

2022 HC Summer Camp YouTube Video

ABCs of International Hockey Coding

A - Skating, Puck Handling, Shooting, Angling

B Drills - Partner and Team Passing Drills

C - Game Situation Drills

D - Games from the ABC's of International Hockey Program

DT - Transition Games

E - Shootouts and Contests

T coded drills focus on the DETAILS of the game. They are A - B- C- D skills taught and supervised by a coach who is focused on technique and team play drills and games to teach both offensive and defensive team play.

- T1 drills focus on the first game playing role of individual offensive skills.*
- T3 on the third game playing role of individual defensive skills.*
- T1-3 a 1-1 where individual offensive and defensive skills are practiced.*
- T2 the coach runs offensive team play drills.*
- T4 the team works on team defense.*
- T2-4 is offense vs. defense.*

A2 - Inside Edge Progression - U17 M

<https://youtu.be/yhcN5YWkqNM>

A2 - Inside Edge - Head and Shoulder Fake - U17 M

<https://youtu.be/-WSwvXeFlsU>

A200 - Fake-Get Puck-X-overs-Shot-Chaser - U17 M

<https://youtu.be/1wew1-ypKyw>

A300 - Individual Warm up - U20 M

<https://youtu.be/NpFVTD52haQ>

A300 - Pre Practice Warm up - U18 M

<https://youtu.be/KdFkFe7l0q0>

A500 – Jursi Backward Skating Tag x 3 – C U18 F

<https://youtu.be/y0zqCZwEHbY>

B2 - Coach Pass - D Drag-Shoot - Screen - U18 F

<https://youtu.be/2bbfnp7X0bs>

B2 - Coach Pass - D1-D2-D1 - Shoot - Screen - U18 M

<https://youtu.be/tDHq2hA9sAw>

B2 - Give-Go-Shoot - U18 M
<https://youtu.be/MAZxs10eFVI>

B2 - Coach Pass-Shoot While Skating-Screen - U17 M
<https://youtu.be/9dwotiSBv3I>

B2 - D Get Puck-Evasive Skating-Shoot - U17 M
<https://youtu.be/YsLIM06diGk>

B2-B5 - Pass to Point - Drag-Shoot - U17 M
<https://youtu.be/P06yIJVI-M>

B4 - D-D - 3-0 x 2 - Point Shot - U17 M
<https://youtu.be/EI8pQ8yx9eI>

B4-B6 - 2 F-1D - Skate Circle - F1-F2 Shoot - D Point Shot - U17 M
<https://youtu.be/AXZ3db8KRLY>

B4-B6 - 2 F-2D - Skate Circle - F1-F2 Shoot - D Point Shot - U17 M
<https://youtu.be/-tysGBhX1as>

B4-B6 - D-F x 3 - D Pass Wide-3-0-Pt Shot x 2 - U20 M
<https://youtu.be/wAf52kTUqTE>

B4-B6 - Quick Up x 2 - Point Shot - U18 M
https://youtu.be/_AdfPbDyUH0

B5 - Lateral Slide - Tail Tag - C U18F
<https://youtu.be/c9nCIDbhsMk>

<https://youtu.be/yEN9mXBgIPw>

B6 - 2-0 x 2 - Skate Inside Dots-Cross Behind - U18 M
<https://youtu.be/C7kM7hYTzAE>

B6 - 2-0 x 2 - Pass Wide-Pick D-Take Puck to Middle - U18 M
<https://youtu.be/qBhu-bhTfM0>

B6 - 2-0 - 3-0 Carolina Pass to Middle - U20 M
<https://youtu.be/H-wfCYh3aOA>

B202 - F1 Angle Coach-F2-D-F2-F3-Back F2-2-0 - D Pt Shot - U20 M
<https://youtu.be/EDfVoZdRiVY>

B202 - 2-2 - 3-3 Keepaway-Jokers Front to Line - U18 M
<https://youtu.be/36gd89nHUgM>

B202 - Pass-Pass-Middle Lane Entry-Read D - C U18 F
<https://youtu.be/Hv8li9WCX1I>

