

Pro Practice Methods

These practice activities done by pro teams around the hockey world. If you click on the blue 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. When the title is not blue it is only a YouTube video link.

This posting has D-Games, DT-Transition Games, E-Shootouts and Contests, F-Skating for Fitness, G-Goaltending done by pro teams.

D – Games to Teach the Game

D1 Controlled Scrimmage 5-5 - RB Pro
<https://youtu.be/qYwpOlazbsA>

D4 - Low Slot 4-4 - Pro
<https://youtu.be/eiQeMibxWgo>

D4, 5-4 Power Play each end - RB Pro
<https://youtu.be/qbnqE1Ki318>

D100 - 5-5 – Pro

<https://youtu.be/ja4yiHPDRAU>

D100 Pro 4-4 Tournament

<https://youtu.be/vSn8xg6Jilw>

D100, 5-5 With Face-offs

D100 Focus on the Pk - RB Pro
<https://youtu.be/swVe5HfcEPw>

D100 or C3 Specialty Team Controlled Scrimmage - RB Pro
<https://youtu.be/i7XQ9oObsSI>

D100 Power Play Breakout and 1-3-1 PP - RB Pro
<https://youtu.be/9Z6Im3fVHgE>

D100 Pro 4 on 4
<https://youtu.be/jbrAHM9JQUM>

D100 Reijo PP and PK - RB Pro
<https://youtu.be/3PHxfV95Yso>

DT100 Transition 3-2 to 3-3 Passive Support - RB Pro
<https://youtu.be/fch9VqM95JY>

