

## **T4 - Teaching Team Defense – YouTube Video**

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<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8130&topic=8159#8159>

T4 - 5-5 Backcheck After a D to D to W - Pro

<https://youtu.be/e7S-z5TqJuA>

T4 - B5 - 5-0 BO Options x 3 - Attack-Point Shots x 2 - Pro

<https://youtu.be/W3y9LmXReHg>

T4 - D400 Aggressive 4-5 PK - RB Pro

<https://youtu.be/XRKqMxH4J1k>

T4 – 1-3 Penalty Kill vs. 1-3-1 PP – U18

<https://youtu.be/xMgYsn97h9Y>

T4 – 1-3 Penalty Kill Rotation

<https://youtu.be/NkdQdJZH1-g>

T4 - FO and Nzone Forecheck - Pro

<https://youtu.be/vCnlarSqRfU>

T4 D400 Forecheck Practice 2-2-1- RB Pro

<https://youtu.be/OpgczPMcjHY>

T4 D400 -PK 3 on 5 vs a Spread PP - Pro

<https://youtu.be/g-5ouFQCAU0>

T4-2 5-5 Low Breakout 5-2 – Pro

[https://youtu.be/OpF7w5\\_kCr4](https://youtu.be/OpF7w5_kCr4)

T4-D400 Penalty Killing 4-5 - Pro

<https://youtu.be/nNkZ8g6QSmM>

T4, 5-2 Forecheck and Regroup - Czech U17

<https://youtu.be/2Un67HHK3qc>

T4 RG 3 2 With BC 5 3 Czech U20

<https://youtu.be/JbQ6aEzkyw4>

T4 – BO RG 3 2 With BC 5 3 Czech U20

<https://youtu.be/WF9QArjdaJs>

T4 - 1-2-2 Rotation - Pro W

<https://youtu.be/xb2nPMUUIOI>

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>

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T4-2 5-5 Low Breakout 5-2 – Pro

<https://youtu.be/Z1D7H7VC4Rw>

T4 - F3 Mirror-Backpressure - F1-F2 Backtrack – Pro

<https://youtu.be/bl-iigJfSdQ>

T4 - F3 Mirror-Backpressure-F1-F2 Points-5-5 – Pro

<https://youtu.be/GeN3qeCu6JQ>

T4 - Low 3-2 - 3-2 Rush - 5-5 – Pro

[https://youtu.be/iG\\_d5DUMtjk](https://youtu.be/iG_d5DUMtjk)

T4 - F3 Mirror-Backpressure - F1-F2 Backtrack – Pro

<https://youtu.be/bl-iigJfSdQ>

T4 - Low Defensive Zone 1-2 x 2, 3-3 – Pro

<https://youtu.be/WQbB73r5f1I>

T4 – Defensive Zone Face-off Win 5-5 - Czech U20

<https://youtu.be/nqUalffypVc>

T4 - Low 2-2 - Backtrack to 5-5 – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8316#8316>

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

T4 - 2-1 x 2 Defense Read – Pro

<https://youtu.be/iSxtbraKYEc>

T4 - 3-3 Rush - Backcheck Recognition – Pro

<https://youtu.be/YRigpd7ecyw>

T4 - Back Check Coverage 3-3 – Pro

<https://youtu.be/ZzltERlqRzg>

T4 - D zone Review x 2 – Pro

<https://youtu.be/ovh2eJ-Jmkk>