

International Ice Hockey Drills – YouTube Videos - Female Teams

There are about 180 practice drills and games done by college, U18, U20 and Pro female teams. There is a lot of individual skill work plus game situations and team play.

A – Skating and Individual Skills

A - Ball Drop Quick Start - U18 F

<https://youtu.be/UJ1LWvrc2j8>

A - Skating Instruction and Practice - U18 F

https://youtu.be/FgrqUfDa9_U

A - U18 Girl's Edges Warm-up Winsport Camp

<https://youtu.be/xfpdnoJKnTk>

A2 Backward Cross-over Principles 3 - U18 F

<https://youtu.be/U67WktRt6IU>

A2 Crossover-Pivots-Balance U18

<https://youtu.be/SaUAfrSWluM>

A2 Partner Pull U18

<https://youtu.be/U2935xmCrPc>

A2 Pivot Front to Back and Goalie Crease Skating U18

<https://youtu.be/Fx-ArhJqT1A>

A2 Skating Agility-Power-Balance U18

https://youtu.be/LNrheid_-jQ

A2 Triangle Pivot U18

<https://youtu.be/0inJtvYCxCQ>

A3 Skating Warm-up Kazakhstan W

<https://youtu.be/trDSWDuYI5g>

A200 Skating Agility Exercises U18G

<https://youtu.be/ba6iOa8jyk0>

A300 - Pass and Keepaway - U18 G

<https://youtu.be/HYccFzSPs2I>

A300 Partner Pivot and Pass U18

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

A300 Puck Handling vs. Defender Warm-up - U18 F

<https://youtu.be/iZvR0MCoa9s>

A300 Puckhandle and Shot-U22

<https://youtu.be/P-oE2TL8x-E>

A300 Skating and Skill Circuit U18

<https://youtu.be/3gFSme88UDk>

A300 Tight Turns-Three Hard Strides-Shot - U18 F

<https://youtu.be/pamQ9ULvy2U>

B - Partner Skills vs. Zero Opponents

B2 - One Timer Practice ProW
https://youtu.be/KTk_l1Byuyw

B2 1-0 Pivot Circle-Shoot Kaz
<https://youtu.be/oFXAOhmITtE>

B2 Pass Behind Shoot in Front U22
<https://youtu.be/Oaz6LjOrLC8>

B2 Pass From Behind Shot x 2 U22
https://youtu.be/_PRIi5wcwDw

B2 Pass to Point - Drag and Shoot U22
<https://youtu.be/d-FC1enwj5o>

B2 Pass x 3 Shoot U22
https://youtu.be/p9ZSZXQ_66E

B2 Pass-One Time Shot-Kazakhstan W
<https://youtu.be/OawfhTfwkz0>

B2 Protect Puck-walk out-shot U18
<https://youtu.be/UazKPNRAdVg>

B2 Reach Behind-Walk out U22
<https://youtu.be/tMxqz6OwpC0>

B2 Skate-Pass-One Time Shot - Kazakhstan W
<https://youtu.be/fXHHn93ASVc>

B3 Passing U22
<https://youtu.be/jfKKn9oo7cq>

B3 Stickhandling Through Pucks U22
<https://youtu.be/Sleu137RdPs>

B3-D2 Partner Pass - Keepaway - 1-1 Game - U18 F
<https://youtu.be/OA3SgfHJq-U>

B4-B6 Pass and Shoot Flow - Pro W
<https://youtu.be/H9N4O8tdrp8>

