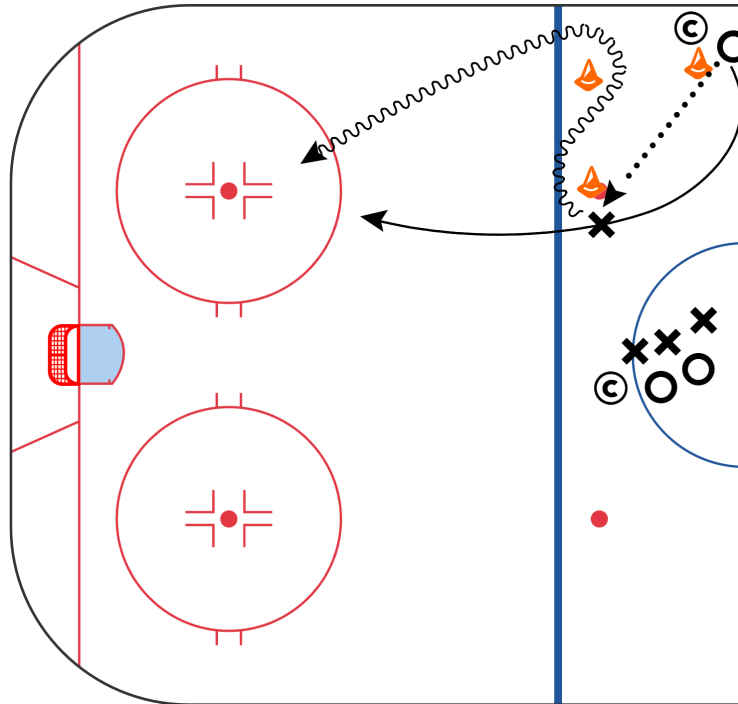


# Swedish Track Back Drill

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## Description

All players are lined up in the middle of the ice and away from the drill area except for the two players about to start the drill.

The two players line up next to their designated pylons (X will be on offence, O will be on defence). To start the drill player O passes the puck to player X, once player X receives this pass they take off skating under then over the two bottom pylons while O skates around the top pylon and the pylon X started on (this is to mimic getting back to the middle of the ice and tracking back through middle ice).

From there the drill is a straight down 1v1 with X trying to score and O tracking back to stop X from scoring. O has to use proper angling and checking skills to drive X to bad ice and ultimately take the puck away from X.

As soon as the two players start the drill the next two players should be getting ready at their pylons to increase repetitions and lessen downtime.

This is not a position-specific drill and all players should work offensively and defensively.

## Key Points

Track back with purpose

Match skating speed

Active Feet

Proper Checking Skills

Offensively do not be afraid to drive the net