

T3 – Individual Defensive Skills

T3 - 1-1, 1-2, Checking – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7798#7798>

<https://youtu.be/yk2kuFwSzUU>

<https://www.facebook.com/518555930/videos/pcb.698473581062442/10159371475360931/>

T3 - Angle and Skate Through Hands – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7801#7801>

https://youtu.be/hyNan8h_trk

<https://www.facebook.com/518555930/videos/pcb.699056794337454/10159373713515931/>

T3 - B5 Defensive Slide on 2-1 – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7239&topic=7243#7243>

<https://youtu.be/YcYsnnioJkc>

T3 - C5 - 1-1 x 2 - 2-2 – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7660#7660>

<https://youtu.be/sceHfKMgKr8>

T3 - Angling Skills

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7678#7678>

<https://youtu.be/PXckreiELgg>

<https://www.facebook.com/tom.molloy.5836/videos/10159391555765931>

T3-C6 - Low 1-1 to 2-1 to 2-2 Battle – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7898#7898>

<https://youtu.be/NoKCim3-cOY>

<https://www.facebook.com/tom.molloy.5836/videos/10159403987110931>

T3 - Spezza vs. Crosby-escape Moves vs. great defending - Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7678#7678>

<https://m.youtube.com/watch?v=PZD7cldytKI&autoplay=1>

T3 Low 1-1 and 2-1 – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7942#7942>

<https://youtu.be/1cPjPV6vWtI>

<https://www.facebook.com/518555930/videos/pcb.717806395795827/10159443272385931/>

T3 - C2 - 1-1 Angling – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8172#8172>

<https://youtu.be/dxJ3rNmVGNl>

<https://www.facebook.com/518555930/videos/pcb.758681015041698/10159628779315931>

T3 - B6 Defending Player Below Goal Line – Pro

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7687#7687>

<https://youtu.be/27rtd6qX40E>

T3 - B500 - Stick on the Puck - RB Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=982#982>

<https://youtu.be/96B75fCsSvM>

T3 - Playing Without the Puck – Sweden

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=5858&topic=6325#6325>

<https://youtu.be/3l7m9PYOleA>

T3-4 - King-Kozak Defensive Zone

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=6965#6965>

<https://youtu.be/3BOJrO7rjRU>

<https://www.facebook.com/518555930/videos/pcb.695706948005772/10159362220370931/>

T3 - B5 Angling – Finland

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=271&topic=410#410>

<https://youtu.be/LROdSc0YAOM>

<https://www.facebook.com/518555930/videos/pcb.742477439995389/10159563970630931>

T3 - C1-C6 - 1-2 x 2 Backpressure - U18 M

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8180#8180>

<https://youtu.be/qaR2Fy4sYbY>

<https://www.facebook.com/518555930/videos/pcb.760938441482622/10159637152660931>

T3-C2 - 2-2 Surfing - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8817#8817>

<https://youtu.be/jdBBMFWWRAw>

T3 - Stick on Stick-Free Hand on Lower Back-Pin - C U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8828#8828>

<https://youtu.be/MXxZ4JDhaA0>

T3 - 1-1 Puck Protection-Stick on Stick - C U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8837#8837>

<https://youtu.be/F-cvydJiZSI>

T3 - Angle Alternate Sides by Surfing 1-1 - Pass 2-0 - C U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8848#8848>

<https://youtu.be/6eFxtMIWHz8>

T3 - B5 - Lateral Slide - Tail Tag - C U18 W

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8888#8888>

<https://youtu.be/c9nCIDbhsMk>

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 W

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8876#8876>

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

T3 - Side-slide-slide – C U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8880#8880>

<https://youtu.be/oxmOTwIQlcl>

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>

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

<https://youtu.be/5sT1lZznjKM>

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>

T3 - Jeff Hill (former Michigan Tech captain) a terrific on ice body checking practice.

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=1791&topic=1791#1791>

https://youtu.be/lxg_2RmimsA

T3 - C3 - 2-2 RG - Close Gap - 2-2 - Czech U20

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7239&topic=7370#7370>

<https://youtu.be/iDwOA-e63mo>

T3 - Blocking Shots – U17, Sweden, University Men

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7841#7841>

MRU

<https://youtu.be/dlaz0akcWrE>

<https://www.facebook.com/518555930/videos/pcb.701168734126260/10159381145755931/>

Sweden – upright then down on one knee

<https://www.facebook.com/518555930/videos/pcb.701168734126260/10159381169410931/>

<https://www.facebook.com/518555930/videos/pcb.10159381535360931/10159381530195931/>

T3 - Pressure Point and Shot Block x 2 Circuit - U17

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7239&topic=7369#7369>

<https://youtu.be/OXrrjkKtUOk>

T3 - C5 - 1-2 BO - 2-1 - U17

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7664#7664>

<https://youtu.be/9utsHtQzr6M>

T3 – Defending 1-1 From Standing Start – U17

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7771#7771>

<https://youtu.be/yNylpr2diJA>

<https://www.facebook.com/518555930/videos/pcb.696373387939128/10159364464070931/>

T3 - 2-1 With Back Checker - U17

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7772#7772>

<https://youtu.be/F- AnFwIOxQ>

<https://www.facebook.com/518555930/videos/pcb.696383854604748/10159364491705931/>