B4-B6 Pass and Shoot Pro W
<https://youtu.be/ICF2Uflf6Is>

B5 - D to D Breakout Pro W
https://youtu.be/FE0m_eQTEhY

B5 - Pass and Shoot - Russian W
<https://youtu.be/BWVthBN4G-I>

B5 Warm up - U18
https://youtu.be/syd_C7H27Ps

B5 3-0 Breakout-Regroup-3-0 Attack-Kaz W
<https://youtu.be/inlw4Serd00>

B5 5-0 Breakout Options - U18 F
https://youtu.be/wyF_w3ygnsM

B5 Breakout 4-0 x 2 Race to Score - Pro W
<https://youtu.be/CVgRZk653yA>

B5 Breakout 5-0 Attack 3-2 - Kazakhstan W
<https://youtu.be/em9gQD45WQQ>

B5 Breakout x 3 - 3 on 1 - Pro W
<https://youtu.be/sIR7pCWx7FE>

B5 D Pass-Dump-5-0 Breakout Kaz
<https://youtu.be/8HuRupM-JA4>

B5 D Tight Turn and Pass - Pro W
<https://youtu.be/qEVRw4vAISg>

B5 One Timers - Pro W
<https://youtu.be/ZrYxIXxQEtM>

B5-B6, 1-1 Pro W
https://youtu.be/_jB5dJI_6CY

B5-B600 Pass to Wall - 1-0 Point Shot x 2 - Pro W
<https://youtu.be/nK8y8WclELs>

B6 - 3 Shots 3 Lanes U18 W
<https://youtu.be/tTthomKaj0M>

B6 - Drag and Shoot - Pro W
<https://youtu.be/nL1SPmZYuU0>

B6 - Small Horseshoe - U18 F
<https://youtu.be/WpzJHnGNcpl>

B6 2-0 x 2-Stretch-2-0 Pro W
<https://youtu.be/6BjOXEqzTRA>

B6 3 Shots 3 Lanes - U18 W
<https://youtu.be/P3sze6ddDW8>

B6 3-0 Middle Drive - U18
<https://youtu.be/1bREtYey8To>

B6 3-0 Regroup 3-1 Kaz
https://youtu.be/e8pP3_EU0fl

B6 Big horseshoe U18
<https://youtu.be/mdMZFYi6GqY>

B6 Drag and Shoot 3 - Pro W
<https://youtu.be/gAQyk201pik>

B6 Jursi Skate and Pass - U18 F
<https://youtu.be/9CYHXzW6zFs>

B6 One Touch x 3 and Shoot - U18 F
<https://youtu.be/JqTaJ-OSLqc>

B6 Puck Handling Eights - U18 F
<https://youtu.be/FswE-MMlaUc>

B6 Regroup 1-0 Point Shot - Pro W
https://youtu.be/1dbbT_fUkzE

B6 Shot-Shot-Regroup - Shot - Pro W
<https://youtu.be/uG1cZTCKPbY>

B6 Swedish Puck Exchange - U18 F
<https://youtu.be/KF9mkO0TbVo>

B8 - Regroup x 3 and 5 Shots - U18 F
<https://youtu.be/4p8IKvtGTL8>

B202 - Luhowy 4 Line Passing - U15
<https://youtu.be/ThWhA72Y9eY>

B202 - Stick Tug a war - U18
<https://youtu.be/C-5vk8gvH3k>

B202 Chaos Passing - Kazakstan W
<https://youtu.be/Rm8MSIIN5Fk>

B202 Pass to All Players - U18 F
<https://youtu.be/twIBPPTGe2Q>

B202 Passing Overspeed - U18 F
<https://youtu.be/XMUeqfmfH7Y>

B300 Around the Clock One Touch Passing - U18 F
<https://youtu.be/hW741n4yGLQ>

B300 Three Player Around the Clock - U18 F
<https://youtu.be/CR8aFnZCsls>

B500 Give and Go x 2 U18
<https://youtu.be/4wLsugqnJ2w>

B600 - 2 Pass Long Pass - Pro W
