

## **T1 - Teaching Individual Offensive Skills – YouTube Video**

*Updated April 2023*

T1 - A5 Puck Over-Under Agility Weave - Shoot - Pro

<https://youtu.be/wpTmAFxjWk4>

T1 - A5 Stickhandle 8 Agility Weave - Shoot - Pro

<https://youtu.be/sGLsEKeMiyQ>

T1 - A500 - Agility Skate and PH Circuit - Pro

<https://youtu.be/jsuv9YdKVgk>

T1 - A500 - D Breakout Options – Pro

<https://youtu.be/CgFlk56u16s>

T1 - Back Drag or Push Out and Shoot - D Agility Shoot – Prospects

<https://youtu.be/ZXNtnjB2Pl0>

T1 - Carry-Back Drag-Shoot – Prospects

<https://youtu.be/R4ZsBcXnbhM>

T1 - Change Shooting Angle – Push Out - Shoot – Prospects

<https://youtu.be/krKIBtiogBo>

T1 - Bank off Boards - Walk Out-Shoot – Prospects

<https://youtu.be/Yd0q3l6IAws>

T1 - Beat Checker Along Boards – Prospects

<https://youtu.be/X7qOATWhvqc>

T1 - D Agility Skate at Point-Shoot x 2 – Prospects

<https://youtu.be/AwCveC93GKA>

T1 - D Evasive Move - Shoot - Angle – Prospects

<https://youtu.be/bC8sV3wYDpk>

T1 - A500 - D Tight Turn and Up – Pro

<https://youtu.be/fW2wypEEomk>

T1 - A500 - Pivots-Tight Turn-Crosby – Pro

<https://youtu.be/B2DzJB2O70A>

T1 - B Shoot and Score Drills - Pro

<https://youtu.be/7jzU2n7qfrl>

T1 - B2 - Agility Skate and One Touch Pass - Pro

<https://youtu.be/XMZp6jOoJ-E>

T1 - B2 - D Agility Skate with Point Shot - Pro

<https://youtu.be/AvGDJqg3u78>

T1 - B2 - D Knock Down High Pass-Shoot - Pro

<https://youtu.be/n4qcxN4c2DQ>

T1 - B2 - Pass Out One Timer - Follow Thru on One Knee - Pro

<https://youtu.be/LJkatPOXmyU>

T1 - B2 - Pass Out-Spin and One Timer - Pro

<https://youtu.be/MR3j1VdtY2U>

T1 - B2 - Head up Get Shot by First Man x 3 - U20

<https://youtu.be/lxAx7g8A0Jk>

T1 - B5 - D Breakout Options x 3 - Pro

<https://youtu.be/M2d9LcOwrIQ>

T1 - B5 - D Fake-Pivot-Pass x 5 - Pro

<https://youtu.be/ePHO1UxqWRg>

T1 - B5 - D One Touch Lateral Passing-Point Shot - Pro

<https://youtu.be/kPpTwvp5Nhw>

T1 - B5 - D Side to Side Point Shots - Pro

<https://youtu.be/gJASMHBSKGO>

T1 - B5 - F Take Rim-Fakes 1-0, 2-0 Low BO - Pro

<https://youtu.be/epZiyKXtfK4>

T1 - Cross-overs With Puck – Pro

<https://youtu.be/JmuGbigvRcA>

T1 - Skate and One Touch Shot – Pro

<https://youtu.be/zxfh1gdCZPk>

T1 - A500 - Puck Control and Protection Circuit – Pro

<https://youtu.be/58MXn5KgiR0>

T1 - B5 - F Take Rim-Fakes and Shoot - Pro

<https://youtu.be/qscZ9OWVsQM>

T1 - B5 -One Touch Pass-Shot-Shot from Pass Out - Pro

<https://youtu.be/vJSRb83JtQk>

T1 - B6 - One Timer-Shot Pass - Pro

<https://youtu.be/Bze2Rkj2d1c>

T1 - B6 - Shot Pass from Corner and Tip in Front - Pro

<https://youtu.be/TClpwekyK2k>

T1 - B7 - Face-off Technique - Pro

<https://youtu.be/QeRe-sDUDQ>

T1 - B300 - Walk-out and High Cycle Shots - Pro

<https://youtu.be/EPjzEc3stt8>

T1 - C6 - Protect Puck on Wall - Pro

[https://youtu.be/\\_LqI9GVtuT0](https://youtu.be/_LqI9GVtuT0)

