

# ABC's of International Hockey Folders with PDF's of Practice Ideas

**Link to all of the folders.**

<https://1drv.ms/f/s!AukXg5gWoW-9grsr0p87Zn8402mPCg>

A - Skating and Individual Skills

<https://1drv.ms/f/s!AukXg5gWoW-9grs5PAqgArV3aHwFNA>

B - Partner and Team Skills 1-0 to 5-0

[https://1drv.ms/f/s!AukXg5gWoW-9grs2UeXny\\_QszTJc8w](https://1drv.ms/f/s!AukXg5gWoW-9grs2UeXny_QszTJc8w)

C - Game Situation Skills 1-1 to 5-5

<https://1drv.ms/f/s!AukXg5gWoW-9grs1GPhW1cbeJhp44A>

D - Games Full Ice and Small Area Games

<https://1drv.ms/f/s!AukXg5gWoW-9grs04tKtGHDKw8W4Kg>

DT - Transition Games

<https://1drv.ms/f/s!AukXg5gWoW-9grszoSc5YhJbYhKF6w>

E - Shootouts and Contests

<https://1drv.ms/f/s!AukXg5gWoW-9grsyX76qxQmtYKSdyQ>

F - On-ice Conditioning

<https://1drv.ms/f/s!AukXg5gWoW-9grswYJaeqH4tlZQEog>

G – Goaltending

<https://1drv.ms/f/s!AukXg5gWoW-9grssTht6zVe6bl5R9w>

O - Off-ice Training

<https://1drv.ms/f/s!AukXg5gWoW-9grstUar9efxqkZl5mA>

## **T- Teaching the 4 Game Playing Roles**

- 1- *individual offensive skills.*
- 2- *2-Team offensive skills.*
- 3- *3-individual defensive skills.*
- 4- *4 Team defensive skills.*

*This section focuses on teaching technique for individual skills and team skills. Most of the individual offensive and defensive skills are done in stations with the coach teaching pro's the details of the game.*

*The offensive and defensive team play is done in one end or full ice but the coaches are doing a lot of instruction and walk through's.*

### **Teaching Individual and Team Play Folders**

<https://1drv.ms/f/s!AukXg5gWoW-9grsuv47tbZFJocSX9A>

#### **Sub-folders**

T1 - Individual Offensive Skills

<https://1drv.ms/f/s!AukXg5gWoW-9grs9MlxNiDnmDp5A-g>

T1-2 Individual and Team Offensive Skills

<https://1drv.ms/f/s!AukXg5gWoW-9grs-g6bFbNT15UJehA>

T3 - Individual Defensive Skill

<https://1drv.ms/f/s!AukXg5gWoW-9grs6-5npWxWVmR99sg>

T2-4 - Team Offense-Defense Instruction

<https://1drv.ms/f/s!AukXg5gWoW-9grs82bCYRTqNVSqzfQ>

### **ABC Hockey Drill and Game Videos-PDF's-Diagrams**

*This is a link to the PDF's, Videos and Diagrams organized with the ABC coding. It is easier to find the videos if you check the coding pdf and click on list. There is a search function in One Drive to make it easier.*

<https://1drv.ms/f/s!FukXg5gWoW-9ck5tNjJaWHF4ZEt3JAw>