<https://youtu.be/CqLXuBofwos>

B600 - RG x 2 with Point Shots - Pro W
<https://youtu.be/5SiyN4ERhml>

B600 1-0, 2-0, 3-0 Small Horseshoe - U18 F
<https://youtu.be/6U-Lk6h-0Qw>

B600 1-0, 2-0, Point Shot U22
https://youtu.be/_wleVAFeAPo

B600 2 x One Touch and Stretch Pass - Pro W
<https://youtu.be/5ea-bNUU9w>

B600 3 Passes Around and 3-1-Kaz W
https://youtu.be/nfh8i_JcBBQ

B600 BO RG 2-1 – Pro W
<https://youtu.be/QMDgTKI3aqo>

B600 Breakout Pass - U18 F
https://youtu.be/iL87Pc_WLaE

B600 Breakout-Low Cycle-Point Shot-ProW
https://youtu.be/rE_LjaNhOE

B600 Diagonal Pass x 2 U18
<https://youtu.be/TkxDS82iyaQ>

B600 One Touch x 2 and Diagonal U18

<https://youtu.be/rwn5G5GiYd8>

B600 Pass x 3 Stretch Pro W

https://youtu.be/l_cjclP0Gg8

B600 Regroup with D Attack 2-0 x 2 U18

<https://youtu.be/3a604Hwuaqo>

B600 Regroup, 3-0, Delay, Point Shot - Pro W

<https://youtu.be/tNb-ZXkLw1g>

B600 Regroup-Big Ice-Pass to Wall U18

<https://youtu.be/othwQtrAg6g>

B600 Regroup-Hinge 2-0 two - U18 F

<https://youtu.be/3rBjx4OwGnQ>

B600 Regroup-Pass-Attack 2-0 U18

<https://youtu.be/RfwYAl66SAs>

B600 RG x 2 Point Shot - Pro W

<https://youtu.be/O58t5ijmGyE>

B600 Square Passing U18

https://youtu.be/PmVY0r_FRCE

O - Boxing U18 Girls

<https://youtu.be/Zilp-Tgl0jY>

C - Game Situation Drills vs. Opponents

C1 2-0 Continuous Breakout U22

<https://youtu.be/UCYLrQpp9lQ>

C1 Continuous 4-0 Breakout U22

<https://youtu.be/kqB3s3Cq1QE>

C1, 1-1, 2-2 Battles-Kazakhstan

<https://youtu.be/b6WrlZVkcSE>

C2 3-0, 1-1, 2-1-Pro

<https://youtu.be/AnlCX49ZFvk>

C2 5-4 BO, 4-3, 2-1 U18

<https://youtu.be/BREAkcsH8Ec>

C3 - 3-2 Pro W

<https://youtu.be/HWNrqonjMKc>

C3 - Double Regroup 3-2 Pro W

<https://youtu.be/K5vR1BuzFB4>

C3 3-0, 3-1, 3-2 - U18 F

<https://youtu.be/3W0e8opWrg8>

C3 3-2 - Pro W 2

<https://youtu.be/OXx4wKsVoHE>

C3 Breakout - Regroup 2-1 U22

<https://youtu.be/z6YJGuCoDqQ>

C3 Breakout-Low Cycle-Point Shot Pro W
<https://youtu.be/5a0tEIPM7hk>

C3 Continuous 3-2 - Pro W
<https://youtu.be/sCkliaaA9TI>

C3 Low 2-2 Regroup in Nzone 3-2 - Pro W
<https://youtu.be/oxtdreBz8Ys>

C3 Low 2-2-Regroup-2-2 Pro W
<https://youtu.be/aVjsTYRh0KU>

C3 Low 2-2 Regroup in Nzone 3-2 - Pro W
<https://youtu.be/tsaM8jJqyTs>

C3 Regroup 2 on 1 - Pro W
https://youtu.be/Tn27-5NuF_A

C3, 2-1 x 2 Progression - Pro W
<https://youtu.be/ntPD3erRkq>

C3, 5-3 Regroup x 2, Turn Back, Attack 3-2 - Pro W
<https://youtu.be/ymp-QXV1vnQ>

