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AGENDA  
MARKUS GRAF & IVAN BRÄGGER

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- INTRO
  - WARUM SWITCH QUICK - POSITION VS POSITIONING
- SWITCH QUICK
  - WAS MEINEN WIR DAMIT
  - WELCHE BEDEUTUNG HAT SQ FÜR DIE AUSBILDUNG?
  - WAS TRAINIEREN DAS THEMA?
  - WIE ALS COACH?
- ERSCHEINUNGSFORMEN J+S
  - TRAINING VS SPIEL
  - E-LEARN

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STUDIE SWE / FIN  
WOHER KOMMEN WIR?

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A photograph of a man giving a presentation to an audience. He is standing on the left side of the frame, gesturing with his hands. On the right side, there is a large projection screen displaying a slide titled "The scale". The slide features a balance scale with "Creativity" on one side and "Disciplin" on the other. There are three yellow crowns above the scale. The IHF logo is in the top right corner of the slide. Below the slide, there is text: "Do you remember situations when you did not have balance between these two?" and "What did you learn from that?".

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SVENSKA ISHOCKEYFÖRBUNDET

**STUDIE SWE / FIN  
WOHER KOMMEN WIR?**



**Summary of adjusted game format and its framework**

For as many as possible to be active in ice hockey for as long as possible is important cornerstone within Swedish ice hockey to be able to create a lifelong commitment and a continues learning process in a good environment for players at all levels. In the project for adjusted game format, we challenge the norm and identity of "what real ice hockey is", this to be able to find ways and forms to find out how we best educate and develop people who play ice hockey. Games in children and youth hockey is an extended learning platform from the training environment and should of course be related and setup to how each player has achieved a certain level of development in different areas.

The framework for children and youth ice hockey is designed for the better good of the participants and with the Swedish ice hockey associations "Hemmaplansmodellen" as a foundation to take stand from. The regulatory reasons and underlying ideas of hemmaplansmodellen are presented on [www.hemmaplansmodellen.se](http://www.hemmaplansmodellen.se)

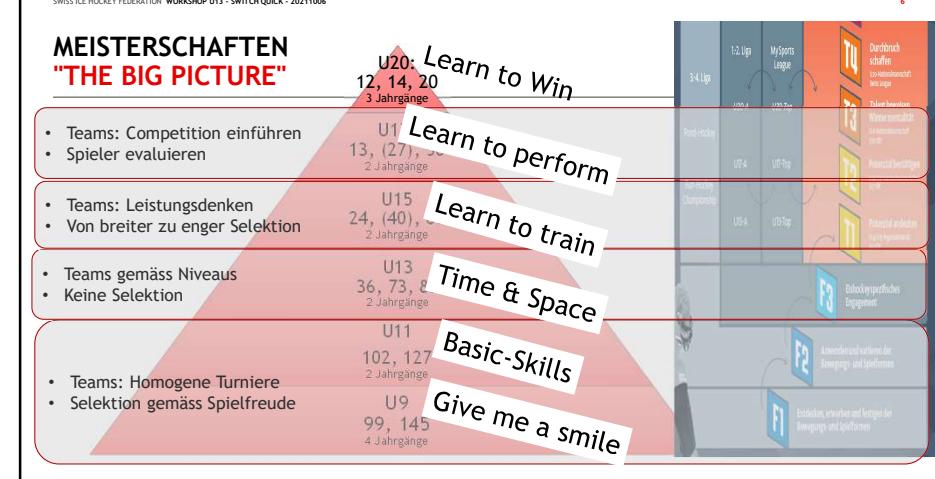
The adjusted game formats could be summarized as below and will work as a national tool for player education in the specific situation of playing a game.

