

## **SAIT Women Trojans Fall 2020 On and Off Ice Training**

B5 - Figure Eight Pass and shoot. - College W

<https://www.facebook.com/518555930/videos/g.631135947796206/10159241307670931>

B6 - Shoot from 3 Lanes with a Pass - College W

<https://www.facebook.com/518555930/videos/pcb.675717043338096/10159297810440931>

B6 - Pass-Shoot-Agility Skate-Shoot x 2 - College W

<https://www.facebook.com/518555930/videos/pcb.675715453338255/10159297804040931/>

B6 - 2-0 Double Pass and Shot - College W

<https://www.facebook.com/518555930/videos/g.631135947796206/10159261323010931>

B300 - Around the clock one touch passing. - College W

<https://www.facebook.com/518555930/videos/g.631135947796206/10159250470160931>

B600 - Machine Gun - 2-0 x 2 - College W

<https://www.facebook.com/518555930/videos/pcb.665355347707599/10159266794065931/>

C6 - Continuous 2-1 from Each Corner. - College W

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C6 - Continuous 1-1 from Corners - College W

<https://www.facebook.com/518555930/videos/g.631135947796206/10159297852675931>

C600 - Multiple Pass 1-1 - College W

<https://www.facebook.com/518555930/videos/pcb.664388921137575/10159264412095931/>

D4 - Baseball - College W

<https://www.facebook.com/tom.molloy.5836/videos/10159270898905931>

D4 - One Pass - Receiver Must Score - College W

<https://www.facebook.com/tom.molloy.5836/videos/10159270888315931>

D4 - Two Pass - Pass Across Royal Road Goal 2 Points - College W

<https://www.facebook.com/tom.molloy.5836/videos/10159289161585931>

D4 Game with each team has a Joker below goal line and at Point – College W

<https://www.facebook.com/518555930/videos/g.631135947796206/10159250481080931>

DT100 - Continuous 2-1 to 3-3 - College W

<https://www.facebook.com/518555930/videos/pcb.665351064374694/10159266789955931/>

D100 - Our Halloween 3-3 Game - College W

<https://www.facebook.com/518555930/videos/pcb.669450133964787/10159278771245931/>

D200 - Two Puck Game - College Women

<https://www.facebook.com/518555930/videos/g.631135947796206/10159261384040931>

DT - Game of Two Pass- College W

<https://www.facebook.com/518555930/videos/g.631135947796206/10159250465690931>

DT202 - 4-4 Must Regroup with Jokers Behind - College W

<https://www.facebook.com/518555930/videos/pcb.665330497710084/10159266763945931/>

DT202 - 2-2 Pass to Joker to Transition - College W

<https://www.facebook.com/tom.molloy.5836/videos/10159297870415931>

DT202 - 2-2 One Joker Behind Each Net - College W

<https://www.facebook.com/tom.molloy.5836/videos/10159270922400931>

DT400 - 2-2 Each Team One Joker at Point Black Joker Below Goal Line. College W

<https://www.facebook.com/tom.molloy.5836/videos/10159301851460931>

DT400 – Continuous 2-2 – Defenders get Support – College W

<https://www.facebook.com/tom.molloy.5836/videos/10159283641495931>

DT400 – Continuous 2-2 – D Supported by 2 Players – College W

<https://www.facebook.com/tom.molloy.5836/videos/10159283641495931>

DT400 - Game of Quick Transition - College W

<https://www.facebook.com/518555930/videos/pcb.665343421042125/10159266781425931/>

DT400 - 4-3. Joker in Black is always on Offense - College W

<https://www.facebook.com/tom.molloy.5836/videos/10159301930140931>

E1 – Rebound – College W

<https://www.facebook.com/tom.molloy.5836/videos/10159283666155931>

E1 - Halloween Change on the Go with a Pass Shootout – College W

<https://www.facebook.com/tom.molloy.5836/videos/10159279686055931>

E1 - Two Net 2-0 x Race to Score College W

<https://www.facebook.com/518555930/videos/g.631135947796206/10159261390880931>

O – Hill Running Reps – 4 Exercises – College W

<https://www.facebook.com/518555930/videos/pcb.674042413505559/10159292475565931/>

**O - Russian Hop - College W**

<https://www.facebook.com/tom.molloy.5836/videos/10159257058330931>

**O - Stickhandling with a ball in the snow College W**

<https://www.facebook.com/518555930/videos/g.631135947796206/10159257067570931>

**O - Ball Hockey outside – College W**

<https://www.facebook.com/518555930/videos/g.631135947796206/10159257063240931>

**O - Plyo's. Over Small Hurdles - College W**

<https://www.facebook.com/518555930/videos/g.631135947796206/10159241387680931>

**O - Hill Training. 8 times up Turtle Hill. - College W**

<https://www.facebook.com/518555930/videos/g.631135947796206/10159203045450931>

**T1 - D Counter-Pass-Pass-Point Shot - College W**

<https://www.facebook.com/518555930/videos/g.631135947796206/10159261409640931>

**T1 - Tight Turn-Pass-Point Shot - College W**

<https://www.facebook.com/518555930/videos/g.631135947796206/10159261290740931>

**T1 - Wheel-Pass-Point Shot - College W**

<https://www.facebook.com/518555930/videos/g.631135947796206/10159261282390931>

**T1 - Cutbacks and Walk Out - College W**

<https://www.facebook.com/518555930/videos/g.631135947796206/10159261276535931>

**T2 - D Figure 8 Skate-Pass-Shoot - College W**

<https://www.facebook.com/518555930/videos/pcb.665343421042125/10159266781425931/>

**T2 - 2-2 Breakout-Shoot In-Forecheck-Breakout - College W**

<https://www.facebook.com/518555930/videos/g.631135947796206/10159261305850931>

**T2 - Tomas 2-2 Nzone Regroup Sequence - College W**

<https://www.facebook.com/518555930/videos/g.631135947796206/10159261297000931>

**T2 - Breakout Sequence - Goalie Pass - College W**

<https://www.facebook.com/518555930/videos/g.631135947796206/10159256178905931>

**T2-4 - 5-3 One Net Game After Players Met to Plan PP and PK - College W**

<https://www.facebook.com/518555930/videos/pcb.672866456956488/10159289070030931/>

**T2-4 - Players Plan PP-PK - College W**

<https://www.facebook.com/518555930/videos/pcb.672848403624960/10159288978250931/>

**T2-4 - PP-PK 5-4 - Player Planned – College W**

<https://youtu.be/vAnsCmfp0UI>

**T3 - Low 2-1 Instruction - College W**

<https://www.facebook.com/tom.molloy.5836/videos/10159266788370931>

T3 -Angling, or Surfing from the Side - College W

<https://www.facebook.com/518555930/videos/g.631135947796206/10159241314510931>

T3 - NZ Angling - College W

<https://www.facebook.com/518555930/videos/g.631135947796206/10159241279440931>

**T - Our Arena at SAIT**

<https://www.facebook.com/tom.molloy.5836/videos/10159276681805931>