

## **T1-3 – Individual Offensive and Defensive Skills YouTube**

### **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. T1-3 are 1-1 situations.*

### **T1 – Teaching Individual Offensive Skills**

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

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 - 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/n4gcxN4c2DQ>

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 - B2 - Head up Get Shot by First Man x 3 - U20**  
<https://youtu.be/Ux6hwHQRaQ8>

T1 B2 - 2 on 1 Pass in Front of Toes - Pro  
<https://youtu.be/F33X4-q0W5g>

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 - Agility and Quickness-Shot - RB Pro

<https://youtu.be/ChPvGqLXICY>

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

[https://youtu.be/o9\\_0ngdX55c](https://youtu.be/o9_0ngdX55c)

T1 B300 Pass x 3 Tight Turn Shoot - Pro

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

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/I0jIKoqXBdE>

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](https://youtu.be/KBU_paLBbcw)

T1 - F - Agility and Quickness Skate - RB Pro

<https://youtu.be/afxWublksE>

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

<https://youtu.be/ZjgolsbO1lw>

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/a41skzps1l>

T1 - Pass-Agility Skate and Shoot - RB Pro

<https://youtu.be/PSw7dB61768>

T1 Obstacle Stickhandle x 3 - Shoot - Pro

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

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

<https://youtu.be/SyJeeo92Luo>

T1 - A500 - Puck Control and Protection Circuit - U17

<https://youtu.be/AU7gjkzodHA>

## **T1-2 Players Work Together on Skills**

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

[https://youtu.be/ncc\\_iE756GQ](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/klRG4CoOLrc>

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](https://youtu.be/79_gz1aSQRc)

**T1-3 - High and Low Cutbacks 1-1 - Russian U20**

<https://youtu.be/CNHE3SlxvAc>

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

<https://youtu.be/OpLDHWxuOaM>

T1-2 - B Skill Circuit Finnish 2 U17

<https://youtu.be/yY8T1azpDOY>

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>

## **T3 – Teaching Individual Defensive Skills**

T3 - B6 Defending Player Below Goal Line - Pro  
<https://youtu.be/P9ZWSnRNtSl>

T3 - Cover Point - Down - Detroit  
<https://youtu.be/NTYJwSUg7tw>

T3 - F Angle Along Boards - Stick on Stick - Pro  
<https://youtu.be/y5XuOp3unpY>

T - About Routines - Russian U20  
<https://youtu.be/Q1Shc75QV74>

T Jalonon Finnish Youth Practice  
[https://youtu.be/pxDqT\\_qMldY](https://youtu.be/pxDqT_qMldY)

T3 - Defending a 3-1 Attack - TJ - U18 F  
[https://youtu.be/Us\\_sRcbRTJU](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>

T3 - Pressure Point and Shot Block x 2 Circuit - U17  
<https://youtu.be/QKEPVCcKSig>