- TKH Games + U9 - 3 vs 3 on 1/6 playing surface (15 m x 20 m)
- U10 + U11 - 3 vs 3 on 1/4 playing surface (15 m x 30 m)
- U12 - 3 vs 3 on 1/3 playing surface (20 m x 30 m)
- U13 + U14 - 5 vs 5 on full ice playing surface (30 m x 60 m) and 3 vs 3 on 1/3 playing surface (20 m x 30 m)

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**MEISTERSCHAFTEN  
"THE BIG PICTURE"**



U20: Learn to Win  
12, 14, 20  
3 Jahrgänge

U1  
13, (27), 30  
2 Jahrgänge

U15  
24, (40),  
2 Jahrgänge

U13  
36, 73, 8  
2 Jahrgänge

U11  
102, 127  
2 Jahrgänge

U9  
99, 145  
4 Jahrgänge

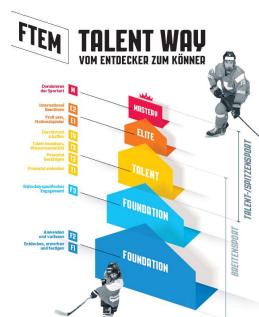
Learn to perform  
Learn to train  
Time & Space  
Basic-Skills  
Give me a smile

1:2. Liga  
MySports League  
Durchdruck schaffen  
Wettbewerbsorientiert  
Spielzweck  
Wettbewerbsorientiert  
Spielzweck  
Wettbewerbsorientiert  
Spielzweck  
Eishockey-Championship  
U15-A  
U17-Pro  
U17-A  
U19-Pro  
Eishockey-Engagement  
Anwendung und Nutzung der Bewegungs- und Spielfähigkeiten  
Etablieren, erwarten und Nutzen der Bewegungs- und Spielfähigkeiten

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**AUSBILDUNGSPHILOSOPHIE  
FTEM - F3**



**STAR PROFILE ELEMENTE**

SKATING	FOHICKEITEN	LEARNSTUFE
Footspeed	Anwenden	
Topgeschwindigkeit	Anwenden	
Agilität	Anwenden	
Balance	Anwenden	
Backwards Skating	Anwenden	
Schießen	Erwerben	
Passen	Anwenden	
Stockarbeit	Anwenden	
Puck besitzen	Anwenden	
Spieleingefügt	Erwerben	
Offensivwissen	Anwenden	
Defensivwissen	Anwenden	
Puckmanagement	Anwenden	
Kreativität	Anwenden	
Kommunikation	Erwerben	
Teamfähigkeit	Anwenden	
Leadership	Anwenden	
Ballenteilung	Erwerben	
Respekt	Anwenden	