B202 - 2-0 - Pass Middle-Wide-Middle-Shot - U18 F
<https://youtu.be/fVU0xMCHEpA>

B202 - 2-0 – Pass Wide-Shoot - C U18 F

<https://youtu.be/RSn1ulvvEb4>

B202 - 2-0 – Cross and Skate Between Dots - C U18 F

<https://youtu.be/tEKakovSIhE>

B202 - Pass-Pass-Wide Entry-Read D - C U18 F

<https://youtu.be/qJ8UJiYj9sc>

B300 - Monkey in Middle - C U18 F

<https://youtu.be/b2SJa1ATwMI>

<https://youtu.be/AdQiBHbS2l8>

B600 - Pass and Replace x 2 - U17 M

<https://youtu.be/nw3pThSaeb4>

C3 - Low 2-1 - Pt Shot - Regroup 2-1 x 2 - U20 M

<https://youtu.be/GkG0lbNr0pl>

C3 - 1-1 F Delay - U17 M

<https://www.facebook.com/518555930/videos/pcb.1072284403681356/465758124963172>

C3 - 1-1 F Delay-Delay Option - U17 M

<https://youtu.be/jwzXNcqEw2w>

C3 - 2-1 with Backcheck - 4-2 Back - U17 M

<https://youtu.be/HgjEaRXwWq8>

C3 - 1-1 x 2 - 2-1 - C U18 F

<https://youtu.be/38iWRCiKk1o>

C5 - 1-1 to 2-2 - U17 M

<https://youtu.be/4FVymhp8Pzw>

C5-600 - Deceptive Skating and 1-1 - U17 M

<https://youtu.be/86qFXSRmvP8>

C6 - Low 1-1 x 2 - U17 M

<https://youtu.be/Q7w-wHPAGiY>

C6 - 1-1 x 2 - Go to Net-Screen-Box Out - C U`8 F

<https://youtu.be/-7kJkOb6YZ8>

C500 1-1 - Race for Puck - Protection Battles - C U18 F

<https://youtu.be/afOK9OhrMDI>

D200 - 3-3 Nets at Dots - U20 M

<https://youtu.be/mK8Q0l8-7SM>

D200 - 2-2 - 3-3 Angling Game - U17 M

<https://youtu.be/iXq6-jgORal>

D202 - 3-3 Coach Pass New Pucks - U17 M

<https://youtu.be/WrDEkpMjHtE>

D400 - 2 Net 4-2 Each Side - U20 M

<https://youtu.be/L7bJQ16t6Ss>

D400 - 2-2 - Two Nets in Corner - C U18 F

<https://youtu.be/HvoCq4d6FJo>

D400 - Two Net 1-1 in Two Circles - C U18 F

<https://youtu.be/ABIOJQCXSbY>

DT200 - 2-2 Backchecking Game - U18 M

<https://youtu.be/1q-H2am3BNA>

DT200 - 2-2 Backchecking Game - C U18 F

https://youtu.be/YWy3S7_7P7M

DT202 - 3-3 Regroup with Defensive Jokers - C U18 F

<https://youtu.be/9M83pdxbcU4>

DT400 - 2-2 With 3 Offensive Jokers - C U18 F

https://youtu.be/ETW_-8_tViI

DT400 - Two Net 3-3 - Pass Across to Transition - C U18 F

<https://youtu.be/SeUabpsxCVs>

E1 - Gambling Shootout - U20 M

<https://youtu.be/TDmdz-06NNQ>

<https://youtu.be/WHJOUcbk2wQ>

G - 1-1 Deceptive Skate - Shoot - U20 M

https://youtu.be/20jMht_6oog

G - Agility With Puck - Skate In Shot - U20 M

<https://youtu.be/e8JuSQEnFLA>

G - Blocker Side - U20 M

<https://youtu.be/XP56hiikuKk>

G - Carry-Draw-Shoot - U20 M

<https://youtu.be/1LMKqd5d-2o>

G - Goalie - U20 M

<https://youtu.be/4shmlRsi2fl>

G - Goalie Movement - U20 M

<https://youtu.be/3bm9xIHlyzQ>

G - Goalie Movement in NZ - U18 M

<https://youtu.be/yYJc32hN-lq>

G - Goalie Skate Across - Find Puck - U18 M

https://youtu.be/c_m13uViamk

G - Goalie Skating Routine - U18 M

<https://youtu.be/b-bgzJG3r3l>

G - Look Through Screen-Move - U18 M

<https://youtu.be/di1p5slPySA>

G - Movement Looking Around Screen - U18 M

https://youtu.be/l1Wzm_xSGJk