T1 - D Pivot - Quick Up x 2 – Pro

[https://youtu.be/l8cpSji\\_7N4](https://youtu.be/l8cpSji_7N4)

T1 - D Pivot - Set up Behind - Wheel - Pass - Pro

<https://youtu.be/IW3rh9bWINE>

T1 - D Take Rim - Shoot - Jump-in One Timer - Pro

[https://youtu.be/KBU\\_paLBbcw](https://youtu.be/KBU_paLBbcw)

T1 - F - Agility and Quickness Skate - RB Pro

[https://youtu.be/\\_afxWubIksE](https://youtu.be/_afxWubIksE)

T1 - Fake Walk-in - Pass to Front - Pro

<https://youtu.be/ZjgolsbO1lw>

T1 - Forehand Quick Shot - Pro

<https://youtu.be/8YIJmCbl03k>

T1 - Forward Take Rim Pass - Pro

<https://youtu.be/CPwtHbpFgU0>

T1 - One Touch and One Timer - Pro

<https://youtu.be/a41skzpzsl>

T1 - Pass-Agility Skate and Shoot - RB Pro

<https://youtu.be/PSw7dB61768>

T1 -A - Puck Handle and Shoot - Pro

<https://youtu.be/hJfCQSoftAY>

T1 A - Quick Shots off a Pass - Pro

<https://youtu.be/rOLChZmkdig>

T1- Agility skate - One Touch x 3 - Pro

<https://youtu.be/at4-YL8tUCA>

T1 B2 - 2 on 1 Pass in Front of Toes - Pro

<https://youtu.be/F33X4-q0W5g>

T1 B202 1-0 Pass-Deke-Shoot - RB Pro

<https://youtu.be/SyJeeo92Luo>

T1 B202 2-0 Pass-Deke-Shoot - RB Pro

[https://youtu.be/o9\\_0ngdX55c](https://youtu.be/o9_0ngdX55c)

T1 B300 Pass x 3 Tight Turn Shoot - Pro

<https://youtu.be/Q4pwLDAI-b8>

T1 Obstacle Stickhandle x 3 - Shoot - Pro

<https://youtu.be/69OHnNTyS7Y>

T1 - A500 - Agility Skate and Puck Handling Circuit – Pro

<https://youtu.be/jsuv9YdKVgk>

T1 - Skill Circuit – Pro

<https://youtu.be/Dgu3wR7iXSU>

T1 - A500 - Pivots - Tight Turn - Crosby – Pro

<https://youtu.be/B2DzJB2O70A>

T1 - D Tight Turn Up and Wheel – Pro

<https://youtu.be/RymMjZs390k>

T1 - D Beat First Checker - Read Outlet – Pro

<https://youtu.be/0p8qV2bL-al>

T1 - One Touch Pass and Agility – Pro

<https://youtu.be/vzgUfC2JsTl>

T1 - 2-0 - X-Drop-Shoot-Cycle – Pro

<https://youtu.be/99NVtGrFy6g>

T1- Agility Skate-D Shoot-F Scoring – Pro

<https://youtu.be/QpinEBC-myl>

T1 - Edge Prep - Handicap Horseshoe Progressions

<https://www.youtube.com/watch?v=j4H4T-tY5kc>

T1 - Scoring - One Timers-Tip-Screen – Pro

[https://youtu.be/N6l\\_4Yf36wA](https://youtu.be/N6l_4Yf36wA)

T1 - Close Support 3-3 – Collège

<https://youtu.be/buH5pkbyN2Q>

T1 - Defense Agility and Shoot x 3 – College

[https://youtu.be/2PeK8A\\_v9Uo](https://youtu.be/2PeK8A_v9Uo)

