

## Video Postings April 20-July 20

### **A – Skating and Individual Offensive Skills**

[A2 Backward Cross-over Principles 3](#)

[A3 Russian Skating Warm up - RB U17-20](#)

[A200 Puck Handling - Small Nets](#)

[A202 - Chaos Puck Protection - Pro](#)

[A300 Agility Skating - RB U17-20](#)

[A300 Practicing the Chocktow in Small Groups](#)

[A300 - Pass and Keepaway - U18 G](#)

[A400 Skating and Puck Handle - Pro](#)

[A500 - Skating Agility and Skills - Pro](#)

[A500 - Two Puckhandle vs Coach x 4 - Pro](#)

### **B – Partner and Team Skills vs. Zero Opponents**

[B2 - D Shot Off Draw - Pro](#)

[B2 - D Puck Off Boards - Escape - Shoot x 2 - Pro](#)

[B2 - D One Timer - Agility Skate - Pro](#)

[B2 - D Drag to Beat Blocker - Shoot - Pro](#)

[B2 Puck Protect Pass-shoot U18](#)

[B2 - D to D to D - Shoot - Pro](#)

[B2 - D Shot off Draw Down Boards - Pro](#)

[B2 - Point Shots x 2 - Pro](#)

B3 - Backhand Pass x 10 - Pro

B3 Pass - Follow Your Pass - U14

B3 Partner Pass - Keepaway - 1-1 Game

B3 - Passing from Triple Threat Position - Pro

B4 Regroup with Coach Support and Shoot - Finland U20

B4-B6 Pass and Replace - RB Pro

B4-B600 - Breakout Flow - Pro

B5 Breakout Options - Small Group

B5-B6 On Touch x 2 - Shot - Point Shot - Pro

B6 - 2-0 Inside Out Pass of the Pads - RB Pro

B6 - F and D Agility-BO-Point Shot x 2 - Pro

B6 Big Horseshoe 1-0- Pro

B6 - 2-0 Pass and Shoot Skating - Pro

B6 - 3-0 Weave-RG With Coach-Shoot - Goalie WU Far End - Pro

B6 - 3 One Touch Pass 1 Skate Backward - Pro

B6 - One Touch Passing - Pro

B6 - 2 Shots 2 Passes x 2 - Pro

B6 High Cycle - Screen - Slot Shot - Pro

B6 - Shot 2-0 to 3-0 - Pro

B6 - 2-0 Touch Back – Pro

B6 - Horseshoe with Stretch Pass - Pro

B200 - 3 Touch Cross Pass - Shoot - Pro

[B200 - 3 Touch Shoot - Pro](#)

[B200 Figure Eight Face Puck Passing - Pro](#)

[B202 - RG-Hinge-Stretch Pass - Pro](#)

[B202 - RG-Hinge-Stretch Pass-One Touch - Pro](#)

[B300 Shoot from Pass Below Goal Line x 2 - Pro](#)

[B300 - One Touch Monkey in Middle - Pro](#)

[B300 - Partner Pass Figure Eight](#)

[B500 - Czech Skills x 6 Stations](#)

[B500 - Square 1 Touch Passing - Pro W](#)

[B500 - Pass 1-2-3 Pucks x 4 - Pro](#)

[B500 - Static Monkey in Middle x 4 - Pro](#)

[B500 - 2 Players Pass 2 Pucks in Circle - Pro](#)

[B600 - RG-Quick up to F to Stretch F- Point Shot - Pro](#)

[B600 3 - RB Pro](#)

[B600 2 - RB Pro](#)

[B600 1 - RB Pro](#)

[B600 Give and Go x 2 Cross Pass Shoot - RB Pro](#)

[B600 2 x Quick up and Point Shot - Pro](#)

[B600 2 x One Touch and Stretch Pass - Pro W](#)

[B600 - RG-Delay-Point Shot - Pro](#)

[B600 RG-Delay-Point Shot x 2 - Pro](#)

[B600 RG x 2 Point Shot - Pro W](#)

