

Facebook Postings May 2024

A - Jursinov Tag Skating Game – U17-20 RB

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8861#8861>

https://youtu.be/HjlyVgYU_Nc

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

<https://youtu.be/y0zqCZwEHbY>

A300 - Individual Warm up - U20 M

<https://youtu.be/NpFVTD52haQ>

A300 - Pre Practice Warm up - U18 M

<https://youtu.be/KdFkFe7l0q0>

A2-B202 Conditioning Agility Skate - RB Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1339#1339>

<https://youtu.be/Nq0XglFHku8>

A200 – Russian Big Moves Puck Handling Routine

Big moves all that separate movement of upper and lower body.

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1569&topic=2044#2044>

https://youtu.be/ODq1cq-Z8_I

A200 Puck Dog and Pass Dog – Youth

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1357#1357>

<https://youtu.be/gUoOmOMdSSw>

B - Defenseman Skills - Seminar

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1371#1371>

<https://youtu.be/FMOMkkvXz-Q>

B3 - Advanced Moves from Finland

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1387#1387>

https://1drv.ms/v/s!AukXg5gWoW-9hLpffABw_0k-GQIzew?e=6d8QFI

B4-B6 - D-F x 3 - D Pass Wide - 3-0 - Pt Shot x 2 - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8868#8868>

<https://youtu.be/wAf52kTUqTE>

B4-B6 - Quick Up x 2 - Point Shot - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8872#8872>

https://youtu.be/_AdfPbDyUH0

B4-B6 - 2 F-2D - Skate Circle - F1-F2 Shoot - D Point Shot - U17 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8862#8862>

<https://youtu.be/-tysGBhX1as>

B4-B6 - 2 F-1D - Skate Circle - F1-F2 Shoot - D Point Shot - U17

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8850#8850>

<https://youtu.be/AXZ3db8KRLY>

B5 Puck Handling Moves All Around the Body

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1377#1377>

<https://youtu.be/EiJxnnEUhSo>

B6 - Double Chip Drill

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1569&topic=1581#1581>

B6 - 3-0, 4-0 Pass-Regroup-Shoot – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1239#1239>

<https://youtu.be/vN3gzdRj12k>

B6 - Machine Gun - 2 Pass x 2 - Shot - U15 G

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8851#8851>

https://youtu.be/kjvc_kuhYsY

B7 Face-off Practice – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1288#1288>

<https://youtu.be/A4E7JV-Sw6c>

B600 - Regroup, Hinge, Middle D Rush – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1232#1232>

<https://youtu.be/X9JIBNE9hk0>

B600 1-0 F Regroup with Both D x 3 - U20

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1298#1298>

<https://youtu.be/IRLwiYfbjZ8>

B600 - Regroup, Hinge, Quick Up – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1214#1214>

https://youtu.be/l_2mKQ5w2IE

C2 - Regroup 5-3 Regroup 5-2 – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1255#1255>

<https://youtu.be/J1WjllxJrKM>

C3 - Breakout and Regroup Options - Sweden

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1379#1379>

<https://youtu.be/pkRCxb4eY2o>

C3 - 2-1 with Regroup - Major Junior U20

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1300#1300>

<https://youtu.be/pnHudeZeCkU>

C3 Breakout Regroup Attack 3-2 - RB Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1363#1363>

https://youtu.be/gJe0h7wU_RY

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

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8852#8852>

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

C6 - Low 1-1 x 2 - U17 M

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

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8863#8863>

D1-D100 Two Second Game - College M-W

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1569&topic=1695#1695>

<https://youtu.be/PVy5NjFsV9w>

D200 - 3 on 3 Small Power Play Game - Mike Johnston – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1347#1347>

<https://youtu.be/skBqRY3xcf0>

D4 - Attack and Defend the Dot - Mike Johnston

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1315#1315>

<https://youtu.be/yBmZrigFV8c>

D4 Keepaway and Score – U18 G

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1316#1316>

https://youtu.be/lB8Da0_C340

D200 - Small Area Battling Game 1-1 to 3-3 - Mike Johnston

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1336#1336>

<https://youtu.be/FfMS7jehue4>

D400 - 2 on 2 - Jokers at Point – Seminar

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1373#1373>

<https://youtu.be/bxQHL8luasc>

D400 - Goalies Face Opposite Directions - Mike Johnston

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1322#1322>

<https://youtu.be/qYY9ZMCpruw>

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

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8853#8853>

<https://youtu.be/ABIOJQCXSbY>

DT - Transition Game Presentation

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1412#1412>

<https://www.youtube.com/watch?v=Jh0SYNZiGwU&t=6s>

DT100 Continuous 2-1, 2-2 - Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1273#1273>

