

T1-3 - Technical Skills YouTube - Pro

T1 – Teaching Individual Offensive Skills, T3 – Teaching Individual Defensive Skills

T coded drills focus on the DETAILS of the game. They are A and B skills taught and supervised by a coach who is focused on technique. T1 drills focus on the first game playing role of individual offensive skills and T3 on the third game playing role of individual defensive skills.

T1 - A5 Puck Over-Under Agility Weave - Shoot - Pro
<https://youtu.be/wpTmAFxjWk4>

T1 - A5 Stickhandle 8 Agility Weave - Shoot - Pro
<https://youtu.be/sGLsEKeMiyQ>

T1 - A500 - Agility Skate and PH Circuit - Pro
<https://youtu.be/jsuv9YdKVgk>

T1 - A500 - D Breakout Options – Pro
<https://youtu.be/CgFlk56u16s>

T1 - A500 - D Tight Turn and Up – Pro
<https://youtu.be/fW2wypEEomk>

T1 - A500 - Pivots-Tight Turn-Crosby – Pro
<https://youtu.be/B2DzJB2O70A>

T1 - B Shoot and Score Drills - Pro
<https://youtu.be/7jzU2n7qfrl>

T1 - B2 - Agility Skate and One Touch Pass - Pro
<https://youtu.be/XMZp6jOoJ-E>

T1 - B2 - D Agility Skate with Point Shot - Pro
<https://youtu.be/AvGDJqg3u78>

T1 - B2 - D Knock Down High Pass-Shoot - Pro
<https://youtu.be/n4qcN4c2DQ>

T1 - B2 - Pass Out One Timer - Follow Thru on One Knee - Pro
<https://youtu.be/LJkatPOXmyU>

T1 - B2 - Pass Out-Spin and One Timer - Pro
<https://youtu.be/MR3j1VdtY2U>

T1 - B5 - D Breakout Options x 3 - Pro
<https://youtu.be/M2d9LcOwrlQ>

T1 - B5 - D Fake-Pivot-Pass x 5 - Pro
<https://youtu.be/ePHO1UxqWRg>

T1 - B5 - D One Touch Lateral Passing-Point Shot - Pro
<https://youtu.be/kPpTwvp5Nhw>

T1 - B5 - D Side to Side Point Shots - Pro
<https://youtu.be/gJASMHBsKG0>

T1 - B5 - F Take Rim-Fakes 1-0, 2-0 Low BO - Pro
<https://youtu.be/epZiyKXtfK4>

T1 - B5 - F Take Rim-Fakes and Shoot - Pro

<https://youtu.be/qscZ9OWVsQM>

T1 - B5 -One Touch Pass-Shot-Shot from Pass Out - Pro

<https://youtu.be/vJSRb83JtQk>

T1 - B6 - One Timer-Shot Pass - Pro

<https://youtu.be/Bze2Rkj2d1c>

T1 - B6 - Shot Pass from Corner and Tip in Front - Pro

<https://youtu.be/TCIpwekyK2k>

T1 - B7 - Face-off Technique - Pro

https://youtu.be/QeRe-_sDUDQ

T1 - B300 - Walk-out and High Cycle Shots - Pro

<https://youtu.be/EPjzEc3stt8>

T1 - C6 - Protect Puck on Wall - Pro

https://youtu.be/_LqI9GVtuT0

T1 - D Pivot - Quick Up x 2 – Pro

<https://youtu.be/I0jIKogXBdE>

T1 - D Pivot - Set up Behind - Wheel - Pass - Pro

<https://youtu.be/IW3rh9bWINE>

T1 - D Take Rim - Shoot - Jump-in One Timer - Pro

https://youtu.be/KBU_paLBbcw

T1 - F - Agility and Quickness Skate - RB Pro

https://youtu.be/_afxWubIksE

T1 - Fake Walk-in - Pass to Front - Pro

<https://youtu.be/ZigolsbO1lw>

T1 - Forehand Quick Shot - Pro

<https://youtu.be/8YIJmCbI03k>

T1 - Forward Take Rim Pass - Pro

<https://youtu.be/CPwtHbpFgU0>

T1 - One Touch and One Timer - Pro

<https://youtu.be/a41skzpzs1l>

T1 - Pass-Agility Skate and Shoot - RB Pro

<https://youtu.be/PSw7dB61768>

T1 -A - Puck Handle and Shoot - Pro

<https://youtu.be/hJfCQSoftAY>

T1 A - Quick Shots off a Pass - Pro

<https://youtu.be/rOLChZmkdig>

T1- Agility skate - One Touch x 3 - Pro

<https://youtu.be/at4-YL8tUCA>

T1 B2 - 2 on 1 Pass in Front of Toes - Pro

<https://youtu.be/F33X4-q0W5g>

T1 B202 1-0 Pass-Deke-Shoot - RB Pro

<https://youtu.be/SyJeeo92Luo>

T1 B202 2-0 Pass-Deke-Shoot - RB Pro

https://youtu.be/o9_0ngdX55c

T1 B300 Pass x 3 Tight Turn Shoot - Pro

<https://youtu.be/Q4pwLDAI-b8>

T1 Obstacle Stickhandle x 3 - Shoot - Pro

<https://youtu.be/69OHnNTyS7Y>

T1-2 - B5 - 1D-2F BO - 3-1 vs Coach - Pro

https://youtu.be/ncc_ie756GQ

T1-2 - B5 - 2D-2F BO - 3-1 vs Coach – Pro

<https://youtu.be/8WhtF2B4M0o>

T1-2 - B5 - Rim-Low 2-0 BO-Tap Back to C - Pro

<https://youtu.be/oF1CSTWG4P4>

T1-2 - B500 - D Agility PH-Point Shot-Screen - Pro

<https://youtu.be/kIRG4CoOLrc>

T1-2 B6 Breakout - 3-1 - Pro

<https://youtu.be/IGGCdsDgNPM>

T1-2-3 - C2 2-1 Technique - RB Pro

https://youtu.be/79_gz1aSQRc

T1-2-3-4 - C2 2-2 Technique - RB Pro

<https://youtu.be/OpLDHWxuOaM>

T1-B6 - Agility and Quickness-Shot - RB Pro

<https://youtu.be/ChPvGqLXICY>

T2 - B4 - 3-0 BO - D Trailer – Pro

https://youtu.be/2Ed8S6mO_v0

T3 - B6 Defending Player Below Goal Line - Pro

<https://youtu.be/P9ZWsnRNtsI>

T3 - Cover Point - Down - Detroit

<https://youtu.be/NTYJwSUg7tw>

T3 - F Angle Along Boards - Stick on Stick - Pro

<https://youtu.be/y5XuOp3unpY>