**HOCKEY SENSE**

**TEAM**

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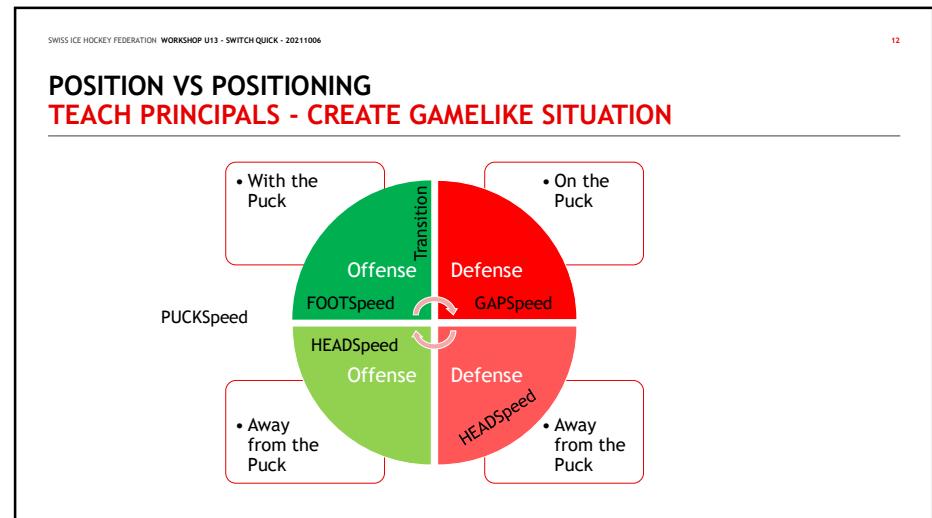
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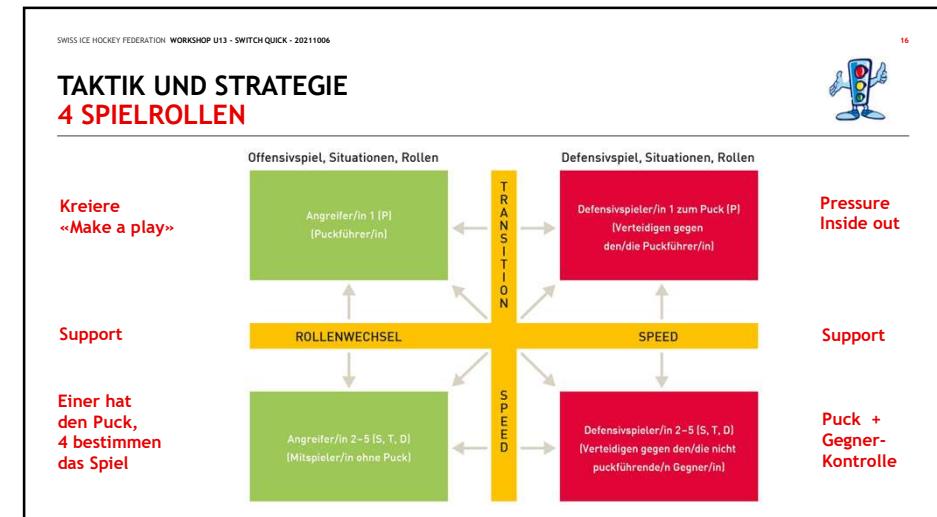
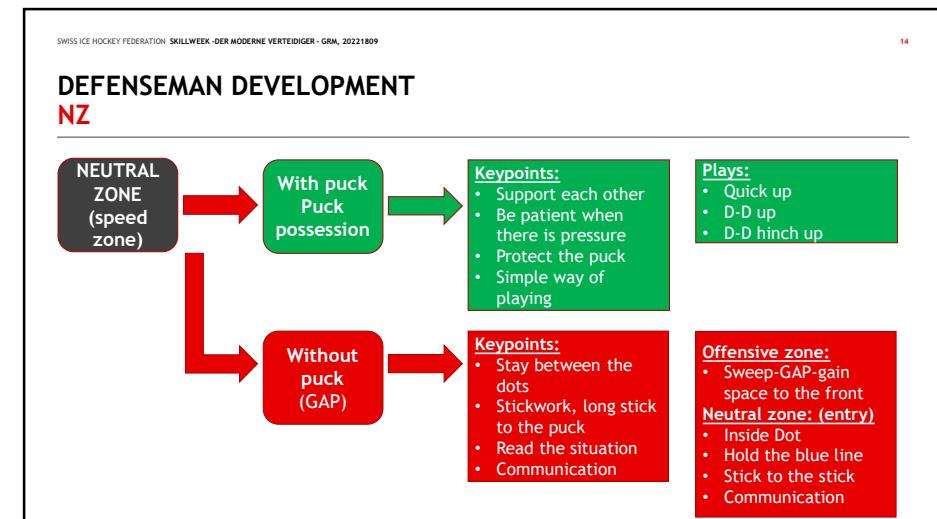
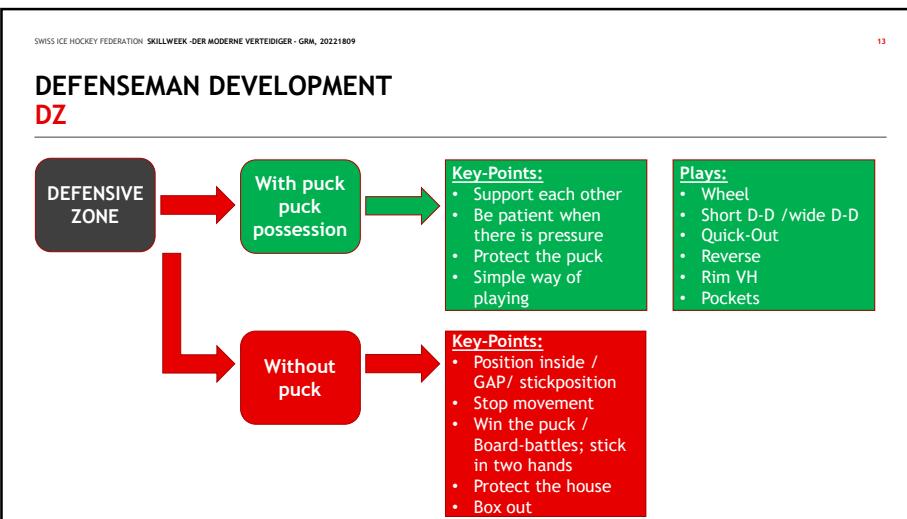
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## 1 MINUTE LÄNGSTURNIER "DU ALS COACH"