C3-B6 1-1 to 2-2 Willy-Pro
<https://youtu.be/L80QJv4VUZw>

C5 Dump-in 1-1 - Shot - U22 W
<https://youtu.be/hNUd9j72mDw>

C5-C6, 1-1 Pro W
<https://youtu.be/ROQatGrc4aA>

C200 5-0 Breakout and Attack U18
<https://youtu.be/xnkFI8ewrPs>

C200 5-0 Breakout Return 3-2 U22
<https://youtu.be/7Prk8yNg414>

C200 5-2 Breakout-Attack U22
<https://youtu.be/FL9-m0Rwz0g>

C600 3 Passes Around and 3-1-Kaz W
https://youtu.be/gYI_OnFoaV0

D to D Breakout Pro W
<https://youtu.be/vAKvOIXclv8>

D – Games Full Ice and Small Area

O - D1 Full Ice 3 Team Scrimmage U18 F
<https://youtu.be/bpyagA0uQb0>

D2 Cross Ice game 3 pass rule - MRCW
<https://youtu.be/r7Wu7m5Gspo>

D2 Hand Soccer U18
<https://youtu.be/APs70aK8tvA>

D4, 1-1, 2-2 Battles-Kazakhstan
<https://youtu.be/VXq92ESR-Q8>

D100 Game of 3-2 Starting with Nzone Battle - Pro W
<https://youtu.be/F1711BD5prg>

D200 - Small 1-1 Power Play Game - Pro W
<https://youtu.be/skBqRY3xcf0>

D200 - Small 1-1 with 2 Jokers - Pro W
<https://youtu.be/b3gGylub5O0>

D200 3-3 - U18
<https://youtu.be/j8QN98WK3wk>

D200 Coach Call Options - U22
<https://youtu.be/hXXw-MUPViY>

D200 Jokers Each Side - U18 G
<https://youtu.be/p6EFtqayDDA>

D200 Keepaway U22
<https://youtu.be/sO4sQ7uaxJY>

D200 Tight 2 on 2 Pro W
<https://youtu.be/n4gHOO00b0Y>

D200 Various Situations U18 F
<https://youtu.be/G9520B71KAc>

D200, 3-2-1 Pucks - U18 F
<https://youtu.be/LDIs2VG7nao>

D202 3 on 3 with 2 Defensive Jokers - Pro W
<https://youtu.be/~J5Xjw1E0X0>

D400 - 4-2 x 2 PP Game - U22
<https://youtu.be/9pGJiGlnbr8>

D400 2-2 One Joker Below Hash-Pro
<https://youtu.be/m8JRmtm-k1Y>

D400 Random Reading Game Playing Roles U18 F
<https://youtu.be/WRBSZD8Phlk>

D500 - Small PP game U22 W
<https://youtu.be/KsJogTcmx6I>

DT - Transition Games – Game Situations Using One Puck

DT5 - 1-1 to 3-3 Nets Back to Back - U18F
<https://youtu.be/NngLVwuuN2w>

DT100 Backchecking Game - U18 F
<https://youtu.be/4Bei1PbEwcA>

DT100 Backchecking Game with Regroups - U18 G
https://youtu.be/RGtiw_8TXqA

DT100 Continuous 2-2 with Regroup - Pro B
<https://youtu.be/s0BI0GeBcQU>

DT100 Continuous 3-2 Passive Support-Pro
<https://youtu.be/YU3zg3iEOIs>

DT100 Jokers Behind Goal-Kaz W
<https://youtu.be/q-uGsbeLko8>

DT400 - 2 on 2 Pass to Joker at Top of Slot for Transition - Pro W
<https://youtu.be/BzgsuxX7XJA>