D100 Transition Game 3-2 to 3-3 - RB Pro
<https://youtu.be/MEaK0tEp13E>

D200 2-2 Tight Area Game - Pro

<https://youtu.be/FfMS7jehue4>

D200 Game 1-1 to 3-3 - Pro

<https://youtu.be/tL3gw5deg0o>

D200, 3 on 3 Game – Pro

<https://youtu.be/p3SqIHjUjqk>

D200 3-3 - Pro

<https://youtu.be/Gcr43Q6HYHs>

D200, 3 on 3 X-ice Scrimmage - RB Pro

<https://youtu.be/XZxmEYmf4EY>

D200 Cross Ice Game 1-1, 2-2 - Pro

https://youtu.be/_OU_q2aBBws

D200 2-2 Shoot Either Net – Pro

D200 - 2 on 1 x 2 Race to Score – Pro

<https://youtu.be/gkbT7jAGzic>

D200 Game of 3 on 3 - Pro

<https://youtu.be/pUSOVEmtxTg>

D200 Tight 3 on 3 - Pro

<https://youtu.be/WB020X03Tn4>

D200 2 on 2 Change on Their Own - Pro

<https://youtu.be/ECzpLyLc180>

D200 3 on 3 - Pro

<https://youtu.be/tGO9lNyn2S0>

D200, 2 on 2 + 1 with Jokers on the Side – Pro

D200, 3 on 3 Game With No Passing - European Pro

D400 1-1 Dukla Battles

D400 3-3 RB Pro

<https://youtu.be/qe4qP7Q-s7U>

D400 3-3 Team Play Practice - RB Pro

<https://youtu.be/AB-xlnVzg9w>

D400 Battling 1-1, 2-1, 2-2, 3-2, 3-5 - Pro
<https://youtu.be/9G7N5DUXYzM>

D400 Forecheck Practice 2-2-1 - RB Pro
<https://youtu.be/R61EEA6lYro>

D400 Penalty Kill Practice - RB Pro
https://youtu.be/FYJXrtYks_w

D400 Specialty Team Practice - RB Pro
<https://youtu.be/1c8YA7JR4lI>

D400 Specialty Team Situations-Detroit
<https://youtu.be/99YbiOM3VZU>

D400 Specialty Teams - RB Pro
<https://youtu.be/wfUXx0NPmug>

D400 Team Play Situations-Detroit
<https://youtu.be/zIP4azGAGJ4>

D500 Dzone Position Skating-European Pro
<https://youtu.be/fu6Z4xdJYck>

DT – Transition Games

DT4 Pass to Active Joker Below Goal Line on Transition - Pro

DT4 - 2-2 RG with Joker at the Point - Pro
<https://youtu.be/lw9gC8lrlqY>

DT4 - RG with Joker at the Point - Pro
<https://youtu.be/RRrsuC9QsBY>

DT400 Low 3-3 – Pro

<https://youtu.be/km0d2MvAobo>

DT100 Continuous 2 on 2 – Passive Support - Pro

<https://youtu.be/PivZkApOkA0>

DT100 Continuous Game of 2 on 2 With Regroup - Pro

DT100 Continuous 2-1, 2-2 Detroit - Pro

<https://youtu.be/r7bt2Jua1uU>

DT100 - Continuous 2-1 and 2-2 - Detroit
https://youtu.be/eUVJXyP_cSA

DT100 Continuous 2-2 Passive Support - Prospects
<https://youtu.be/sk4z4ul7rao>

DT100 Transition Game; 3-2 to 3-3 With Active and Passive Support - Pro

DT100 Erkka Continuous 2-1 with Passive Support - Pro

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

DT100 Continuous 2-1 with 85er's

DT100 - 1-1 and 2-2 with Passive Support 2- Pro
<https://youtu.be/HiQX38EJl0c>

DT100 3-2 to 5-5 - TPS - Pro
https://youtu.be/aAGRjGf_hv4

DT200 - 1 on 1 x 2 Game - Pro
<https://youtu.be/BuU4bwED4zM>

DT200 Continuous 3-2 Passive Support - Pro
<https://youtu.be/j7JdVfCKFD4>

DT400 2-2 One Joker Below Hash-Pro

DT400, 4-2 x 2 - Pro

<https://youtu.be/lfeSVvP-9h0>

DT400 - 2 on 1 x 2

DT400 – 2 on 2 Coaches are Jokers at the Point

<https://youtu.be/BhZd-CRSCsc>

DT400 - Pass to Point on Transition - Pro
<https://youtu.be/14OK-Lpz0Tw>

DT Half ice 1-2 Game With Two Goals to Teach Transition from Defense to Offense in DZ

E – Shootouts and Contests

E1-C3 Goalie Passing-Regroup -1 on 1

<https://youtu.be/EKkJi1hgdqU>

E1 Shoot then Breakaway – Pro

<https://youtu.be/HiY7ejBvyss>

E1 - Shootout - Pro

<https://youtu.be/-zdP7PfHAKM>

E1 Flip Puck to Top of Net - Pro

https://youtu.be/-o8sbrGL_FY

E1 Game of Rebound - RB Pro

<https://youtu.be/gEqhL1HjxmA>

E1 Point Shots Rebound Control - RB Pro

<https://youtu.be/E3Gkz2TWwC4>

F – Skating for Fitness

F - Agility Skating - RB Pro 2

<https://youtu.be/tVruu5SoMQ>

F - A2 Down and Back - Pro

<https://youtu.be/-3zwvEq0VVM>

F - A2 Ladder Skating - Pro

<https://youtu.be/QYn8MNDzAho>

F - A300 Skating Conditioning - RB Pro

<https://youtu.be/700fflObnHw>

F - Aerobic Conditioning Skate - Pro

<https://youtu.be/bmBPHWamKGY>

F - Agility and Quickness Skate - RB Pro

<https://youtu.be/OJ58agsNYsM>

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F - Agility and Quickness Skating - Pro

https://youtu.be/_TnZ9iXBs0I

F - B202 Conditioning Agility Skate - RB Pro

<https://youtu.be/nhuWJ25qilQ>

F - Blue-Red-Blue-Poke Check - Pro

<https://youtu.be/DOZOG9Yflxo>

F - Conditioning Skate - RB Pro

<https://youtu.be/QabRhPI6X9s>

F – Full Length Ladder Skate and Test - Pro

F - B6 2-0 Disguised Skate - Pro

F A3 Quick Feet Conditioning Skate - Pro

F - Defense Agility Skate Good Stick - Pro

https://youtu.be/mzINuehRJ_k

F - Defense Crossovers and Pivot - Pro
<https://youtu.be/McBn5S9kZn4>

F - Ladder Skate - Pro
<https://youtu.be/unJdAvVhtVl>

F - Quick Burst and Agility Skating - RB Pro
<https://youtu.be/lj4U7S57rGM>

F - Quickness, Agility, Mobility x 4 Drills - Pro
<https://youtu.be/7aNk0Xh7c80>

F - Wave Skating - Pro
<https://youtu.be/kObtmQWfJ8g>

F Timed Ladder Skate - Pro
<https://youtu.be/njasfbQ-xkQ>

F202 - Small Ladder - Pro
<https://youtu.be/OeEHsetYe1k>

F202 – Skating for Quickness and Agility - Pro

F202 - Small Ladder Quick Feet - Pro
<https://youtu.be/aX8ywFgnTFo>

F300 - Quick Feet - Agility Skating - Pro
https://youtu.be/k_AWtvh96i8

F300 - Quick Feet - Detroit
<https://youtu.be/imCiEYjXnWw>

G - Goaltending

G - Goalie Skating and Warm-up – Pro

<https://youtu.be/P2vVBsEd6Wg>

G - Covering Short Side Post and Passes from Behind - Pro
<https://youtu.be/yw2OLFFqvxE>

G - Crease Skating - Pro
<https://youtu.be/vz8FGzL9uS4>

G - Puck Behind Net - Detroit
<https://youtu.be/XxHsDoY1bAA>

G - Rebound Control - RB Pro
<https://youtu.be/AaLD5LaOPvA>

G - Shot Off Pass - Pass Loose Puck -Shot - Pro
<https://youtu.be/RICld5TzIMM>

G - Shots from Pass-outs x 2 - Pro
<https://youtu.be/6sXJ8EgaU1l>