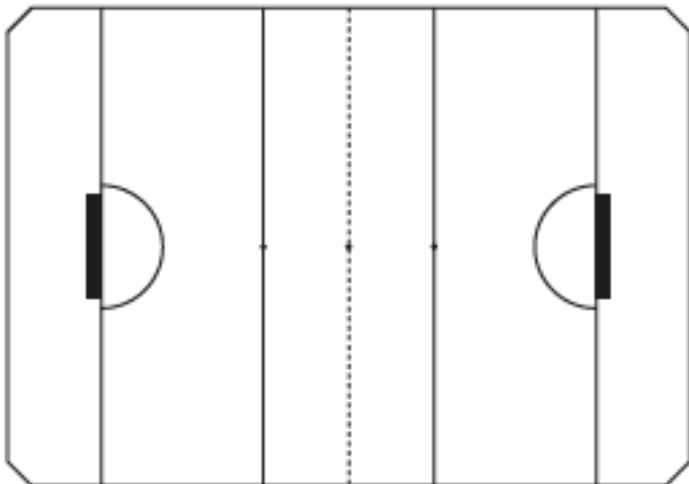
PASSES:

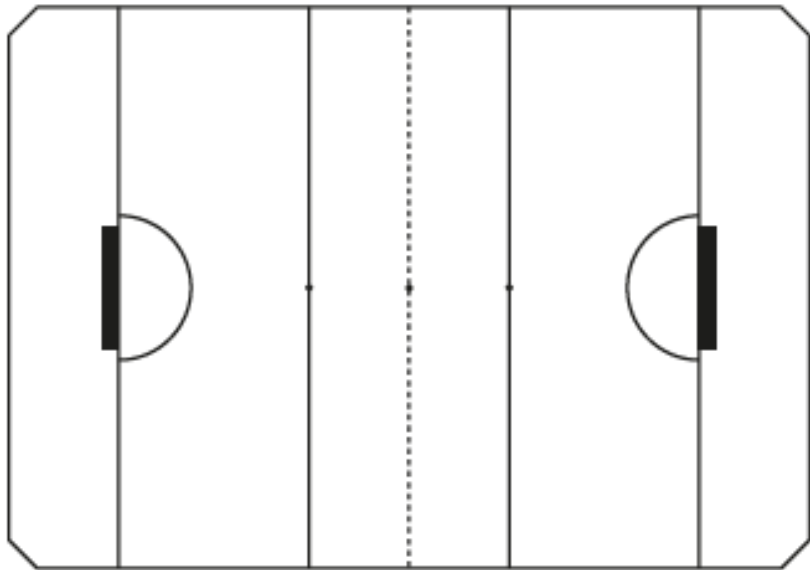
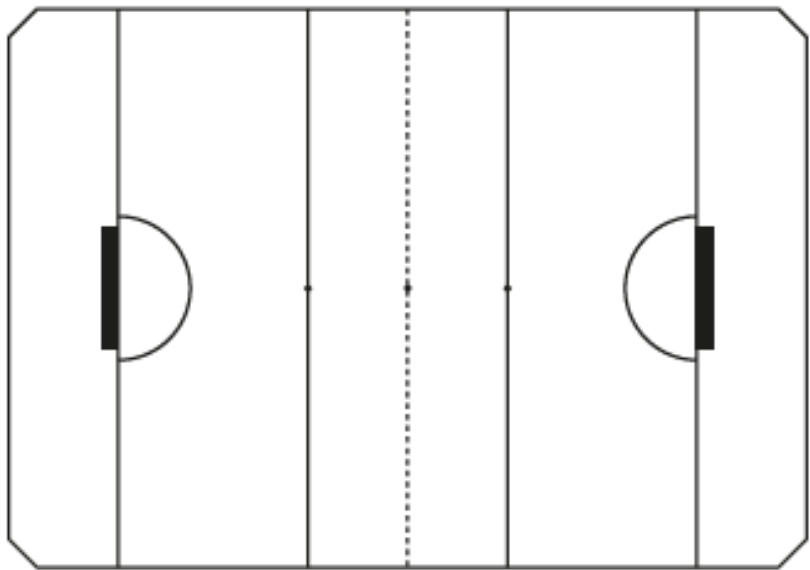
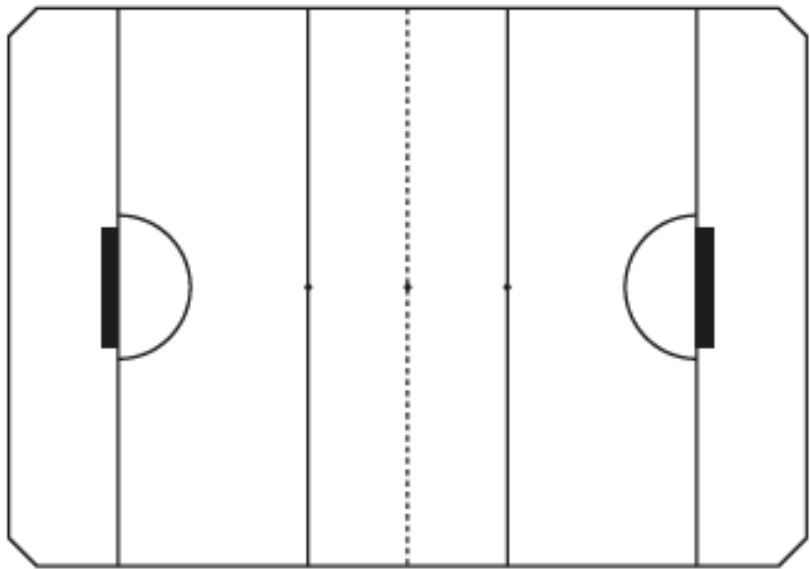
DRIVING TECHNIQUE:

SCREENINGS:

FINISHES:

GAMES:





The project is prepared by:
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