

Czech Republic and Practice Ideas on YouTube

A – Individual Skills and Skating

A - Six Station Skill Circuit in Czech Republic

<https://youtu.be/hge-qCb9EjU>

A100 Shooting Technique Dukla Camp

<https://youtu.be/1FN1AdXVy3Y>

A300 Big Moves Warm-up - Czech Youth

<https://youtu.be/lzB6ZLGsHHY>

B – Partner and Team Skills vs. Zero Opponents

B - Prague Skill Circuit – Czech

<https://youtu.be/hge-qCb9EjU>

B500 - Czech on Ice Skills

<https://youtu.be/JaVJuA1YoLQ>

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

<https://youtu.be/ytk14vASfFM>

B2 Alternate Point Shots Dukla

<https://youtu.be/K7mqE1wj9sY>

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

https://youtu.be/Y4cHI2dl_Vs

B4 4 0 BO 2 0 Attack x 2 Czech U20

<https://youtu.be/QpprVG4S5cg>

B5 Shooting Dukla Camp

<https://youtu.be/WjW1BwtKc5k>

B5 One Timer 5 Spots Czech U20

<https://youtu.be/Gulk1WEaWdk>

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

<https://youtu.be/j0lWhL0ARbw>

B5 - Breakout Reps - Czech U20

<https://youtu.be/-SvkPcX-6-M>

B5 Czech Stretch Pass

B6 2 0 Chip Out Chip In Shoot Czech U20

<https://youtu.be/5DeAg3Dtr48>

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

<https://youtu.be/vmrXpAcLOac>

B5 Double Cross and Drop - HC Dukla Jihlava U20

https://youtu.be/ft-T_KMohkl

B5-B6 Breakout 3 Shot Czech - U17

<https://youtu.be/9WpOEdB1VGI>

B6 5 0 BO Attack Cycle Point Shot Czech U20

<https://youtu.be/OKWElinR1Ek>

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

<https://youtu.be/o5MghsfpnAQ>

https://youtu.be/7WqkSz_toG4

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

<https://youtu.be/oOzozduCa6w>

B6 2-0 Middle Drive - Czech U20

<https://youtu.be/gFIQBPOLUt0>

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

<https://youtu.be/rflzA9EUZBg>

<https://youtu.be/MWlysBjSUIc>

<https://youtu.be/7XYZE7BGDDA>

B202 - Nzone Regroup 1-0 - Czech U20

<https://youtu.be/Wf9AnDpfFtk>

<https://youtu.be/IHxzpbAdB6k>

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

<https://youtu.be/x43wkh9cxpg>

B202 Passing in 4 Groups Czech U20

<https://youtu.be/fduH4lmjVWs>

B202 One Touch x 2 Czech U20

https://youtu.be/m_2_hwaE3Wc

B202 One Touch Pass 4 Groups Czech U20

https://youtu.be/yNYdL-wi_4A

B500 One Timers and Breakaways - Czech U17

https://youtu.be/21zAC0oqK_s

B500 - Partner Wrist Passes - Czech U17

<https://youtu.be/YGDoGb7jQio>

B500 3 Spoke Passing - Czech U17

<https://youtu.be/BObj4qIKYyY>

B600 Exchange pucks and shoot Dukla

<https://youtu.be/GkV2wnP0ZFQ>

B600 Pass Xpass Loop Pass Czech U20

<https://youtu.be/mPBg-y-hcKY>

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

<https://youtu.be/74yvUHfxVrU>

<https://youtu.be/UbrX6Xv-RTk>

B600 Red Blue Red Blue Pass Shoot Czech U20

<https://youtu.be/1gYQJV7zs34>

B600 Double RG 2 0 Chip In Czech U20

<https://youtu.be/ARFy2EERXtE>

B600 Double RG 1 0 Czech U20

<https://youtu.be/HiVKeSeNr4c>

B600 Small Horseshoe 4 Nets 2 Groups - Czech Youth

C – Game Situation Drills

C1 Shot-Breakout-Regroup-2 on 1 - Czech U20

<https://youtu.be/F1IU9QivyRU>

C1 - Circle 1-1 - Czech U20

<https://youtu.be/ZzmlRu9Vxok>

C3 - 2-1 x 2 - Czech U20

<https://youtu.be/RUqQ0-XXJtA>

C3 1-0, 2-1, 3-2 Czech U20

<https://youtu.be/Zzf5PTE-XEk>

C3 Continuous 3-3 Czech U17

<https://youtu.be/1zxHvl1WEzo>

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

<https://youtu.be/KIJkQzDQiqY>

D – Games to Teach the Game

D4 Baggo - Czech U20

<https://youtu.be/zwQdL8-XPMA>

D4 Two Pass - Czech Republic U20

D200 - 3-3 - Czech U20

<https://youtu.be/fbE4Y30TftE>

<https://youtu.be/cTMvjEhQESl>

D400 3-2 - Czech U17

<https://youtu.be/vZ8hkQfdBul>

D400 1 1 Battles HC Dukla

<https://youtu.be/pxRKA0VxAKk>

DT – Transition Games

