

International Skating, Individual, Partner Team Skills - Pro

These A-B, skating, individual, partner and team practice activities done by pro teams around the hockey world. There are 100 examples and are written up in the ABC Coaches Forum. If you click on the link it takes you to the posting which has a description, diagram and video link as well as a pdf. With all of these things that you can save if you like the practice idea. There is also a PDF. With YouTube video links.

A – Skating and Individual Skills

A2 Skating Edges – Pro

A2 Backward Skating Tag Game-Jursi

A3 Nervous System Overload for Puck Handling

A4 - Skating Skills 4 Lanes – Pro

A300 European Skate - Puckhandling

A400 - Puck Handling Skills 4 Lanes – Pro

A202 - Chaos Puck Protection - Pro

A500 - Two Puckhandle vs Coach x 4 – Pro

B – Partner and Team Skills With No Opposition

B - Individual Skills Post Practice 1 – Detroit

B - Individual Skills Post Practice 2 – Detroit

B Skills Practice - D to D vs one forechecker-Hinge and Switch

B2 - Static Fakes - Give-Go-Give-Shoot – Pro

B2 One Timers-Pro

B2 One Timers-Pro and International

B2 Point Shot-Screen, Point to Low then Across – Pro

B2 D2 - D Shoot - Pass from Coach - Pass to Point – Pro

[B2 Cross and Drop Shooting-Washington - Pro](#)

[B2 - 2 on 1 Pass in Front of Toes – Pro](#)

[B2-B6 - F1-D1-F2 - Point Shot – Pro](#)

[B2 - Defense Individual Skill and Partner Drills – Pro](#)

[B4 and B6 Pass and Replace – RB Pro](#)

[B4 1-0 Outside-Middle Shots - Czech U17 and Two Pro](#)

[B4-B6 Breakout 3-0, Point Shot – Pro](#)

[B4-B6 BO F Shoot D Shoot – Pro](#)

[B5 - Breakout x 2 Regroup - 3 Shots - Pro](#)

[B5 Regroup 2-0 x 2-Pro](#)

[B5 Forecheck Skills Deflect-Steer-Angle-Finish Pro](#)

[B5 Reijo 1-0, Shoot, 2-1 - Pro](#)

[B5 - Neutral zone Angling - Pro](#)

[B5 Regroup 3-0, Middle Drive-Pro](#)

[B5 Driving the Net from the Corner](#)

[B5 and B6 Pass and Replace](#)

[B6 2-0 Wide Pass and Shot-Pro](#)

[B6 Breakout x 2 Point Shot – Pro](#)

[B6 Chaos 3-0 Pass and Shoot - Pro](#)

[B6 3-0 One Touch Regroup - 3 Shots - Pro](#)

[B6 3-0 One Touch Regroup - 3 Shots and High Cycle - Pro](#)

[B6 Chaos NZ Overspeed with Regroup - Pro](#)

B6 – Wide and Middle x 2 – Pro

B6 Italian Box-One Touch 2-0 - Pro

B6 Breakout 3-0 Point Shot x 2 – Pro

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

B6 - Shot 1-0, 2-0 to 3-0 – Pro

B6 Regroup-Breakout-2-0 x 2 – Pro

B6 3-0 Rush and Entry – Pro

B6 3-0, 4-0 Pass-Regroup-Shoot, Detroit - Pro

B6 1-0 x 2 – Pro

B6, 2-0 Pass to Line-up or Moving Player - Pro

B6 Big Horeshoe 2-0 - Pro

B6 2-0 Pro

B6 3-0 Weave-Regroup at Far End – Pro

B6 Breakout 1-0 Point Shot - Pro

B6 - 2-0 Wide Passes – Pro

B6 1-0 Pass to Middle x 2- Pro

B6 Puck Protection and Stick on Puck 1-1

B6 - 2-0 Touch Back – Pro

B6 - 1 High 1 Low Shooting - Pro

B6 Shots Wide and Middle-Washington - Pro

B6 Big Horseshoe-Washington - Pro

B6 Shooting from 3 Lanes - Pro

[B6 - Shot x 3 Passes x 3 Shots x 3 – Pro](#)

[B6 High Cycle - Screen - Slot Shot - Pro](#)

[B6 - 3 Lane Shots - Long Pass Back – Pro](#)

[B6 - BO Options - F Shot-D Shot – Pro](#)

[B6 - 1 High 1 x 2 Low Shooting – Pro](#)

[B7 Face-off Practice-Washington](#)

[B200 - Defenseman Skills - NHL Prospects](#)

[B200 - Regroup 5-0 Middle Drive – Detroit](#)

[B202 Warm-up - Finland Pro](#)

[B202 - 3 on 0 Neutral Zone Passes - Pro](#)

[B202 – Shoot –Breakout - Pass Wide - Shoot x 2 – Pro](#)

[B202 - Regroup 1-0, 2-0 Pass Options – Pro](#)

[B202 1-0, 2-0 With Chip – Pro](#)

[B202 Skating for Quickness - Pro](#)

[B202 Low-Wide-Middle to Low-Middle-Wide - Pro](#)

[B500-2 on 0-Cycle-Cut Back-Pass-Shoot](#)

[B500 - Datsyuk Group Puck Protection](#)

[B500 Passing Technique – Finland Pro](#)

[B500 One Touch Passing Drill with 3 players](#)

[B500 Defensive Zone Skating - Pro](#)

[B500 Defensive Side with Stick on the Puck - Pro](#)

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

B600 - Exchange Puck and Cross Pass – RB

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

B600, 2-0 Wide Middle x 2 - Pro

B600 Double Pass Regroup Pass and Shoot - RB Pro

B600 Regroup x 2 x 2 – Pro

B600 Regroup, Hinge, Quick Up-Detroit - Pro

B600 Regroup, Hinge, Middle D Rush Detroit - Pro

B600 Regroup, Hinge, Quick Up-Detroit - Pro

B600 Stretch Pass x 2 - Pro

B600 - Give and Go - Wall Support - Shot x 2 – Pro

B600 2-0 Random Pass to Lines – Pro

B600 - Regroup with D 2-0 x 2 – Detroit

B600 Give and Go x 3 x 2 - Shoot – Pro

B600 Give Go Shoot x 2 – Pro

B600 Cross Pass x 2 - Pro

B600, 2-0 – Pro

B600 Up-Back-Cross Pass x - Pro

B C1 Flow with Breakout Timing 1-0, 2-0