<https://youtu.be/UgivSIngLsU>

DT400 - 4 on 2 with Two Nets - Seminar and Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1326#1326>

<https://youtu.be/lfeSVvP-9h0>

DT400 - Low Battles – Breakout and Pass to Players behind Red Line 1-1 to 3-3 - College W

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1457#1457>

<https://youtu.be/z4dEDFzH0Bc>

DT400 1-1, 2-2, Support-Attack-Defend - College W

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1456#1456>

<https://youtu.be/x6vR45Qy5K4>

DT400 - 2 on 2 Passive Support 6 Players

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1474#1474>

<https://youtu.be/FBGOscDZnco>

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

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8854#8854>

<https://youtu.be/SeUabpsxCVs>

E1 - 2 on 0 Shootout Race - Mike Johnston

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1328#1328>

<https://youtu.be/nFXeVFqUJDM>

E1 - 10 Puck Shootout Relay

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1499#1499>

E1 10 Puck 1-0 and 2-0 Shootout - College W

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1488#1488>

<https://youtu.be/juYo1G0qBNc>

E1 - Full Ice 2 v 0 Scoring Game

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1517#1517>

E1 - 3 Puck Break Away Game

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1516#1516>

E1 Rebound Game - College W

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1356#1356>

<https://youtu.be/Fv7aj68wWRw>

F - B5 - Overspeed Skate-Pass-Shoot - RB Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1307#1307>

<https://youtu.be/nWIU0Y6DwaU>

F - B202 Skating for Quickness - RB Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1351#1351>
https://youtu.be/UuJmalH1D_4

G – Goaltending - On and Off-ice Training – YouTube Video

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8641#8641>
<https://youtu.be/P2vVBsEd6Wg>

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

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8864#8864>
https://youtu.be/mEINz699_LU

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

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8856#8856>
<https://youtu.be/TKOX6LSMbLM>

Goaltending Technique U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8855#8855>

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://youtu.be/A9geJrnNmGk>

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>

O - Tarasov Training Soviets to Music

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1237#1237>
<https://www.youtube.com/watch?v=KVZdZnTytY>

T - What Happens in a Hockey Game?

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=4191&topic=4505#4505>
<https://www.youtube.com/watch?v=Jh0SYNZiGwU&t=6s>

T1-3 Skills to Attack and Defend in Low Zone – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1521#1521>

T2 - 3-0 Cycle - Over - Pass Low-High F3 Shoot - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8865#8865>

<https://youtu.be/O-tlKgkJtUw>

T2 - PP Breakout Drop Options and 1-3-1 - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8857#8857>

<https://youtu.be/F2BWPRS66aI>

T2 - D100 Controlled Breakout Reads - U20

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1304#1304>

<https://youtu.be/LwK0UBAUCK0>

T3 - Quick Stick Lift While Surfing - C U18 F

https://youtu.be/Y_iS_jibcqw

T3 -1-2 Instruction -Stick Lift-Box Out - C U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8859#8859>

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 - C6 - 1-1 x 2 - Go to Net-Screen-Box Out - C U18 W

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8869#8869>

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

T2-4 - D100 - OZ Faceoff-5-4 - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8858#8858>

<https://youtu.be/iVbR6ml4v7A>

T2-4 - D100 - OZ Faceoff-5-4 - U20 M - 2

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8870#8870>

<https://youtu.be/iVbR6ml4v7A>

T2-4 - D100 Breakout and Forecheck - U20

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1303#1303>

<https://youtu.be/ZCIP6olv2IE>

T2-4 D400 PK and PP Rotation - Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1261#1261>

<https://youtu.be/C7uJNHDJpNM>

T2-4 - D400 Team Play Situations - Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1259#1259>

https://youtu.be/Vn5reQw_sBk

T2-4 - 5-4 - Specialty Team Sequence - Rugby and Drop BO - U18

M <https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8866#8866>

<https://youtu.be/lt8-Ld17-0U>

T2-4 - D100 Breakout vs Nzone Trap D – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=1270#1270>

<https://youtu.be/aK2WHaWt7Aw>

T4 - Penalty Kill 1-3 Sweep Rotation - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8849#8849>

<https://youtu.be/EmN1Xt973lc>

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

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8867#8867>

<https://youtu.be/rkNnfadNju4>

T4 - Penalty Kill 1-3 Rotation and Low Press - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8860#8860>

<https://youtu.be/EmN1Xt973lc>

T - Re: Hockey Curriculum – Progression of Skills - Sweden

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8639&topic=8639&query=swedish+progression#8639>

T - Swedish Drill Manual

Attached is a Swedish manual with 56 instructional drills contained in it.

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1569&topic=1591#1591>

'The Game is the Greatest Coach'

'Enjoy the Game'