G - B2 - Give-Go-Shoot - U18 M

<https://www.facebook.com/tom.molloy.5836/videos/1481713965599201>

G-B4 - 3-0 Pass to G - BO x 2 - U18 M

<https://youtu.be/TKOX6LSMbLM>

G-B4 - 3-0 Rim to G - Wide BO x 2 - U18 M

https://youtu.be/mEINz699_LU

G-B4 - Pass to G - Goalie Pass and Rim - BO - 3-0 x 2- U18 M

<https://youtu.be/DnGVEcwufak>

G-B4 - Rim to G - Over - Touchback BO - 3-0 x 2 - U18 M

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

G - Goalie Skating - U17 M - U18 W

<https://www.facebook.com/518555930/videos/pcb.1064303027812827/763471614805200>

G - Goalie Skating - U17 M

<https://youtu.be/Uv12lcWDGm8>

G - Goalie Skate-Triangle - U17 M

<https://youtu.be/XxE3RTc39G8>

G – Goalie Screen Goalie – C U18 F

<https://youtu.be/H4RNsDFdx2U>

F - Team Stretch - U18 M

<https://youtu.be/yYJc32hN-lg>

T1 - Post Practice Individual Skills - U20 M

https://youtu.be/LQqP5TV4_al

T1 - B5 - Rim FH-BH - Shot-Pass-Pressure Pass to F3 - U18 M

<https://youtu.be/wtNW7RkGGn0>

T1 - B5 - Rim FH-BH - Walk out Shot or Pass to F3 - U18 M

<https://www.facebook.com/518555930/videos/pcb.1081785432731253/776434333627561>

T1 - B5 - Rim FH-BH - Walk out Shot or Pass to F3 - U17 M

<https://youtu.be/5J6eHARSohE>

T1 - B5 - Rim FH-BH - Shot-Pass-Pressure Pass to F3 - U17 M
<https://www.facebook.com/518555930/videos/pcb.1081785432731253/393497572886550>

T2 - 5-0 PP Instruction-Walk Through - NZ-Bump Back BO - U20
<https://youtu.be/8a-DF0T2CO0>

T2 - 5-0 PP Instruction-Walk Through - NZ RG-Rugby BO - U20
<https://youtu.be/aY7V0MGSue0>

T2 - F1-F2 Scissors - NZone RG x 2- 5-1 - U20 M
<https://youtu.be/B8S6Pa4F7gs>

T2 - PP Breakout Drop Options and 1-3-1 - U20 M
<https://youtu.be/F2BWPRS66aI>

T2 - PP Rugby Breakout and 1-3-1 - U20 M
<https://youtu.be/d3h5smkWiFk>

T2 - 1-3-1 PP Instruction - U18 M
<https://www.facebook.com/tom.molloy.5836/videos/409012644550830>

<https://youtu.be/FT3TUmmHJCI>

T2 - 3-0 Cycle - Over - Pass Low-High F3 Shoot - U18 M
<https://youtu.be/O-tIKgkJtUw>

T2 - 5-4 Specialty Team Sequence - Rugby and Drop BO - U18 M
<https://youtu.be/lt8-Ld17-0U>

T2 - 5-4 Specialty Team Sequence - Drop BO - U18 M
<https://youtu.be/GUixunCEE7A>

T2 - 5-4 Specialty Team Sequence - Rugby BO - U18 M
https://youtu.be/XED4_bbxEm8

T2-B4 - 4-0 Stretch-Chip In - Shot - Pt Shot - U18
<https://youtu.be/BfgiSGno1NE>

T2-B4 - 4-0 Stretch-Pass Back - Shot - Pt Shot - U18
https://youtu.be/YSadF_id_9Q

T2 - B5 - 3-1 Cycle-Pass-Rotate-Shoot - U18 M
<https://youtu.be/EI2ZBrrIGXU>

T2 - B5 - F1 Get Puck Pass to F2 x 3 Shoot - Give and Go - F1 Shoot - U18 M
<https://youtu.be/4YMUZNrUX4Q>

T2 - Continuous - Breakout 4 vs 1 Forechecker - U18 M
https://youtu.be/wWB_xvZGFkE

T2 - Continuous - Rotation Breakout 4 vs 1 Forechecker - U18 M
<https://youtu.be/WiL40vULINo>

T2-B5 - 1 D - 2 F - BO From Corner - Shot - Point Shot - U18 M
<https://youtu.be/ahA8G3alGKI>

