

Czech Republic and Slovakia Practice Ideas

A – Individual Skills and Skating

A - Six Station Skill Circuit in Czech Republic

A200 - Puck Handling - U17

A300 Big Moves Warm-up - Czech Youth

B – Partner and Team Skills vs. Zero Opponents

B Warm-up Circuit F Pass D Shoot Goalie Technique - Czech U20

B4 1-0 Outside-Middle Shots - Czech U17 and Two Pro

B5 - Breakout Reps - Czech U20

B5 Czech Stretch Pass

B5 Shooting on 4 Nets - HC Dukla HS, Czech Republic

B5 1-0 Outside-Middle Shots- Czech U17

B5 Double Cross and Drop - HC Dukla Jihlava U20

B5-B6 Breakout 3 Shot Czech - U17

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

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

B6 2-0 Middle Drive - Czech U20

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

B600 Small Horseshoe 4 Nets 2 Groups - Czech Youth

B202 - Nzone Regroup 1-0 - Czech U20

B202 - Circle and Shoot 1-0 x 2 x 2 - Czech U20

B500 One Timers and Breakaways - Czech U17

[B500 One Timers, Shots and Breakaways - Czech U17](#)

[B500 - Partner Wrist Passes - Czech U17](#)

[B500 3 Spoke Passing - Czech U17](#)

[B600 - 5-0 RG - 1-0 x 3 - 5-0 Point Shots x 2 - Czech U20](#)

C – Game Situation Drills

[C1 Shot-Breakout-Regroup-2 on 1 - Czech U20](#)

[C1 - Circle 1-1 - Czech U20](#)

[C3 - 2-1 x 2 - Czech U20](#)

[C3 1-0, 2-1, 3-2 Czech U20](#)

[C3 Continuous 3-3 Czech U17](#)

[C3 - RG x 2 - 2-2 - Czech U20](#)

D – Games to Teach the Game

[D4 Baggo - Czech U20](#)

[D4 Two Pass - Czech Republic U20](#)

[D200 - 3-3 - Czech U20](#)

[D400 3-2 - Czech U17](#)

DT – Transition Games

[DT100 - Continuous 3-2-Passive Support - Czech U20](#)

[DT100 Transition Game with F Backchecking x 2 Dukla](#)

[DT100 Continuous 1-1 - Dukla U20](#)

O - Off-ice Training

[O - Agility Circuit Race - Czech Youth](#)

[O - Split Vision Game of Soccer and Basketball](#)

Off-Ice and Practice Technique

T2 – Teaching Team Offense

T2 - T C3- 5 on 2 Breakout vs a Trap x 3

T2 B6 - 5-0 BO-Attack-Cycle-Point Shot - Czech U20

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

T2 Take the Ice Behind to Create 2-1's

T2 – BO - RG - 3-2 With BC - 5-3 - Czech U20

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

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

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

T2-4 D100 Power Play and Penalty Kill Scrimmage - Pro

T2-4 - D400 - 5-5 Attack-Defend - Czech U20

T3 – Teaching Individual Defensive Skills

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

Teaching Team Defense

T4, 5-2 Forecheck and Regroup - Czech U17

Story of a World Champion and National Hero

Gustav Bubník hockey player imprisoned in the Communist era.