T1 – Breakout vs. Aggressive Forecheck – Pro  
<https://youtu.be/k976Z4xlqU>

T1 - Skill Circuit One – Pro  
<https://youtu.be/6gH2fbeH3fw>

T1 - 1-1 Board Battle – Prospects  
<https://youtu.be/YtaCfGHM7mc>

T1 - Beat Checker on a Pinch – Prospects  
<https://youtu.be/VmX00C1qtuM>

T1 - Change Shooting Angle - Shoot – Prospects  
<https://youtu.be/gEPUtiZi6jY>

T1 - D Evasive Move - Shoot - Angle – Prospects  
<https://youtu.be/nz9C6ofKArY>

T1 - F Hit Stick - Catch Pass-Quick Shot – Prospects  
<https://youtu.be/vLn-tJwjFNI>

T1 - Lateral Skate and Shoot x 3- Prospects  
<https://youtu.be/-1D9jluQxEg>

T1 - One Touch Pass x 3 - Catch and Release Shot x 3 – Prospects  
<https://youtu.be/t6yPf2m3iU0>

T1 - One Touch Shot - Escape Moves - One Touch Shot – Prospects  
<https://youtu.be/pf1lIFPgqW8>

T1 - Pass and Get Open – Prospects  
<https://youtu.be/S2SckC15vIE>

T1 - Pass D Lateral Skate and Shoot x 2 – Prospects  
<https://youtu.be/uXjo0p63eAA>

T1 - Pinch-Stick Lift - Shoot – Prospects  
<https://youtu.be/qwWgASCN2DA>

T1 - Take Pass - Shoot Past Checker in Low Slot – Prospects  
<https://youtu.be/GM30JcX6gno>

T1 - Take Rim - High Cycle - Shoot – Prospects  
<https://youtu.be/k-J3gdmkdlU>

T1 - Take Up Rim - Walk in-Shoot – Prospects  
<https://www.youtube.com/watch?v=YX4b1pFeE-Q>

T1 Rim-Skate-Pass-High Cycle-Shoot – Pro

<https://youtu.be/Rg2lbCTHx1E>

T1 - High Cycle-One Timer-Screen - One Touch 2 - Pro

<https://youtu.be/qNdm07JSUO8>

T1 - Agility Skate - One Touch Passing - Pro

[https://youtu.be/7B\\_OlzLUP2Q](https://youtu.be/7B_OlzLUP2Q)

T1 - D Puck Protection 1-1 - Shot x 2 - Pro

<https://youtu.be/dVXdHzuFWXc>

T1 - Tip Edge of Crease - Pro

<https://youtu.be/7Un3lTZPl08>

T1 - Lift Stick-One Touch Shot - Pro

<https://youtu.be/KQ7tyL-asVg>

T1 - D Agility Skate-Shoot - Walk in-Shoot - Pro

<https://youtu.be/MZc2rH9PBec>

T1 - Control a Flip Pass - Pro

<https://youtu.be/JiqRk7iRncs>

T1 - One Touch-Tight Turn-Shoot - Pro

<https://youtu.be/x5FIBxfeXls>

T1 - One Timer Through Traffic - Pro

<https://youtu.be/-GANV7tHdjE>

T1 - D Shoot Under Pressure - Pro

[https://youtu.be/2F721JtU\\_HE](https://youtu.be/2F721JtU_HE)

T1 - Scoring from Slot - Pro

<https://youtu.be/zETgGJ2GKx8>

T1 - D Agility Skate-Shoot - Walk in-Shoot - Pro 2

<https://youtu.be/JWNlYlSJWk0>

T1 - Tight Shots Bar Under – Pro

<https://youtu.be/PNxutPzNQZA>

T1 - Take Backhand Pass - Quick Shot – Pro

<https://youtu.be/l5eyONGVstQ>

T1 - Quick Shot Past Block – Pro

<https://youtu.be/LJNKRzbZ9IA>

T1 - Pull Out or IN and Shoot – Pro

<https://youtu.be/QGKI2D7V4eQ>

T1 - Puck Handle Around Gloves - Shoot – Pro

<https://youtu.be/xxItJ2zRe4k>

T1 - PH-Shoot-Tip – Pro

[https://youtu.be/xnR\\_sUddtg](https://youtu.be/xnR_sUddtg)

