

## **Female Teams Drills from Tom Molloy**

### *A – Individual Skills and Skating*

[A2 Skating Agility-Balance-Power-Coordination Circuit U18](#)

[A2 Crossover-Pivots-Balance U18](#)

[A3 Skating Edges and Balance Warm-up - Kazakhstan W](#)

[A200 Agility Skate - Pass - Shoot - U18F](#)

[A300 Skating and Skill Circuit U18](#)

[A300 Puckhandle and Shot-U22](#)

### *B – Partner Skills*

[B2 - One Timers and Crease Shots - U18](#)

[B2 1-0 Pivot Circle - Shoot - Kazakhstan W](#)

[B2 Pass x 3 Shoot U22](#)

[B4-B6 Pass and Shoot ProW](#)

[B6 Puck Handling Skills-Zig Zag - CW](#)

[B6 Puck Handling Skills - CW](#)

[B6 Defense Shooting Options - U18F](#)

[B6 2-0 x 2-Stretch-2-0 ProW](#)

[B8 - Regroup x 3 and 5 Shots - U18](#)

[B300 - Pass and Keepaway - U18 G](#)

[B202 Luhowy Puckhandling and Passing Circuit – U18](#)

[B202 Chaos Passing - Kazakhstan Women](#)

[B600 One Touch x 2 and Diagonal U18](#)

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

B600 - RG x 2 with Point Shots - Pro W

B600 Pass x 3 Stretch Pro W

*C – Game Situations*

C1, 1-1, 2-2 Battles-Kazakstan-W

C1 2-0 Continuous Decision Making Breakout U22

C2 Angling 2-1 Wally - Pro W

C3 - 3-2 Pro W

C3 Continuous 3-2 Pro W

C3 Regroup 2 on 1 - Pro W

C3 Low 2-2-Regroup-2-2 and 3-2 ProW

C3 - Double Regroup 3-2 CW

C3, 5-3 Regroup x 2, Turn Back, Attack 3-2 - Pro W

C3 - Double Regroup 3-2 CW

C3 Low 2-2 Regroup in Neutral Zone 3-2

C5 Dump-in 1-1 - Shot - U22 W

C600 BO RG 2-1 – Pro W

*D – Games to Teach the Game*

D2 Hand Soccer U18

D4, 1-1, 2-2 Battles-Kazakstan Women

D200 Tight 2 on 2 CW

D200 Keepaway U22

D200 2-2 Shoot Either Net – U18F

D200 Coach Call Options - U22

D200 - Small 1-1 Power Play Game - Pro W

*DT – Transition Games*

D202 3 on 3 with 2 Defensive Jokers - Pro W

DT100 Continuous - D Join Play - F Backcheck 1-1 to 2-2

DT400 3-3 Krusel Battling Game - ProW

DT400 Two Net Game – CW

DT400 - Regroup with Jokers Behind Defensive Net

DT400 Two Net Game – CW

DT500 - 1-1 to 3-3 Nets Back to Back - U18F

*Goaltending*

G-B600 Goalie Pass and 1-0 U22

G - 2-0 Walk-out or Pass-out ProW

*Team Play*

T1 One Timer Practice Pro W

T2-4 Low 3-2 Pro W

T2 B5 5-0 Breakout Practice - U18

T2 B5 5-0 Breakout Practice - U18

T2-4 PP Breakout to 4-2 and 2-1 - Pro W

T2 - B5 Breakout 5-0 Attack 3-2 - Kazakhstan W

T2 - C2 Breakout 5-3 Attack 5-2 – Pro W