B600 D Agility Skate - Pass - Delay - Point Shot - Pro

B600 - RG x 2 with Point Shots - Pro W

**C – Game Situation Drills – Offense vs. Defenders**

C2 - 3-2 - Pro W

C3 - Continuous RG 4-2 - RB Pro

C3 - Dump-BO 3-0-RG x 2 - 2-1 - Pro

C3 - Dump-BO 3-0-RG x 2 - 3-1- Point Shot - Pro

C3 - 2-1 With 2 Backcheckers - Pro

C3 - 5-0 Dump-in-BO-Turn Back 3-2 x 2 - RB Pro

C5 - Protect the Puck 1-1 x 4 - Pro

C5 - Keepaway 1-1 x 4 - Pro

C5 Low 1-1 and 2-1 - Pro

C5 Dump-in 1-1 - U18 W

C5 -Dump-in 1-1 - Shot U22 W

C5-C6 RG 1-1 x 2 - Pro

C5 Low 2-1 - Pro

C5-C6 Pass RG - 2-1 x 2 - Pro

C6 - 1-1 F Join-D Backcheck - Pro

C6 - 2 on 1 Point Shot - ProC202 - RG 1-1 x 2 - RB Pro

C6 - BO 1-1 with RG - RB Pro

C6 - 1-1 to 2-2, 2-1 to 3-3, 2-2 to 4-4 RB – Pro

C6 Horseshoe 2-0, 1-1 - Pro

C6 - 1-1 with Agility Skate - Pro

C6 1-1 x 2 - Pro

C200 - Tight 2 on 2 - Pro

C600-C3, 2 on 1 - Pro

C600 - 3-1 D Join the Attack - RB Pro

C600 Isolate Wide D on 2-2- Pro

C600 2-0-RG to 2-2 - Pro

C600 BO RG 2-1 - ProW

## **D – Full Ice and Small Area Games**

D100 4-4 - Pro

D2 - Only 1 Pass Allowed Receiver Must Score

D4 - Low Slot 4-4 - Pro

D5 - Five Games and Goalie Work

D6 Variation 2-Two Passes and All Must Score - Youth

D200 1-1 High and Low with Joker

D200 - 3 on 3 - Pro

D200 - Small 1-1 with 2 Jokers - Pro W

D200 Tight 2-2 - Pro

D200 2-2 Add Players with Give and Go - Pro W

D400 3-3 RB Pro

## **D202 Keepaway With Jokers 1-1 to 3-3 - U15**

### **DT – Transition Games – Practice Game Situations with One Puck**

#### **DT100 Backchecking Game with Regroups - U18 G**

#### **DT200 Nets Back to Back - One Goalie With Jokers - U15 Boy's**

#### **DT400 - Pass to Point on Transition - Pro**

#### **DT400 - 3 on 3 - Attack-Defend-Breakout-Rest**

#### **DT400 - 2 on 2 with Passive Support - Double Regroup - U15**

### **G – Goalie Technique**

#### **G - Shots from Pass-outs x 2 - Pro**

#### **G - Shot Off Pass - Pass Loose Puck -Shot - Pro**

#### **G - Covering Short Side Post and Passes from Behind - Pro**

#### **G-Crease Skating - Goalie Camp**

#### **G - Goalie Skating and Warm-up – Pro**

### **F – Conditioning and Agility Skating**

#### **F - Quick Burst and Agility Skating - RB Pro**

#### **T1 - F - Agility and Quickness Skate - RB Pro**

#### **F - Blue-Red-Blue-Poke Check - Pro**

#### **F - Wave Skate - Poke Check - Pro**

#### **F - Aerobic Conditioning Skate - Pro**

F - A3 Conditioning - Slovakia U20

F - Fitness and Agility Skate - Pro

F - Wave Skating - Pro

F - A2 Down and Back - Pro

F - Defense Crossovers and Pivot - Pro

F - A2 Down and Back - Pro

F - Defense Agility Skate Good Stick - Pro

F202 - Skating Intervals

F300 - Quick Feet - Agility Skating - Pro

F300 - Quick Feet - Detroit

## **E – Shoot-outs and Contests**

E100 Change on the Go Shootout - Swiss U20

E1 Flip Puck to Top of Net - Pro

## **T – Coach is Teaching Individual Skills or Team Play**

### **T1 – Individual Offensive Skill Instruction**

T1 - Pass-Agility Skate and Shoot - RB Pro

T1 - B Shoot and Score Drills - Pro

T1 -A - Puck Handle and Shoot - Pro

T1 A - Quick Shots off a Pass - Pro

T1 Obstacle Stickhandle x 3 - Shoot - Pro

[T1 - Forehand Quick Shot - Pro](#)