T1 - Partner Puck Juggling – Pro

<https://youtu.be/R44VLKBqK9c>

T1 - One Timer x 2 – Pro

<https://youtu.be/hEsbXGHPncg>

T1 - Knocking in Aerial Passes – Pro

<https://youtu.be/NJbb9Z8zHOk>

T1 - Give-Go-One Timer – Pro

[https://youtu.be/wfQOL\\_OH-wk](https://youtu.be/wfQOL_OH-wk)

T1 - F Tipping in Front - Pro

<https://youtu.be/ikJdof90OcU>

T1 - F Quick Shots – Pro

[https://youtu.be/DybGtJd\\_72s](https://youtu.be/DybGtJd_72s)

T1 - D Point Shots – Pro

<https://youtu.be/RGEtTrkxfgM>

T1 - D Pick Up Dump in Pass to Low C

<https://youtu.be/vR9u9N-llr8>

T1 - D Pick up Rims D-D – Pro

<https://youtu.be/ltaZ3LeufBE>

T1 - Top Shelf from Tight – Pro

<https://youtu.be/fCPTsAHZLo4>

T1` - Push or Pull and Shoot – Pro

<https://youtu.be/vAAUXRzxiBo>

T1-B6 - Agility and Quickness-Shot - RB Pro

<https://youtu.be/ChPvGqLXICY>

T1 - Alternating Crosby -Walk in-Shoot – Prospects

<https://youtu.be/v0sZhfiQemQ>

T1 - Back Drag or Push Out and Shoot – Prospects

<https://youtu.be/qC4L3jcMFdc>

T1 - Carry-Back Drag-Shoot – Prospects

<https://youtu.be/-E6CdpLn7GY>

T1 - D Agility Skate at Point-Shoot x 2 – Prospects

<https://youtu.be/lbAYh0vReYs>

T1 - Drag and Shoot or Push Out and Shoo – Prospects

<https://youtu.be/W4UZEheHdNs>

T1 - Heel to Heel Fakes the Walk Out- Shot – Prospects

<https://youtu.be/xykpTivyqX8>

T1 - Hinge D-D - Up to D – Prospects

<https://youtu.be/838K62-IOh8>

T1 - Hit Stick-Take Pass-Shoot – Prospects

<https://youtu.be/SWicyiN3QXU>

T1 - Low Cut Backs - Walk In or Out - Prospects

<https://youtu.be/D50M6d6hUTA>

T1 - One Timer and Catch and Release – Prospects

[https://youtu.be/6O3N\\_8s\\_600](https://youtu.be/6O3N_8s_600)

T1 - One Timer-Cut Backs x 2 - High Cycle-Shoot - Prospects 2

<https://youtu.be/1A5dmHq52kk>

T1 - One Timer-Cut Backs x 2 - High Cycle-Shoot – Prospects

<https://youtu.be/QAwJVRsesNU>

T1 - One Touch and Drag and Shoot – Prospects

<https://youtu.be/EQoEbcvibGY>

T1 - Protect Puck in Corner-Go to Net-Prospect

<https://youtu.be/mTZYiPHrVro>

T1 - Quick Moves to Shoot as F3 – Prospects

<https://youtu.be/PxYclEa60Pk>

T1 - Scoring Stations – Prospects

[https://youtu.be/v\\_WWCp\\_8Rzw](https://youtu.be/v_WWCp_8Rzw)