DT400 2 on 2 with Passive Support - U18F
<https://youtu.be/q0StWCExhCc>

DT400 2-2 x 2 Small and Smaller - U18 G
<https://youtu.be/e7mAMCTbvDQ>

DT400 Perry Pearn Rotation 4-4 - U18 G
<https://youtu.be/ltUOQuEZwPM>

DT400 Power Play Game - Pro W
<https://youtu.be/yjOyi7WcYP0>

DT500 Nets Back to Back with Jokers 2 - U18F
<https://youtu.be/b4w0FwBR8wU>

E - Shootouts and Contests

E1 - Elimination Shootout - CW
<https://youtu.be/Ey5vftmQRDI>

E1 - Shootout Race - U18 B
<https://youtu.be/3JtT9iCD-Mw>

G - Goalie Technique

G - Goalie Training Method - Kazakhstan W
<https://youtu.be/nq8to0ZwfFY>

T1 – Coach Instructing Individual Offensive Technique

T1 One Timer Practice CW
<https://youtu.be/ReHS4tlNe8s>

T2 - Coach Instructing Offensive Team Play

T2 - B5 Breakout 5-0 Attack 3-2 - Kazakhstan W
<https://youtu.be/TRXKdErDko8>

T2 - C2 Breakout 5-3 Attack 5-2 – Pro W
https://youtu.be/U7Vd_vnVsko

T2 Kingston PP Rotation - U18F
<https://youtu.be/9ZFNQjcRoLY>

T3 - Coach Instructing Individual Defensive Skills

T3 - Defending a 3-1 Attack - TJ - U18 F
https://youtu.be/Us_sRcbRTJU

T3 - Defending a 1 on 1 - TJ - U18 F
<https://youtu.be/eaZxoLQFBNM>

T3 - Defending a 2-1- TJ - U18 F
<https://youtu.be/PNMZQ22JdfI>

T2 – Coach Instructing Both Team Offense and Defense

T2-4 - D100 - 3 Team PP-PK Scrimmage - U18F
<https://youtu.be/Y5BVu8H22ek>

T2-4 - D400 3-2, 3-3 Low Zone-Kaz W
<https://youtu.be/7rxpfJ3P9k>

<https://youtu.be/GR1PUrhOXmg>

T2-B5, 5-0 Forecheck-Regroup 3-0 Attack-Kaz W
<https://youtu.be/34VyRH5l0Is>

T2-C600 Breakout x 2 - 3-2 - U18
<https://youtu.be/VgjiwacDykqg>

T2-4 D400 PP and PK-Kaz W
<https://youtu.be/a3GGF7a5ILM>

T2-4 D400 PP-PK U22
<https://youtu.be/MUeQYiHKal4>

T2-4 D400 Umbrella PP - Diamond PK-Kaz W
<https://youtu.be/9LW--sv0i9E>

T2-4 D400, 3-3 Low Coverage-Kaz W
<https://youtu.be/xtuTZROiF7c>

T2-4, 5-2 With 1-2 or 3 Late Backcheckers - Pro W
<https://youtu.be/poPV4VFxs8>

T4 – Coach Teaching Team Defense

T4 - 1-2-2 Rotation - Pro W
<https://youtu.be/xb2nPMUUIROI>

T4 - 2 on 1 forecheck Pro W
<https://youtu.be/Hn7IVdyo4UI>

T4 - 5-5 Forecheck Practice U22 W
<https://youtu.be/OyilaFeiqBE>

T4 - Trap rotation Pro W
<https://youtu.be/Pi0gKBsPxp0>

T4 5-5 Forecheck Practice U18
<https://youtu.be/uBALbtcBxis>

T4 Kingston PP Rotation D 5 on 3 - U18F
<https://youtu.be/uQ8TKsA41jA>

T1-2 Breakout D to D 5-0 - TJ - U18 F
<https://youtu.be/rS2a54ULFck>

T1-2 Breakouts vs. Checker - TJ - U18 F
<https://youtu.be/bL119HCaRFQ>

T1-2 D to D and Up - 2-0 - TJ
<https://youtu.be/DAdWqiJKfZM>

T1-2 Tight Turn-Quick up 2-0 -TJ - U18 F
<https://youtu.be/FOqIQnpp7B0>