[T1- Agility skate - One Touch x 3 - Pro](#)

[T1 - D Take Rim - Shoot - Jump-in One Timer - Pro](#)

[T1 - D Pivot - Set up Behind - Wheel - Pass - Pro](#)

[T1 - D Pivot - Quick Up x 2 - Pro](#)

[T1 - Forward Take Rim Pass - Pro](#)

[T1 - One Touch and One Timer - Pro](#)

[T1 - Fake Walk-in - Pass to Front - Pro](#)

[T1 One Timers, Screen, Tip - Pro](#)

[T1 - Skate and One Touch Shot - Detroit](#)

[T1 - Cross-overs With Puck - Detroit](#)

[T1 B202 1-0 Pass-Deke-Shoot - RB Pro](#)

[T1 B202 2-0 Pass-Deke-Shoot - RB Pro](#)

[T1-B6 - Agility and Quickness-Shot - RB Pro](#)

[T1 - B2 - Pass Out-Spin and One Timer - Pro](#)

[T1 - B2 - Pass Out One Timer - Follow Thru on One Knee - Pro](#)

[T1 - B2 - D Knock Down High Pass-Shoot - Pro](#)

[T1 - B2 - D Agility Skate with Point Shot - Pro](#)

[T1 - B2 - Agility Skate and One Touch Pass - Pro](#)

[T1 - B300 - Walk-out and High Cycle Shots - Pro](#)

[T1 - B7 - Face-off Technique - Pro](#)

[T1 - B5 - D Breakout Options x 3 - Pro](#)



[T1 - B5 - D Side to Side Point Shots - Pro](#)

[T1 - B5 - D One Touch Lateral Passing-Point Shot - Pro](#)

[T1 - B5 - D Fake-Pivot-Pass x 5 - Pro](#)

[T1 - B5 - F Take Rim-Fakes and Shoot - Pro](#)

[T1 - B5 -One Touch Pass-Shot-Shot from Pass Out - Pro](#)

[T1 - B6 - One Timer-Shot Pass - Pro](#)

[T1 - B6 - Shot Pass from Corner and Tip in Front - Pro](#)

[T1 B300 Pass x 3 Tight Turn Shoot - Pro](#)

[T1 - B6 - Take Rim - Shot Pass - Pro](#)

[T1-3 - C2 1-1 Technique - RB Pro](#)

[T1-2-3 - C2 - 2-1 Technique - RB Pro](#)

[T1-2-3-4 - C2 2-2 Technique - RB Pro](#)

[T2 - B202 - Agility Skate Pass - Pro](#)

## **T2 – Teaching Team Offense**

[T2 - B4 Chip Puck in On Stretch Pass - Pro](#)

[T2-B4 - Stretch BO 2-0, D Screen Shot - Pro](#)

[T2 - C6 Breakout - 3-1 - Pro](#)

[T2 - C2 3-2 BO vs Pinch 3-1 - Pro](#)

[T2 - C5 - Stretch BO-RG-5-2 - Pro](#)

[T2 Kingston PP Rotation - U18F](#)

[T2 - Touch Back to C on Pinch 3-1 - Pro](#)

[T2 - 3-0, 3-2, RG 3-2 - Middle Drive - Pro](#)

[T2 - RG-5-0 Middle Drive-High Cycle F-D-D-F - Pro](#)

[T2 - 5-5 - BO-5-0 Rush-Low Cycle x 2 - Pro](#)

[T2 - RG 5-0 x 3 Pass to Each Lane - Pro](#)

