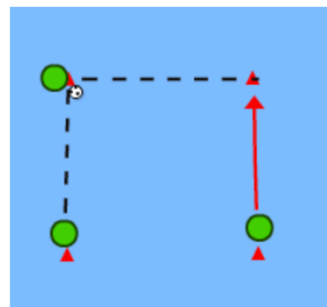


1. Passnings linjen - 15 min

Spela med bollen

Mark a box with four cones and put one player on three of the cones, one vacant. Players can pass in straight lines but not diagonally. The player who has the ball has to have two passing options, one open player must move to a vacant cone to make himself open for a pass. Variant for this drill is to add a defender that tries to intercept passes or just too close of passing lanes.



Aim: Look for the pass.

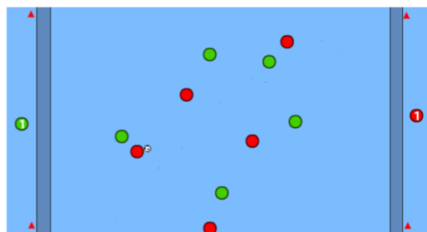
Key points: Look up, pass to open player and don't rush the pass.

Learning outcome of the Drill: Players will learn to keep their head up and look for the right pass.

3. Invasion - 15 min

Spela med bollen

Players need to pass the ball 5 times before they are allowed to pass to player one. Player one is only allowed to move in between the cones, one meter in front of player one is a player free zone so the opponent can't touch player one.



Aim: Players need to pass the ball and keep possession of the ball. Look for the right pass to player one and not throwing the ball away.

Key points: Keep calm, find the right passes and keep possession.

Learning outcome of the drill: Players will learn that while their team keeps possession the opponent can't score so it is in their interest to keep possession as long as possible.

2. Besittning spel - 15 min

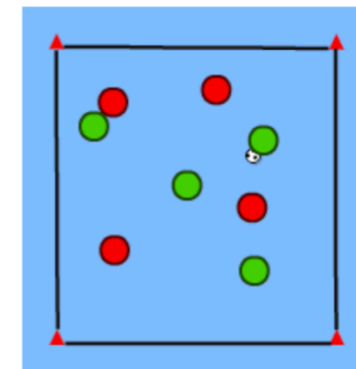
Spela med bollen

Players must play inside the box and pass 5-10 times (depends on coach or level of player) between them self to score a point. Soon as a player has the ball he is not permitted to move with it.

Aim: Learn to keep possession and not to force a pass because they are under pressure.

Key points: Possession, keep calm, look up for the pass and move.

Learning outcome of the Drill: Player will learn to look for an open space to receive the ball and not force the pass even under pressure from an opponent.



4. Neutral zon 2 mot 2 - 15 min

Spela med klubba och innebandy boll

Four teams play this game. First team to score wins and stays on its court while the other teams rotate.

Aim: Players will have little time to make plays, shoot and go for the rebound. With no board behind the nets players need to focus the shoot so that the puck does not go out of play.

Key points: Fast attack, fast release on net, rebounds and constant pressure.

Learning outcomes of the Drill: Players focus on the goal and what his teammate is doing. With such a small area the player will repeat the action multiple times and have chances to fix or repeat the mistake that they have done.

