

T – Teaching the 4 Game Playing Roles - Pro

T1 – Role one, individual offensive skills.

T2 – Role two, team offensive skills.

T3 – Role three, individual defensive skills.

T4 – Role four, team defensive skills.

These practice activities done by pro teams around the hockey world. 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.

T1- Individual Offensive Skills

[T1 - A500 - D Tight Turn and Up – Pro](#)

[T1 - B5 - F Take Rim-1-0, 2-0 Low BO - Fakes and Shot Pro](#)

[T1 - D Pivot - Quick Up x 2 – Pro](#)

[T1 - A500 - D Breakout Options – Pro](#)

[T1-2 - B5 - Rim-Low 2-0 BO-Tap Back to C – Pro](#)

[T1-2-3-4 - C2 2-2 Technique - RB Pro](#)

[T1-2-3 - C2 2-1 Technique - RB Pro](#)

[T1-3 - C2 1-1 Technique - RB Pro](#)

T2 - Teaching Team Offense

[T2-C600 Isolate Wide D on 2-2 – Pro](#)

[T2 – Breakout – 3-1 D Join Rush - Pro](#)

[T2-C3 Breakout-Double Regroup 5 on 2 – Pro](#)

[T2 - B5 - 5-5 BO -5-0 Shot-High Cycle F-D1-F-D2 Back Door – Pro](#)

[T2 - 3 Shots - 4 Regroups – Pro](#)

[T2 - Nzone Turnover-Breakout-Attack, Cycle-Point Shot x 2 - Pro](#)

[T2 - Three Forecheck-Breakout 5-0 – Attack - Cycle-Back Door Pass x 2 – Pro](#)

[T2 - Touch Back to C on Pinch 3-1 – Pro](#)

[T C3- 5 on 2 Breakout vs a Trap x 3](#)

[T2 - NZ RG-5-0-High Cycle Options x 2 – Pro](#)

[T2 - 4-0 Breakout Options-Regroup 2-1 – Pro](#)

[T2 - 3-0, 3-2, RG 3-2 - Middle Drive – Pro](#)

[T2 - NZ RG-4-0 D Join - 3-2 – Pro](#)

[T2 - B4 - 4-0 BO - D Middle Drive – F2 Trail - Pro](#)

[T2-C2 - Nzone Forecheck - Turnover to D and F - Attack 5-2 – Detroit](#)

[T2-D400 Power Play 5-3 - Pro](#)

[T2 Slot Set to Diamond High PP Rotation with Mike Babcock](#)

[T2 - B4 - 3-0 BO - D Trailer – Pro](#)

[T2 Defensive Zone Face-off - Breakout 5-2 Attack - Regroup 5-2 Attack - Pro](#)

[T2 - DT100 - 5-1 with BC to 5-2 - RB Pro](#)

[T2-C3 5 on 2 Four on Attack Pt 1 and Pt 2 - Pro](#)

[T2 B6 3-0 Middle Drive Attack Options – Pro](#)

[T2 - 3 on 5 – Breakout 5-0 – High Cycle – Back Door – Pro](#)

[T2 - Breakout vs. One Forechecker – 5-0 Attack Options – Pro](#)

[T2 D100 Power Play - Pro](#)

T3 – Teaching Individual Defensive Skills

[T3 - B5 Defensive Slide on 2-1 – Pro](#)

T2-4 Team Offense vs. Team Defense

[T2-4 Breakout 5-2 to Defensive Zone Review – Pro](#)

[T2-4 – D100 Stretch Breakout – Pro](#)

[T2-4 D100 Power Play and Penalty Kill Scrimmage - Pro](#)

[T2-4 D400 Specialty Team Practice - Pro](#)

[T2-4, 3-0, 3-2, NZ Regroup, 5-2, 3-0 Forecheck - Pro](#)

[T2-4 Teaching Defensive Zone Coverage 1-1, 2-1, 2-2, 3-2, 3-5 - Pro](#)

[T2-4 C3 5 on 2 Breakout-Turn-over, Regroup 5 on 2 - Pro](#)

[T2-4, D100 Breakout vs Nzone Trap Detroit - Pro](#)

[T2-4 D400 PK and PP Rotation Detroit - Pro](#)

[T2-4 D400 Attack and Dzone Detroit - Pro](#)

[T2 T4 D100 Contolled Scrimmage - RB](#)

[T2-4 D400 Specialty Team Practice](#)

T2-4 [TD100 Breakout PK and PP - Pro](#)

T4 – Team Defense

[T4 Defensive Zone Coverage 1-1, 2-1, 2-2, 3-2, 3-5 - Pro](#)

[T4-D400 Penalty Killing 4-5 - Pro](#)

[T4-2 5-5 Low Breakout 5-2 – Detroit](#)

[T4 D400, 3 on 3 Team Play Practice - Pro](#)

T4 [TD400 Aggressive PK - Both Ends - Pro](#)

Team Building

[Canucks team building](#)