[T2 - 2-1-2 Spread PP - Pro](#)

[T2 RG 4-0 D Join Rush - 3 on 2 - Pro](#)

[T2 High Slot Rotation Options - Pro](#)

[T2 - F-D-D High Cycle - Shot Pass - Pro](#)

[T2 - B5 - Static then Moving One Timer - Pro](#)

[T2 - B5 - 5-5 BO -5-0 Shot-High Cycle F-D1-F-D2 Back Door - Pro](#)

[T2 - B5 - 2-0 X and Drop-Shoot-Low Cycle - Pro](#)

[T2 - B6 - 2-0-Gain Zone-X and Drop - Pro](#)

[T2 - B6 - 2-0 Skate to Big Ice-X and Drop-Shoot - Pro](#)

[T2 - B6 - Pass to F-Shoot-Screen-Point Shot - Pro](#)

[T2 - B600 - RG-D-F-Stretching F - Pro](#)

[T2 - C2 Breakout 5-3 Attack 5-2 – Pro W](#)

[T2-C3 5-2 RG x 2 Attack 5-2 - Pro](#)

[T2 - C5 - 4-0 Breakout-Regroup 2-1 - Pro](#)

[T2 - D100 PP 5-4 - RB Pro](#)

[T1-2 - B500 - D Agility PH-Point Shot-Screen - Pro](#)

[T1-2 - B5 - Rim-Low 2-0 BO-Tap Back to C - Pro](#)

[T1-2 - B5 - 2D-2F BO - 3-1 vs Coach - Pro](#)

T1-2 - B5 - 1D-2F BO - 3-1 vs Coach - Pro

T1-2 C6 Breakout - 3-1 - Prospect

**T2-4 - Teaching Team Play – Offense vs. Defense**

T2-4 - D100 - 3 Team PP-PK Scrimmage - U18F

T2-4 - D100 - Controlled Scrimmage - Pro

T2-4 Start Behind Net 3-3 then 3-5 - Pro

T2-4 D100 PP and PK - Pro

T2-4 - B5 - 5-5 BO-Cycle-Pass to Middle D - Pro

T2-4 D100 5-5 FC, BO 5-0, Cycle Back Door x 2 - Pro

T2 D100 RG 5-3, 5-0 High Cycle x 2 - Pro

T2-4 D100 FO, PP-PK - Pro

T2-4 – D100 Stretch Breakout – Pro

T2-4 D4 PP-PK - RB Pro

T2-4 - D400 - 3-3 Puck Behind Net to 3-5 or 5-3 - Pro

T2-4 - D400 - PP-PK Pressure Point - Pro

T2 - DT100 - 5-1 with BC to 5-2 - RB Pro

T2-4 D400 FO, PP-PK - Pro

T2-4 - C3 BO PP PK 5-4 - RB Pro

T2-4 Controlled Scrimmage 5-5 - RB Pro

T2-4 - PP 5-3 Diamond vs. PK - Pro

T2-4 - 3 on 3 Start Behind Net - Pro

T2-4 - D-D-W BO - 3F Backcheck 5-3 - Pro

### **T3 – Teaching Individual Defensive Technique**

T3 - Nzone Angling - Pro

T3 - Stick on Stick - Pro

T3 - F Angle Along Boards - Stick on Stick - Pro

T3 - C1 Defensive Slide

T3 - Cover Point - Down - Detroit

T3 - B5 Defensive Slide on 2-1 – Pro

T3 - B6 - Hip to hip Angling x 4 - Pro

T3 - C6 - 1-1 from Corner - 1-1 from High Slot - Pro

T3 - B6 Defending Player Below Goal Line - Pro

T1-3 -B6 - Stick on Puck and Shot Pass - Pro

### **T4 - Teaching Team Defense**

T4 - D400 Aggressive 4-5 PK - RB Pro

T4 - FO and Nzone Forecheck - Pro

T4 Kingston PP Rotation D 5 on 3 - U18F

T4 - 5-5 Backcheck After a D to D to W - Pro

T4 - B5 - 5-0 BO Options x 3 - Attack-Point Shots x 2 - Pro