T2 - B600 - 1 F - 1 D - Tomas RG-Forecheck - Shoot - U17 M
<https://youtu.be/3E8omdC5ldM>

T2 - B200 - 4 D Hinging - Fake - U17 M
<https://youtu.be/lPeWxik4pA0>

T2 - B600 - 1-0 Tomas Regroup-Forecheck-Shoot - C U18 F
https://youtu.be/pMB8_0eexMM

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

T2-4 - 5-0 PP-Bump Back BO - 5-4 - U20 M
<https://youtu.be/D2vkhaCDLL4>

T2-4 - BO 5-3 - RG - 3-2 - 3 Back Pressure - U20 M
<https://youtu.be/FKEbZf-Y0IU>

T2-4 - D100 - OZ Faceoff-5-4 - U20 M
<https://youtu.be/iVbR6ml4v7A>

T2-4 - Forecheck Rotation-Back Pressure-5-0 Pass Across-Shoot - U20 M
https://youtu.be/vEh_pk8tP38

T2-4 - 2-2 - Join 3-3 - 5-5 - U18 M
<https://youtu.be/QtdOvKPyfS8>

T2-4 - D1-D2 Race to F1-F2 - F3 Shoot - 3-2 - U18 M
<https://youtu.be/gAP33beHEsU>

T2-4 - Dzone Review x 2 - BO - RG - 5-2 -U18 M
<https://youtu.be/9JpY7bbCv7o>

T2-4 - PK and PP Walk Through - U18 M
<https://youtu.be/2h778-f9tw0>

T3-C2 - 2-2 Surfing - U18 M
<https://youtu.be/jdBBMFWWRAw>

T3 - Stick on Stick-Free Hand on Lower Back-Pin - C U18 F
<https://youtu.be/MXxZ4JDhaA0>

T3 - 1-1 Puck Protection-Stick on Stick - C U18 F
<https://youtu.be/F-cvydJiZSI>

T3 - Angle Alternate Sides by Surfing 1-1 - Pass 2-0 - C U18 F
<https://youtu.be/6eFxtMIWHz8>

T3 - Quick Stick Lift While Surfing - C U18 F
https://youtu.be/Y_iS_jibcqw

T3 - Box Out Instruction - C u18 F

https://youtu.be/9q_BjIHWctY

T3 -1-2 Instruction and Demo - C U18 F

<https://youtu.be/34WDk2e0Mno>

T3 - 1 on 2 - Pass to Coach-Shot-2-1 - C U18 F

<https://youtu.be/3iMOrNQ6G8w>

T3 - Side-slide-slide – C U18 F

<https://youtu.be/oxmOTwIQlcl>

T3 - Defending Instruction - D400 - Two Net 1-1 - C U18 F

<https://youtu.be/5sT1IZznjKM>

T3 - 1 on 2 - Pass to Coach-Shot-2-1 - C U18 F

https://youtu.be/8b_7JG1hEDI

T3 - Instruction - Covering Away from Puck - C u18 F

<https://youtu.be/ttSKDzCzTn4>

T4 - C6 - 1-2 in Corner - U18 M

<https://youtu.be/MzgH-0uqXNA>

T4 - C6 - 2-3 in Corner - U18 M

<https://youtu.be/dKPOeyrg7ts>

T4 - 5-5 Dzone Start in Each Corner - 5-5 - Regroup - Play - U18 M

https://youtu.be/_Wm_SsEyH30

T4 - Penalty Kill 1-3 Rotation - U18 M

<https://youtu.be/EmN1Xt973lc>

T4 - Point Shot - 2-3 - BO 2-3 Attack - U18 M

<https://youtu.be/rkNnfadNju4>

T4 - Coaches Teaching DZ Coverage and Shrinking Zone - U17 M

<https://youtu.be/zaCY0DmiZ9c>

T - Team Cheer in Circle - C U18 F

<https://youtu.be/IW6QUwx4XN8>

U18 M Camp 2022 – 1:13 ‘ video of the camp

<https://youtu.be/Tocgv2W7fZY>

Team Drill Postings

U20 Summer Camp 2022

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8510#8510>

U18 Men 2022 Summer Camp

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8508#8508>

U17 Summer Camp – 2022

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8500#8500>

C U18 F Camp 2022 YouTube Video

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8477#8477>

'The Game is the Greatest Coach'

'Enjoy the Game'

Compiled by Tom Molloy