

Comparison of Practice Techniques from U20 to NHL teams, to NHL prospects to European pro's.

This is a video of a Canadian U20 Major Junior Practice.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2010120115481453>

This is a game day practice for Washington of the NHL

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101201153716969>

This is a regular practice not on a game day for Detroit of the NHL.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101126094427789>

This is a pre season practice for NHL players a few weeks before training camp.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101007153238371>

This is TPS a Finnish pro elite team practice in the spring session of training.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722011539271>

This is a NHL prospects summer camp the Flames ran a few years ago.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722063834581>