

Russian Practice Ideas - YouTube

These videos are from the 2012 and 2016 Russian U20 team practices, presentations made by Russian legendary coach Vladimir Jursinov, 'Jursi' running drills in Austria where I coached with him or and a few with my team doing his drills that I have no video of. There are also some video clips that have been sent to me from Kevin Sullivan. You can see the 'joy in playing' when Russians practice. The coaches love to play in the games and shoot around after practice. There is one clip of Datsyuk leading his teammates in some stickhandling after a Detroit practice.

A - Skating and Individual Skills

A2 Backward Skating Tag Game-Jursi

https://youtu.be/HjlyVgYU_Nc

A3 Russian Skating Warm up - RB U17-20

<https://youtu.be/mSop48n1yR8>

A3-B300 – Stretch-Edges-Passing Routine - Russian U20

<https://youtu.be/9MoLki8PhyM>

A200 Big Moves Russian Warm-up

<https://youtu.be/91xTyEp6DM0>

A200 Russian Olympic Coach Teaches Puck Handling

<https://youtu.be/hWArS-S2qKQ>

A300 Before and After Practice Individual Skills - Russian U20

https://youtu.be/UmdNhKc_2JA

A200 - Skating and Puck Handling - Yashin and Finnish HS

https://youtu.be/ODq1cq-Z8_I

B - Partner and Team Skills vs. No Opponents

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

<https://youtu.be/YR4GF9NK-Ks>

B2 - Russians D to D and Pass to Point

<https://youtu.be/5ly0yhCgdXU>

B2 - Skate and Shoot vs Backchecker Russian U20

<https://youtu.be/j7DNzRrS1nM>

B5 - D Alternating Point Shots - Russian U20

<https://youtu.be/-VekY1yZYh0>

B6 Jursi Skate-Pass-Shoot

https://youtu.be/P_gx6-rJeOA

B6 Jursi 2-0 with Regroup - U20

<https://youtu.be/maYtXZL22Bg>

B6 Jursi Skate and Pass

<https://youtu.be/gsWhWvXq2bc>

B300 - Passing 2-3 Players - Russian U20

<https://youtu.be/cn9jZ-0Bwok>

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

<https://youtu.be/klxPgznUF0U>

B300 Monkey in the Middle vs 1 and 2 - Russian U20

<https://youtu.be/aePiP5lxwNw>

B500 - Datsyuk Group Puck Protection

<https://youtu.be/LzJeS2z4NKQ>

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

<https://youtu.be/Tvczzat31Ak>

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

<https://youtu.be/oFQGpSyG7Vg>

C - Game Situation Skills

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

<https://youtu.be/xWhtseJ0LrE>

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

<https://youtu.be/NvF56io2eTA>

C3 – Double Regroup 2-1

<https://youtu.be/JISsAhuNDhI>

C6 1-1 Both Corners-Jursi

<https://youtu.be/7N6DJqQTZjY>

D - Games to Teach the Game

D1 Shinny – Russian U20

<https://youtu.be/waxmknHzVlg>

DT - Transition Games

DT100, 1 - 1 Passive Support D Join Rush and F Backcheck-Juuso, Jursi

<https://youtu.be/R2cg-9w-Z8c>

DT400 - 2 on 1 Yursi-Juuso IIHF

<https://youtu.be/I-Uko5pKHkY>

DT400 - 3 on 2 Jursi-Juuso IIHF

<https://youtu.be/OKT-J9hphvQ>

E - Shootouts and Contests

E1 Elimination Shootout – Russian U20

https://youtu.be/4JFJ_bSuDkg

E1 Shootout - Russian U20

<https://youtu.be/12UOnXP37C8>

F - Skating for Conditioning

F - B202 - Quick Bursts x 4 - Russian U20

<https://youtu.be/cHdvHoQ-7EM>

O - Off-ice Training

O – Russian Coach Leads Training Circuit with Swedish Players – U20

https://youtu.be/k5bb6E_D9jg

O - Dynamo Goaltender Dryland – Russia

<https://youtu.be/Cs5QxtZakyg>

O - Moscow Dynamo Dryland – Russia

<https://youtu.be/kzMXJWi7EjI>

T - Teaching Individual and Team Skills

T - About Routines - Russian U20

<https://youtu.be/Q1Shc75QV74>

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

<https://youtu.be/CNHE3SIxvAc>

T2 - 5-0 Breakout Options Routine - Russian U20

<https://youtu.be/dJ-gmPtTcHM>

T2 - 5-4 PP - Russian U20

<https://youtu.be/s6iye63JIiA>

T2 - D to D and Point Shot - Russian U20

<https://youtu.be/H6O3EjkZAlg>

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

<https://youtu.be/LHDNSDOhIHw>

T2 - PP - Russian U20

<https://youtu.be/eEhVKbs7B5Y>

T2 - RG 5-2 x 2 - Russian U20

<https://youtu.be/hBMjoJdQgqw>

T2 - Russians D to D and Pass to Point

<https://youtu.be/ik-KkLbwKg4>

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

<https://youtu.be/SyC3Lq-YrCo>

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

<https://youtu.be/WASWO1FYIgw>