T1 - Take Pass with Skate to Stick-Shoot – Prospects

<https://youtu.be/GwqfeE6bLyU>

T1 - Take Pass-Hit Stick-Pull Across – Prospects

<https://youtu.be/XQHpv2XQpH8>

T1 - Take Rim with Skates-Go to Net- Prospects



<https://youtu.be/Bq9RB5VTYVc>

T1- Take Rim - Drive to Net- Shoot - Prospects

<https://youtu.be/EPG85EaqIa8>

T1-Cut Back in Corner Instruction-Prospects

[https://youtu.be/a\\_Af7BQ0H6o](https://youtu.be/a_Af7BQ0H6o)

T1-Cutbacks in Corner-D-D-F to Net-Prospects

<https://youtu.be/6cWdnUg8uDQ>

T1-D Fake - D-D - Give and Go – Prospects

<https://youtu.be/K4NBOlwQFVs>

T1-D Sequence Dump in Retrieval Options-Prospects

<https://youtu.be/LKQuX14R2AQ>

T1-Dump in Retrieval Options 2-Prospects

[https://youtu.be/B-MZ\\_HmE-\\_M](https://youtu.be/B-MZ_HmE-_M)

T1-F Low Cutback-F-D-D Shot-Prospects

<https://youtu.be/RhgNDo7sK8k>

T1-F Low to High-Go to Net-Prospects

<https://youtu.be/BJ1tgMwyRAc>

T1-Low F-D-D-F High Cycle-Tip-Prospects 2

<https://youtu.be/fcwJPWE9Wy0>

T1-Low F-D-D-F High Cycle-Tip-Prospects

<https://youtu.be/6M9QdYd8kaA>

T1-Protect Puck in Corner-Cutback-Go to Net-Prospects

<https://youtu.be/zT7fOwDCnAo>

T1-Scoring Stations-One Touch Shots-Prospects

<https://youtu.be/Mga6RXNGNZU>

T1-Take Rim-Coach Pressure-Go to Net-Prospects

[https://youtu.be/2ql2IS5e\\_S4](https://youtu.be/2ql2IS5e_S4)

T1-Walk in from Corner-Box Out-Spin-Shoot - Prospects 2

<https://youtu.be/1at6px1x9Kg>

T1 - D Point Shots-F Scoring-C Face Offs – Pro

<https://youtu.be/1YzvCUkrHPo>

T1-B6 - Delay-Pass Low-Back-Shot from Sweet Spot - Belfry

<https://youtu.be/or6if9u22DU>

T1-B6 - Delay-Pass Low-Back-Shot - Change Angle Preserve Space – Belfry  
<https://youtu.be/2-Vw7AjV8tE>

T1 – Station Training for Scoring – U17  
<https://youtu.be/-vhK24f03VM>

T1 - U17 Canada-Scoring Circuits  
<https://youtu.be/mswFh5u1lyM>

T1 - 1 D-D-Hinge-Shot - 2 F Cut in-Walk Out - U17  
<https://youtu.be/dl2b7eyUVDg>

T1 - Backward Tag 1-1 - U17  
<https://youtu.be/sF5OleADhes>

T1 - Skill Circuit 1 - U17  
<https://youtu.be/b7dNLLSX4hc>

T1 - Skill Circuit 2 - U17  
<https://youtu.be/AiFcyoSep1o>

T1 - Skill Circuit 3 - U17  
[https://youtu.be/Wh6uu36Sv\\_c](https://youtu.be/Wh6uu36Sv_c)

T1 - Skill Circuit 3 - U17  
<https://youtu.be/9qInNvdo5os>

T1 - Skill Stations - Scoring - U17  
<https://youtu.be/vQwM7AQxHRM>

T1 - Scoring Circuits 2 – U17  
<https://youtu.be/PBLSQSp0HYg>

T1 - Puck Fakes Using Edges – Youth  
[https://youtu.be/8\\_qblybz\\_VQ](https://youtu.be/8_qblybz_VQ)