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**Spiel 1: unten**

- Allgemeiner Eindruck ?
- Welche Ausbildungselemente siehst du?
- Verfolge Nr 12 WEISS



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• LEARN FROM THE BEST

> SEE THE SCORING OPTION  
 > CREATE UNDER PRESSURE  
 > 5 MAN ATTACK






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LEARN FROM THE BEST






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## SWITCH QUICK WIE TRAINIEREN ?

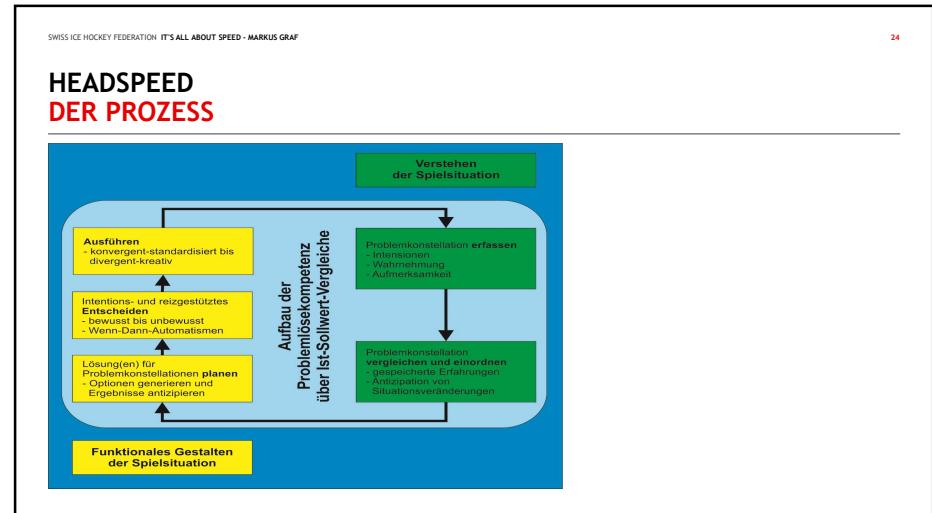
**Smallgames**

- In Variation von Raum und Zeit und Anzahl Spieler

**Längsturnier auch im Training:**

- hohe Intensität fordern vs Stopp und Korrektur
- Start aus einer klassischen Spielsituation (Playbook-Beispiele als Startingpoint)
- "Taktisches Training: Beispiel Breakout unter Druck"

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<b>POSITION VS POSITIONING TEACH HABITS AND PRINCIPLES NOT TACTICS</b>			
With the puck	Away from the puck	On the puck	Away from the puck
<ul style="list-style-type: none"> <li>• Keep Feed moving</li> <li>• Underhandle the puck</li> <li>• Scanning the Ice</li> <li>• Be a threat</li> <li>• Possess/protect the Puck</li> <li>• Communicate</li> </ul>	<ul style="list-style-type: none"> <li>• Move to support</li> <li>• Stick on Ice Target</li> <li>• Talk</li> <li>• Anticipate</li> <li>• Get to hard area</li> <li>• Body position</li> </ul>	<ul style="list-style-type: none"> <li>• Stick on Stick</li> <li>• Angle/move feet</li> <li>• Gap close</li> <li>• Talk</li> <li>• Gain position/contact</li> <li>• Head on swivel</li> </ul>	<ul style="list-style-type: none"> <li>• Head on swivel</li> <li>• Gain position</li> <li>• Talk</li> <li>• Stick in lanes</li> <li>• Move feet</li> <li>• Gap control</li> </ul>

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