

## **T4 – Team Defensive Skills**

T4-2 5-5 Low Breakout 5-2 – Detroit

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=7216#7216>

[https://youtu.be/0pF7w5\\_kCr4](https://youtu.be/0pF7w5_kCr4)

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

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7727#7727>

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

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

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7685#7685>

<https://youtu.be/GeN3qeCu6JQ>

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

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7892#7892>

<https://youtu.be/WQbB73r5f1I>

<https://www.facebook.com/518555930/videos/pcb.706179530291847/10159401009155931/>

T4 - Low 3-2 - 3-2 Rush - 5-5 – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7896#7896>

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

<https://www.facebook.com/518555930/videos/pcb.706214860288314/10159401110740931/>

T4 - D400 - 3 on 3 Team Play Practice – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6369&topic=6392#6392>

<https://youtu.be/AB-xlnVzg9w>

<https://www.facebook.com/518555930/videos/pcb.705286210381179/10159397535115931/>

T4 - Low 2-2 - Backtrack to 5-5 – Pro

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

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

<https://www.facebook.com/518555930/videos/pcb.767376184172181/10159660366925931>

T4 - 5-5 Contain-Pressure Defensive Zone Coverage – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8013#8013>

<https://youtu.be/gREv1mFhTqU>

<https://www.facebook.com/518555930/videos/pcb.733588030884330/10159525593150931>

T4 - Penalty Killing 2 Short vs Spread Power Play - Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=293&topic=409#409>

<https://youtu.be/19ktWUhCegA>

Pro

<https://www.facebook.com/518555930/videos/pcb.759853768257756/10159633241340931>

Magnetic Board

<https://www.facebook.com/518555930/videos/pcb.759853768257756/10159633243990931>

T2 - D400 Power Play 5-3 – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=293&topic=415#415> <https://youtu.be/JXubaJ2XI0E>

T4 – Defensive Zone Walk Through - RG 5-5 – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8014#8014>

<https://youtu.be/ZTFMo9YjWd4>

<https://www.facebook.com/518555930/videos/pcb.734233647486435/10159528768035931>

T4 - Teaching Total Hockey in the Defensive Zone

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=5971#5971>

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

<https://www.facebook.com/518555930/videos/pcb.733588030884330/10159525593150931>

T4 Defensive Zone Coverage 1-1, 2-1, 2-2, 3-2, 3-5 – Pro

[https://youtu.be/IQtn-\\_OI4jE](https://youtu.be/IQtn-_OI4jE)

T4 - Defensive Zone Coverage 1-1, 2-1, 2-2, 3-2, 3-5 – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=6882#6882>

[https://youtu.be/IQtn-\\_OI4jE](https://youtu.be/IQtn-_OI4jE)

<https://www.facebook.com/518555930/videos/pcb.813467906229675/10159830072600931>

T4 - D400 Battling 1-1, 2-1, 2-2, 3-2, 3-5 - Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=6882#6882>

<https://youtu.be/hVmGt4dFLVE>

<https://www.facebook.com/518555930/videos/pcb.824027335173732/1809260702587518>

T4 - D400 Penalty Killing Practice – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=712&topic=737#737>

<https://youtu.be/pBr5QkfUQoU>

<https://www.facebook.com/518555930/videos/pcb.813467906229675/10159830072600931>

T4 - 4-5 Penalty Kill vs. Overload – Umbrella - 1-3-1 Diamond

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8036#8036>

<https://youtu.be/NJ21DSB2VEw>

<https://www.facebook.com/518555930/videos/pcb.738218020421331/10159545876895931>

T4-D400 Aggressive PK - Both Ends - RB Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=935#935>

<https://youtu.be/wfUXx0NPmug>

<https://www.facebook.com/518555930/videos/pcb.777708646472268/10159699000215931>

T4 D400 - 2 on 2 Below the Goal Line RB Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=712&topic=714#714>

<https://youtu.be/3RZXVP2i-Vc>

T4 - Defensive Zone Skating - - RB Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1126#1126>

<https://youtu.be/SkXnlmn6lXk>

<https://www.facebook.com/518555930/videos/pcb.813442452898887/10159829994865931>

T4 2-2-1 Forecheck - Puck Behind the Net – RB Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=293&topic=294#294>

<https://youtu.be/LWANKQYJZAA>

<https://www.facebook.com/518555930/videos/pcb.751912392385227/10159601026545931>

T4 - Forechecking Practice 1-2-2 Hard Trap - Pro W

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=449&topic=461#461>

<https://youtu.be/OyilaFeiqBE>

T4 - Penalty Kill 3-5vs. 2-1-2 Spread PP

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8039#8039>

<https://youtu.be/19ktWUhCegA>

<https://www.facebook.com/518555930/videos/pcb.738757603700706/10159548349795931>

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

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7912#7912>

<https://youtu.be/nqUalfypVc>

<https://www.facebook.com/518555930/videos/pcb.710028789906921/10159414911065931/>

<https://www.facebook.com/518555930/videos/pcb.810272866549179/10159818673385931>

T4 - 5-2 Forecheck and Regroup - Czech U17

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=6342#6342>

<https://youtu.be/W4Mt15s0wd4>

<https://www.facebook.com/518555930/videos/pcb.810272866549179/10159818673385931>

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](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>

T4 - 1-3 PK vs 1-3-1 - U18  
<https://youtu.be/xMgYsn97h9Y>

T4 - 3-5 Low Zone Coverage - U18  
<https://youtu.be/LOZbJBWCG7g>

T4 - 5-0 RG - 3-2 - 5-0 - 5-5 - U18  
<https://youtu.be/1Ys1rNZn0yA>

T4 - 5-0 RG - 5-5 Back Pressure - Back Track - U18  
<https://youtu.be/n6k6NoPF82Y>

T4 - B6 - 1-3 Backpressure Chip - U18  
<https://youtu.be/CHi6PONYlko>

T4 - Coverage Recognition Spinning PK - U18  
<https://youtu.be/M7oPrdh6Obo>

T4 - D PK Rotation - 1-3-1 FC - Options - U18  
<https://youtu.be/ke78zfHVOD4>

T4 - F3 Backpressure – F1-F2 Backtrack - U18  
<https://youtu.be/DMif0asllcE>

T4 - Low Support 1-1, 2-2, 3-3 - U18  
[https://youtu.be/\\_ez5dIJTLao](https://youtu.be/_ez5dIJTLao)

T4 - PP 5-0 Chip in FC Options - U18  
<https://youtu.be/y3Lj9Tox96s>

T4 - PP 5-0 Wide Entry Options - U18  
<https://youtu.be/fL0f-YMPndY>

T4 - PP-PK - 1-3 PK Rotation - U18  
<https://youtu.be/NkdQdJZH1-g>

T4 - Defending a 2-1 and 3-1 - Terry Johnson  
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8396#8396>  
<https://youtu.be/Na9aQ0KkWYQ>

T4 – 1-3 Penalty Kill vs. 1-3-1 PP – U18  
<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8213#8213>  
<https://youtu.be/xMgYsn97h9Y>

<https://www.facebook.com/518555930/videos/pcb.755520095357790/10159615837990931>

T4 – 1-3 Penalty Kill Rotation - U18

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8214#8214>

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

<https://www.facebook.com/518555930/videos/pcb.755524592024007/10159615862335931>

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

<https://youtu.be/Tocgv2W7fZY>



'The Game is the Greatest Coach'

'Enjoy the Game'