DT4 Regroup Low Point Shots Dukla

<https://youtu.be/rT-OQwzvChg>

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

<https://youtu.be/DOvtIH1dono>

DT100 Transition Game with F Backchecking x 2 Dukla

<https://youtu.be/wvYUcpT-6Ek>

DT100 Continuous 1-1 - Dukla U20

<https://youtu.be/6dypAJTSMQg>

DT100 Continuous 2 1 HC Dukla U20

<https://youtu.be/adF8WTEtKOo>

DT100 Continuous 3 on 2 HC Dukla U20

<https://youtu.be/xcbokEplsTQ>

E1 Two Shot Shootout Dukla Camp

<https://youtu.be/VEJr4NJOH18>

F Loop Skate x 4 Czech U20

<https://youtu.be/VZaZ81NytIg>

F A2 Skate Czech U20

<https://youtu.be/gmIRh5OIZy0>

G Goalie Warm up Czech U20

<https://youtu.be/1yc3ozHn20I>

O - Off-ice Training

O - Agility Circuit Race - Czech Youth

<https://youtu.be/KGmU9Rrz-70>

O - Split Vision Game of Soccer and Basketball

<https://youtu.be/y8ZME0TI37I>

O Combative Dryland Czech Youth

<https://youtu.be/PMS4aVTHm5g>

O Dryland Agility Coordination Reaction Time Czech Youth

https://youtu.be/4pwMiYuAy_I

O - Dryland Agility Core Circuits Czech Republic

<https://youtu.be/vHL72V52zHU>

Off-Ice and Practice Technique

Czech Off Ice Training

<https://youtu.be/bPcmd4enRvc>

Czech Youth Hockey Off-Ice

<https://youtu.be/7WAfLTc7j8s>

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

<https://youtu.be/Cm21vfoCABU>

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

<https://youtu.be/NbnOdJjipJg>

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

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

<https://youtu.be/JbQ6aEzkyw4>

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

<https://youtu.be/TjcmT9mjBp4>

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

<https://youtu.be/Cm21vfoCABU>

T2 5 0 Breakout Options Routine Czech U20

<https://youtu.be/-mnwX8laSsU>

T2 3 0 Shot RG x 2 Wide Pass Czech U20

<https://youtu.be/A9zG5aeALdQ>

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

<https://youtu.be/xCpHcBqUsiE>

T2 Regroup to Beat Trap Czech U20

<https://youtu.be/peDxjmcjtPs>

T2 Face off Win 5 5 Options Czech U20

<https://youtu.be/bOMC5ykn7fU>

T2 Dump in 5 0 BO RG 5 2 Czech U20

<https://youtu.be/roQrwSpaSrl>

T2 BO 5 2 RG 5 3 Czech U20

<https://youtu.be/hqmijk6kSK0>

T2 BO Pass to Low C and Chip Back Czech U20

<https://youtu.be/G8MCi4eeqGc>

T2 B4 4 0 BO x 2 Czech U20

<https://youtu.be/LztG9aGhtTo>

T2 3 2 RG 5 2 Czech U20

<https://youtu.be/5M99a3m3T4k>

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

<https://youtu.be/l3BcEUzjfhg>

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

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

<https://youtu.be/V17g4T17g5A>

T2 4 Pre game Walk Through FC BO Dzone Czech U20

<https://youtu.be/PuXLpm06b8E>

T2 4 D400 3 2 Czech U17

https://youtu.be/7_OGSSPKKKY

T2 4 D400 BO 5 4 PP PK Czech U20

https://youtu.be/oEhu_kAqvCY

T2 4 D400 5 5 to 5 0 Czech U20

<https://youtu.be/2Sv7n9lZ6M8>

T2 4 D400 5 4 PP PK Czech U20

<https://youtu.be/DBUxrY7-Luk>

T2 4 D100 Controlled Scrimmage 5 5 Czech U20

https://youtu.be/sBw_ZXbfv_g

T2 4 D400 Low 2 2 Czech U20

<https://youtu.be/H7AgDzqPppU>

T2 4 D400 5 5 Attack Defend Czech U20

<https://youtu.be/TDDkVXhAXOA>

T2 4 D400 Low 3 3 Czech U20

<https://youtu.be/yAgd71BE2j8>

T3 – Teaching Individual Defensive Skills

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

<https://youtu.be/s3iZXXzifK0>

Teaching Team Defense

T4, 5-2 Forecheck and Regroup - Czech U17

<https://youtu.be/2Un67HHK3qc>

<https://youtu.be/JbQ6aEzkyw4>

<https://youtu.be/JbQ6aEzkyw4>

T4 – BO RG 3 2 With BC 5 3 Czech U20

<https://youtu.be/WF9QArjdaJs>

Story of a World Champion and National Hero

Gustav Bubník hockey player imprisoned in the Communist era.

https://www.youtube.com/my_videos?o=U