

## **Defenseman Offensive Skills - Role 1-2**

B5 - Agility Skate and Triple Threat Passes - Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140528165050996>

B2 - Defenseman Point Shots x 2 – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140527095005221>

B2 - Defense One Timer Shots x 4 – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140528164755275>

B5 - Defense Skills - Go with Tight Turn – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140528164436936>

B5 - Defense Skills - Wheel Breakout x 4 – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140528164132363>

B5 - Defense Skills - Quick Up to Wing – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140528163835926>

B5 - Defense Skills - Over D to D – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140528163532270>

B5 - Defense Skills - D to D Reverse x 4 – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140528163227701>

## **Defenseman Shooting**

[B2 Alternate Point Shots-HC Dukla Jihlava](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100830105454967>

[B2 - Defense Individual Shooting Skill and Partner Drills – Pro](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140618114112333>

[B2 Point Shots - Canada U20](#)

[http://www.hockeycoachingabcs.com/filemgmt\\_data/B2%20Point%20Shots%20-%20Canada%20U20.3gp](http://www.hockeycoachingabcs.com/filemgmt_data/B2%20Point%20Shots%20-%20Canada%20U20.3gp)

## B2 Point Shots B600 Give-Go-Shoot Russian U20

[http://www.hockeycoachingabcs.com/filemgmt\\_data/B2%20Alternate%20Point%20Shots%20-%20Russian%20U20.3gp](http://www.hockeycoachingabcs.com/filemgmt_data/B2%20Alternate%20Point%20Shots%20-%20Russian%20U20.3gp)

## B6 Point Shots – U22F

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20120430093036462>

## B6 Defense Shooting Options - U18F

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130201151812565>

## B2 Defenseman One Timers

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090812164222165>

## **Offensive Drills with Breakouts**

### *Teaching Sequence with Former NHL Defenseman*

#### B - T1-2 Breakouts – Go, Wheel, Counter - TJ

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131108153207415>

#### B T1-2 Tight Turn-Quick up 2-0 –TJ

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013110917373833>

#### B T1-2 D to D and Up - 2-0 - TJ

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131110154102162>

#### B T1-2 Breakout D to D 3-0 – TJ

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131111154200960>

### *Teaching Sequence by Former NHL Defenseman and NHL Coach of the Year*

#### B5 Murdoch Breakout Routine A and B

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20080720200745971>

#### B5 Murdoch Breakout Routine C and D

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720200746400>

B5 Murdoch Breakout Routine E and F

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720200746400>

*Breakout Drills*

B4 2-0 Continuous Decision Making Breakout U22

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120828123410464>

B4 Breakout-Attack-Breakout 1-0 or 2-0 U15

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080720203338539>

B5-B6 Breakout 3 Shot Czech - U17

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130115154630289>

B6 Breakout 1-0 Point Shot - Pro

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131004161921638>

B5-B600 3-0 Breakout-Shoot-Cycle-F or D Shoot – Finnish U17

[http://www.hockeycoachingabcs.com/filemgmt\\_data/B5%203-0%20Breakout-ShootCycle-F%20or%20D%20Shot-Finnish%20U17.3gp](http://www.hockeycoachingabcs.com/filemgmt_data/B5%203-0%20Breakout-ShootCycle-F%20or%20D%20Shot-Finnish%20U17.3gp)

B6 Breakout and Regroup with Defense

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=498&topic=498#498>

B600 Flow - Breakout - 2 F Shoot - D Point Shot - Finland U20

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140115151610936>

B600 D Wheel D to D, D to F Attack 2-0, F Cycle Up Exchange Puck with D, Attack

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130710150511373>

B600 Breakout 3-0 with 2F 1D - Point shot-Canada U20

[http://www.hockeycoachingabcs.com/filemgmt\\_data/B600%20Breakout%203-0%20with%202F%201D%20-%20Point%20shot-Canada%20U20.3gp](http://www.hockeycoachingabcs.com/filemgmt_data/B600%20Breakout%203-0%20with%202F%201D%20-%20Point%20shot-Canada%20U20.3gp)

B600 Breakout 2 F Shoot D Point Shot-Finland U20

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120126211048959>

## Offensive Drills with Regroups

### B4 1-0, 2-0 Regroup x 2 – U18

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110811072034882>

### B4 Regroup-Stretch Pass - U20

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090901074922525>

### B5 Regroup 2-0 x 2-Pro

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120722101907662>

### B5 Regroup - Attack 2-0 - Cycle - Pass to Point – Screen - Finnish U17

[http://www.hockeycoachingabcs.com/filemgmt\\_data/B5%203-0%20Breakout-ShootCycle-F%20or%20D%20Shot-Finnish%20U17.3gp](http://www.hockeycoachingabcs.com/filemgmt_data/B5%203-0%20Breakout-ShootCycle-F%20or%20D%20Shot-Finnish%20U17.3gp)

### B5 Regroup Options and Shots Finnish U17

[http://www.hockeycoachingabcs.com/filemgmt\\_data/B5%20Regroup%20Options%20and%20Shots%20Finnish%20U17.3gp](http://www.hockeycoachingabcs.com/filemgmt_data/B5%20Regroup%20Options%20and%20Shots%20Finnish%20U17.3gp)

### B5 Regroup 3-0, Middle Drive-Pro

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012100209041983>

### B6 3-0 One Touch Regroup - 3 Shots and High Cycle - Pro

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121024095900228>

### B6 3-0 One Touch Regroup - 3 Shots - Pro

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121019093156592>

### B6 3-0, 4-0 Pass-Regroup-Shoot, Detroit - Pro

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101201091116573>

### B6 3-0 Weave-Regroup at Far End

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20130125095322120>

### B6 3-0 Weave With D Regroup

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=431&topic=431#431>

### B600 Regroup, 3-0, Delay, Low Cycle, Point Shot - Pro W

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131003212813833>

[B600 Regroup, Hinge, Middle D Rush Detroit - Pro](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101128092702491>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201011280928188>

[B600 Regroup, Hinge, Quick Up-Detroit - Pro](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101128092923497>

[B600 Double Regroup Attack 3-0, 2 F and 18 - U18F](#)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130912152511679>

[B600 Regroup x 2 - Hinge 2-0 - U18F](#)

[http://www.hockeycoachingabcs.com/filemgmt\\_data/B600%20Regroup-Hinge%202-0%20one.3gp](http://www.hockeycoachingabcs.com/filemgmt_data/B600%20Regroup-Hinge%202-0%20one.3gp)

[B600 1-0 F Regroup with Both D - U20](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101212075342864>

## **T – Team Play Games**

[T2-D100 Controlled Breakout Reads-U20](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101215071220323>

[T2-4 D100 Breakout and Forecheck U20](#)

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101214091456609>

Add Dump-ins to Games and Transition Games to Create Loose Puck Situations Needing Breakout Skills

## **[DT400 Half-ice Transition Game of 1 on 1 - Yursinov/Wahlsten IIHF Symposium](#)**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131203153607732>

## **[DT400 - 2 on 1 Yursinov-Wahlsten IIHF Symposium](#)**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131204162120693>

## **[DT400 - 3 on 2 Yursinov-Wahlsten IIHF Symposium](#)**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131204162617698>