

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

B2 Point Shots B600 Give-Go-Shoot Russian U20

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>

B2 - Defense One Timer Shots x 4 – Sw

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=6971#6971>

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

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

B4-B6 Breakout 3-0, Point Shot – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=7204#7204>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150105082513205>

B6 Breakout 3-0 Point Shot x 2 – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6890&topic=6890#6890>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706163537973>

B5 - Breakout x 2 Regroup - 3 Shots - Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=7005#7005>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141016091352784>

B6 Regroup-Breakout-2-0 x 2 – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=7057#7057>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141124101203829>

B6 Regroup-Breakout-2-0 x 2 – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=6967#6967>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140922104119325>

C3 Flow - Breakout 2 F Shoot - D Point Shot – Finland U20

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6871&topic=6871#6871>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20140426122809756>

B202 – Shoot –Breakout - Pass Wide - Shoot x 2 – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=6963#6963>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140918093638947>

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

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

B5 Regroup Options and Shots Finnish U17

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-Wall support-Shoot x 2

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=7019#7019>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141026091335255>

B600 Regroup x 2 x 2 – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=7032#7032>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141104102555841>

B600 - Regroup with D 2-0 x 2 – Detroit

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&lastpost=true#6988>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014100209062168>

[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

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

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

B8 - Regroup x 3 and 5 Shots - U18

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6895&topic=6895#6895>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140821092948395>

B200 - Regroup 5-0 Middle Drive – Detroit

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=7097#7097>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141216105644494>

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>

DT4 Jokers at the Point Must Shoot

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=7171#7171>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150103152433301>