

Video of Practice Drills July-August-September

A – Skating and Individual Skills

A2 - Skating Balance and Agility - U17

A3 – Stretch-Edges Routine - Russian U20

A200 - Puck Handling - U17

A202 - 3-0 Chaos Overspeed x 2 - U17

B – Partner and Team Skill vs. Zero Opposition

B2 – From the Blue Line

B2 - D to D Options x 4 - Point Shots - U17

B2 - D Walk Line-Switch D to D One Timer - Russian U20

B2 - D Walk Line-Switch D to D One Timer - Russian U20

B2 - Skate and Shoot vs Backchecker - Russian U20

B2-B6 - F1-D1-F2 - Point Shot – Pro

B3 – Partners Across from Each Other

B3 - Passing Skills Routine - U17

B3 - Passing Skills - U17

B3 - Partner Pass-Backhand-Fake First - U17

B4 – From Circle in the Middle

B4 - Circle and Shoot 1-0 x 2 x 2 - Czech U20

B4 - 4-0 BO - 2-0 Attack x 2 - Czech U20

B4 - 4-0 BO - Attack-Cycle-Point Shot x 2 - Czech U20

B4 - RG-D to W Shot-Point Shot - 2-0 - 3-0 - U17

B4-B6 – From Middle Circle and Corners

B4-B6 - RG 3-0 With 2F-1D - U17

B4-B6 - RG - 3-0 - 2F-1D - U17

B4-B6 - RG 3-0 With 2F-1D - U17

B4-B600 – From Middle Circle and Four Blue Lines

B4-B600 BO Routine x 3 x 2 U17

B4-B600 BO x 2 x 2 - U17

B4-B600 BO x 2 x 2 - U17

B4-B600 BO Routine x 3 x 2 U17

B4-B600 BO x 2 x 2 - U17

B5 – From Near the Blue Line

B5 - D to D Hinges - U17

B5 - D Alternating Point Shots - Russian U20 B5 - Rim-Shoot - Point Shot - U17

B5 - D to D Options x 4 - Point Shots - U17

B5 - D to D Hinges - U17

B5 - Shot Block x 3 - U17

B5 - D Alternating Point Shots - Russian U20

B5 - D Alternating Point Shots - Russian U20

B5 - Breakout Reps - Czech U20

B6 – From the Corners

B6 3-0 Weave No Shot - U17

B6 - Fake-Get Puck-Tight Turn-Shoot - U17

B6 - 2-0 Walk-in - Pass to High Slot - U17

B6 - Point Shot-RG-Shot-PS - Pro

B6 - Pass and Shoot x 2 - Wrap Around - Pro

B6 - One Touch High Cycle 2-0 - Czech U20

B6 - 5-0 BO-Attack-Cycle-Point Shot - Czech U20

B6 - 2-0 Wide and Middle Lane x 2 - Czech U20

B6 - 2-0 Chip Out-Chip In -Shoot - Czech U20

B6 - BO Options - F Shot-D Shot – Pro

B6 - 3 Lane Shots - Long Pass Back – Pro

B6-B600 From the Corners and Four Blue Lines

B6-B600 - One Touch 2-0 and Shot Routine - Czech U20

B6-B600 - One Touch 2-0 and Shot Routine - Czech U20 2

B6-B600 - One Touch 2-0 and Shot Routine - Czech U20

B6-B600 - One Touch 2-0 and Shot Routine - Czech U20 2

B6-B600 - One Touch 2-0 and Shot Routine - Czech U20

B6-B600 - One Touch 2-0 and Shot Routine - Czech U20

B202 – Between the Blue Lines in Neutral Zone

B202 - Regroup x 2-Shot - U17

B202 - Regroup Progression 1-0 x 2 - U17

B202 - Pass Forward and Backward - U17

B202 - Lohowy Passing - U17

B202 - Jursi 2-0 Skate and Pass-No Shot - U17

B202 - Across and Middle x 2 - U17

B202 - Passing in 4 Groups - Czech U20

B202 - One Touch x 2 - Czech U20

B202 - One Touch Pass 4 Groups - Czech U20

B202 - Nzone Regroup 1-0 - Czech U20

B300 – Group Work in Various Areas