T1 - Puck Protection-Catch and Release – Youth  
<https://youtu.be/cHLX3phJEgM>

T1-3 - 1-1 to 2-2 Battle – Rookies  
<https://youtu.be/lfj9ucxxFSI>

T1-3 - Battling and Scoring – Rookies  
<https://youtu.be/wuH9nS89C14>

T1-3 - Circuit – Rookies  
<https://youtu.be/u3vWfJXVScE>

T1-3 - Faceoffs-Pt Shots - U18  
<https://youtu.be/6cc1P-IXW0w>

T1 - Wrist Pass– Sw  
<https://youtu.be/M18n0naBNDM>

T1 - Sweep Pass – Sw  
<https://youtu.be/5KZ1KXunNTg>

T1 - Pass Receiving – SW  
[https://youtu.be/EmGnbq\\_cXR0](https://youtu.be/EmGnbq_cXR0)

T1 - Backhand Passing – Sw  
<https://youtu.be/l8Ac4fwFEuQ>

T1 - Board Pass – Sw  
<https://youtu.be/KYwd-d98Qyc>

T1 - Flip Pass – Sw  
<https://youtu.be/2oayq9gVfbM>

T1 - Quick Passing – Sw  
<https://youtu.be/6x2V0zl8v3U>

T1 - Snap Pass – Sw  
<https://youtu.be/EvHG3pu2cTQ>

T1 - Agility Skate and Triple Threat Passes – Sw  
[https://youtu.be/\\_7OnBGMPECK](https://youtu.be/_7OnBGMPECK)

T1 - Receiving Passes with Hand,Body, Skate – Sw  
<https://youtu.be/nFNCAovr7uc>

T1 - 360 Degree Passing – Sw  
<https://youtu.be/ZRITIB0umB8>

T1 - Protect the Puck vs. a Poke Check – Sw  
<https://youtu.be/4MEkB9MliVQ>

T1 - Protect the Puck with Body - Sw  
<https://youtu.be/N0A4GFJ60gk>

T1 - Protect Puck with Stick Slap – Sw  
<https://youtu.be/Brwy84ciCNw>

T1 - Protect Puck on Boards and Escape – Sw  
<https://youtu.be/Q963-65Gos8>

T1 - Offensive Bumping – Sw

<https://youtu.be/D0XTnMU1SHU>

T1 - Pry Puck Loose Along Boards – Sw

<https://youtu.be/4Ee893Zg7iI>

T1 - Face-off Technique – Sw

<https://youtu.be/6BIOU5UcZlc>

T1 - Wing Chip Puck Out – Sw

<https://youtu.be/LoaFnjpEXoE>

T1 - Slap Shot and One Timer Shooting Stations - U18 F

<https://youtu.be/HAuCw1k- Cg>

T1 – Skating Mechanics – Wally Kozak – Edge Boy's

<https://youtu.be/YSkQIHBmpjQ>

T1 - Edge Prep - Backward Stride Progressions

<https://www.youtube.com/watch?v=gPzAL0Z-0xM>

T1 - Edge Prep Practicing Pivots

[https://www.youtube.com/watch?v=S452\\_n9muQI&t=42s](https://www.youtube.com/watch?v=S452_n9muQI&t=42s)

T1 - Edge Prep - Rush Race Drill

<https://www.youtube.com/watch?v=86ErvN0Ds84>

T1 - Edge Prep - D Zone Scrimmage 1vs 1> 2 vs 2

<https://www.youtube.com/watch?v=FVf4QOrhWro>

T1 - BU D Monday's (This drill from BU compliments Wally's instruction.)

<https://www.youtube.com/watch?v=tvU0Z5uCT0c>

T1 - Defensive Tactical Skating U18 F

<https://www.youtube.com/watch?v=2vWAoCm2vwE>

T1 – Efficient Skating to Maintain the Defensive Side

[https://www.youtube.com/watch?v=Rkh88y3S\\_P8](https://www.youtube.com/watch?v=Rkh88y3S_P8)

T1 - Post Practice Individual Skills - U20 M

[https://youtu.be/LQqP5TV4\\_al](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 - U17 M

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

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 - Shot-Pass-Pressure Pass to F3 - U17 M

<https://www.facebook.com/518555930/videos/pcb.1081785432731253/393497572886550>