T3-C600- Angling/Surfing 1-1 x 2 - U17

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8437#8437>

<https://youtu.be/AhOt9lcbpOY>

T3 - 2-1 - Pt Shot - RG -2-1 - U17

<https://youtu.be/BagVNn2JpN4>

T3 - Agility - Pass - Angle on Wall - U17

<https://youtu.be/LKAiiK2myls>

T3 - Angling on Boards - U17

<https://youtu.be/OilBc1Hz1jU>

T3 - C1-C6 - 1-2 x 2 Backpressure - U18

<https://youtu.be/qaR2Fy4sYbY>

T3 - C2 - Full Ice 1-1 Angling - U17

<https://youtu.be/S14RslicMCQ>

T3 - C5 - 1-1 x 2 - 2-2 – Carolina

<https://youtu.be/UKuWaTiV1Pc>

T3 - Circuit 1 - U17

<https://youtu.be/4nWUAif15Mc>

T3 - Defending a 2-1 - U17

<https://youtu.be/QY-q1oaoHGI>

T3 - Mirroring 1-1 - U17

<https://youtu.be/wvKnGndHSBw>

T3 - Tag 1-1 - U17

https://youtu.be/2fAvp_ZyJdY

T3 - B5 - Angling Along the Boards – Sw

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6858&topic=6876#6876>

<https://youtu.be/MF8RcS-fCz8>

T3 - Angle Alternate Sides by Surfing 1-1 - Pass 2-0 - C U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8848#8848>

<https://youtu.be/6eFxtMIWHz8>

T3 - Low 2-1 Instruction - College W

<https://www.facebook.com/tom.molloy.5836/videos/10159266788370931>

T3 – Continuous Angling Along the Boards – College M

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8199#8199>

<https://youtu.be/9x2B0bHkgfU>

<https://www.facebook.com/518555930/videos/pcb.761695341406932/10159639254175931>

T3 - Back Pressure - 1-2 - Goalie Pass – College M

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8223#8223>

<https://youtu.be/NyZCm9gqkh4>

<https://www.facebook.com/518555930/videos/pcb.755530982023368/10159615885265931>

T3 - Angling Along the Boards – College M

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8199#8199>

<https://youtu.be/9x2B0bHkgfU>

T3 - C202 - 1-1 Angling – College

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8200#8200>

<https://youtu.be/iZ8q2L9cDRE>

<https://www.facebook.com/518555930/videos/pcb.756178568625276/10159618385805931>

T3 - NZ Angling - College W

<https://www.facebook.com/518555930/videos/g.631135947796206/10159241279440931>

T3 - Defensive 2-1, 2-2, 3-1, 3-2 – TJ

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=4071&topic=5590#5590>

<https://youtu.be/PNMZQ22JdfI>

T3 - Defending a 1-1 - Terry Johnson

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=4071&topic=5586#5586>

<https://youtu.be/eaZxoLQFBNM>

T3-4 - Johnson 1-1 to 3-3

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7800#7800>

<https://youtu.be/z4O-kLqQ19s>

T3 - 2-2 Back Skate - No X-overs - Wally Kozak - U18 F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8096#8096>

https://youtu.be/QBaiK_zYayc

<https://www.facebook.com/518555930/videos/pcb.747047012871765/10159582133150931>

T3 – Defensemen Skating One– Wally Kozak – U18 F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8068#8068>

<https://youtu.be/OTeja4LHNGA>

<https://www.facebook.com/518555930/videos/pcb.742915839951549/10159565774100931>

T3 – Defensive Skating – Toe Caps Face Attacker – Mirroring – U18 - Wally Kozak

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8097#8097>

<https://youtu.be/lpmZCbDqeqQ>

<https://www.facebook.com/518555930/videos/pcb.747054226204377/10159582158355931>

T3 – Defensive 1-1 Sequence – Wally Kozak – U18 F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7863#7863>

<https://youtu.be/2xPYgPslp24>

<https://www.facebook.com/518555930/videos/pcb.703717100538090/10159391656270931/>

T3-B6 - 1-1 Two Crossovers - Wally Kozak - U18 F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7864#7864>

<https://youtu.be/GN2CsZ-fa2k>

<https://www.facebook.com/518555930/videos/pcb.703721060537694/10159391678350931/>

T3 - TJ - Instruction on playing defensive 3-2 – CW

<https://youtu.be/crrzrUUu> 🤖

T3 - B - Stick on the Puck – Sw

https://youtu.be/647d_NfajwI

T3 - Blocking Shots – Sw

https://youtu.be/VCxsS0Lk_vQ

T3 - Surfing – Sw

https://youtu.be/gHyqoK_Gdks

T3 - Blocking Shots – Sw

<https://youtu.be/TrazBp7EXU0>

T3 - Block Passes with Shaft of Stick – Sw

<https://youtu.be/HHtW7uGrkKY>

T3 - Front Attacker and Take Stick – Sw

https://youtu.be/6_MZ44kS3ZY

T3 - Hip Check – Sw

<https://youtu.be/K72qVy8o6fs>

T3 - Poke Check – SW

<https://youtu.be/Co3SbndfJtc>

T3 - Open Ice Shoulder Check – Sw

<https://youtu.be/IGVMwVq0CCo>

T3 - Shoulder Check – Sw

<https://youtu.be/ofdkeYG1lhY>

T3 - Taking an Angle Check on the Boards – Sw

<https://youtu.be/cQDyuOH193M>

T3 - Taking a Check on the Boards – Sw

<https://youtu.be/CIBKqM16REA>

T3 - Angling Along the Boards – Sw

<https://youtu.be/S1yhITXCqSE>

T3 - F Block Point Shots – Sw

<https://youtu.be/7L65EfhHalY>



[T3 – Individual Defensive Skills Manual.pdf](#)

'The Game is the Greatest Coach'

'Enjoy the Game'