B300 - Passing 2-3 Players and Shot - Russian U20

B300 - Passing 2-3 Players - Russian U20

B600 – From the Four Blue Lines

B600 Give and Go x 2 Cross Pass Shoot - RB Pro

B600 Double Pass Regroup Pass and Shoot - RB Pro

B600 - Exchange Puck and Cross Pass – RB

B600 - Shot x 2-One Touch x 2 - Stretch Pass x 2 - U20

B600 - Red-Blue-Red-Blue-Pass-Shoot - Czech U20

B600 - Pass-Xpass-Loop-Pass - Czech U20

B600 - One Touch x 2-Wide Pass-Shot - Russian U20

B600 - One Touch x 2 Circle-Pass-Shoot - Russian U20

B600 - Double RG-2-0-Chip In - Czech U20

B600 - Double RG - 1-0 - Czech U20

B600 - 5-0 RG - 1-0 x 3 - 5-0 Point Shots x 2 - Czech U20

B600 - Shot x 2-One Touch x 2 - Stretch Pass x 2 - U20

B600 - Red-Blue-Red-Blue-Pass-Shoot - Czech U20

B600 - Pass-Xpass-Loop-Pass - Czech U20

B600 - One Touch x 2-Wide Pass-Shot - Russian U20

B600 - One Touch x 2 Circle-Pass-Shoot - Russian U20

B600 - Double RG-2-0-Chip In - Czech U20

B600 - Double RG - 1-0 - Czech U20

B600 - 5-0 RG - 1-0 x 3 - 5-0 Point Shots x 2 - Czech U20

B600 - 2-0 Exchange Puck-Shoot x 2 – RB

B600 Give and Go x 2 Cross Pass Shoot - RB Pro

B600 Double Pass Regroup Pass and Shoot - RB Pro

B600 - Exchange Puck and Cross Pass – RB

B600 - Shot x 2-One Touch x 2 - Stretch Pass x 2 - U20

B600 - Shot x 2-One Touch x 2 - Stretch Pass x 2 - U20

C – Situation Drills from 1-1 to 5-5

C2-C6 From Blue Line and Corners

C2-C6 - 2-1-Point Shot – Pro

C2-C6 - 2-1-Point Shot – Pro

C3 - From Each Side of the Neutral Zone

C3 - 2-0 - 3-1 - U17

C3 - Double Regroup-One Touch- 1-1 - Russian U20

C3 - Double Regroup x 2 - Russian U20

C3 - RG x 2 - 2-2 - Czech U20

C3 - BO - RG - 2-1 - U20

C3 - 2-1 x 2 - Czech U20

C3 - Double Regroup-One Touch- 2-1 - Russian U20

C3 - Double RG - 2-1 - Pro

C3-C6 - BO - 2-1 – Pro

C6 – From the Corners

C6 - Shot-Point Shot- 1-1 and With BC x 2 - U17

C3-C6 - BO - 2-1 – Pro

C6 – D Agility Skate 1-1 - Pro

C6 - 2-1 With BC - Low 2-2 - U17

C6 - 2-1 With BC - U20

D – Games Both Full ice and Small Area Games

D100 – Full Ice Game with Players on the Bench

D100 - 5-5 – Pro

D200 – Cross Ice Game with Extra Players

D200 - 1-1 to 3-3 With Give and Go - U17

D200 - 3-3 - Czech U20

D400 – Game in One Zone with Extra Players

D400 - Keepaway 2-3 Pucks - U17

D400 - 2-2 x 2 - Joker at Point - U17

D400 - 2-2 Two Jokers - U17

DT – Transition Games Full Ice and Small Area

DT100 – Transition Game with Extra Players

DT100 - Continuous 3-2-Passive Support - Czech U20

DT100 - Continuous 3-2-Passive Support - Czech U20

DT400 – Transition Game at One End with Extra Players

DT400 - 2-2 High and Low Jokers - U17

DT400 - 2-2 High and Low Jokers - U17

E1 – Shootouts and Contests

E1 - Pass from Behind SO - U20

E1 - Shootout - Pro

F – Fitness Skating

F - A2 Skate - Czech U20

F - B202 - Quick Bursts x 4 - Russian U20

T – Coach Run Drills and Games with Instruction

T1 – Direct Coaching of Individual Offensive Skills

T1- B5 - Rim-Tight Turn-Shoot - U20

T1 - A500 - D Breakout Options – Pro

T1 - A500 - Puck Control and Protection Circuit - U17

T1 - B2 - Get Shot by First Man x 3 - U20

T1 - B5 - F Take Rim-1-0, 2-0 Low BO - Fakes and Shot Pro

T1- B5 - Rim-Tight Turn-Shoot - U20

T1 - B2 - Get Shot by First Man x 3 - U20

T1 - Cycle-Pass-Shoot - U20

T1 - B5 - F Take Rim-1-0, 2-0 Low BO - Fakes and Shot Pro

T1-3 – Direct Coaching of Individual Offensive and Defensive Skills

T1-3 - C1 Circle 1-1 - Czech U20

T1-3 - High and Low Cutbacks 1-1 - Russian U20

T1-3 - C1 Circle 1-1 - Czech U20

T1-3 - High and Low Cutbacks 1-1 - Russian U20

T2 – Direct Coaching of Team Offense

T2 - B2 - D to D and Shot Routine - Russian U20

T2 - B4 - 4-0 BO x 2 - Czech U20

T2 - B4 - 4-0 BO x 2 - Cycle-Point Shot - Czech U20

T2 - B5 - 5-5 BO -5-0 Shot-High Cycle F-D1-F-D2 Back Door – Pro

T2 - NZ RG-4-0 D Join-3-2 – Pro

T2 - Touch Back to C on Pinch 3-1 – Pro

T2 - NZ RG-5-0-High Cycle Options x 2 – Pro

T2 - 3 Shots - 4 Regroups – Pro

T2 - B5 - 5-5 BO -5-0 Shot-High Cycle F-D1-F-D2 Back Door – Pro

T2- 3-2 RG 5-2 Czech U20

T2- 3-0 Shot - RG - Quick-up and Chip-in - Czech U20

T2 - RG 5-2 x 2 - Russian U20

T2 - Regroup to Beat Trap - Czech U20

T2 - Walk-in - Shot Pass-High Cycle x 2 - Czech U20

T2 - Diamond and Spread PP Below Goal Line - Russian U20

T2 - Face-off Win 5-5 Options - Czech U20

T2 - Dump in-5-0 BO-RG-5-2 - Czech U20

T2 - D to D Breakout Options - U20

T2 - BO 5-2 - RG 5-3 - Czech U20

T2 - B4 - 4-0 BO x 2 - Czech U20

T2 - B4 - 4-0 BO x 2 - Cycle-Point Shot - Czech U20

T2 - B2 - D to D and Shot Routine - Russian U20

T2 - BO - D to D-Pass to Low C - Czech U20

T2 - RG 5-2 x 2 - Russian U20

T2 - 5-0 Breakout Options Routine - Russian U20

T2 - 5-0 Breakout Options Routine - Czech U20

T2 - 3-0 Shot - RG x 2 - Wide Pass - Czech U20

T2-4 – Coaching Both Team Offense and Team Defense

T2-4 Pre-game Walk Through FC-BO-Dzone - Czech U20

T2-4 D400 - BO - 5-4 PP-PK - Czech U20

T2-4 D400 - 5-5 to 5-0 - Czech U20

T2-4 D400 - 5-4 PP-PK - Czech U20

T2-4 D100 - Controlled Scrimmage - 5-5 - Czech U20

T2-4 - Low BO 5-0 Back 3-2 - Czech U20

T2-4 - D400 -Low 2-2 - Czech U20

T2-4 - D400 - Low 3-3 - Czech U20

T2-4 - D100 - BO-RG-Attack 5-5 - U20

T2-4 - D100 - 5-0 - Point Shots x 2 - Turnover in NZ - 5-5 - U20

T2-4 - D400 - 5-4 - Russian U20

T2-4 - D100 - 3-0 - 3-2 with BC - U20

T2-4 - 1-2-2 Forecheck Review and 5-0 Attack - Russian U20

T2-4 - D100 - BO-RG-Attack 5-5 - U20

T2-4 - D100 - 3-0 - 3-2 with BC - U20

T2-4 - D100 - 5-0 - Point Shots x 2 - Turnover in NZ - 5-5 - U20

T3 – Direct Coaching of Individual Defensive Skills

T3 - C3 - 2-2 RG - Close Gap - 2-2 - Czech U20

T3 - C3 - 2-2 RG - Close Gap - 2-2 - Czech U20

T3 - C3 - 2-2 RG - Close Gap - 2-2 - Czech U20

T3 - Pressure Point and Shot Block x 2 Circuit - U17

T3 - C3 - 2-2 RG - Close Gap - 2-2 - Czech U20

T4 – Coaching Team Defense

T4 - RG - 3-2 With BC - 5-3 - Czech U20

