

Practice Video U15 Girls

A200 Puck Handling - U15 G

<https://youtu.be/J6V77ljgEko>

A200 - Edges and Balance-Shoot in 4 Lanes - U15 G

https://youtu.be/hNKj3rk9_a0

A300 - Skating and Puck Handling Warm up - U15 G

<https://youtu.be/eykwvsQJhHg>

B2 - Partner One Timers x 4 - U15 G

<https://youtu.be/31hRTcBPIEE>

B2 - F - D2 - F Screen - D2 Shoot - D1 Box Out - U15 G

<https://youtu.be/jyYkXBgQAZg>

B2 - Transition Skate Shooting - U15 G

https://youtu.be/TXjoNn8_1TI

B2 – Point Shots-Scissors-Shot Block-D Miss Checker-Screen – U15 G

https://youtu.be/_Lwi84s_C0k

B4- Multiple One Touch Passes and Shot - U15 G

<https://youtu.be/8X76k85n3VA>

B4-B600 - NZ Pass x 2-Delay-Shoot- D Shoot – U15 G 2

<https://youtu.be/RJTqEa0icxs>

B5 - Monkey in Middle - U15 Girls

<https://youtu.be/PZCXJ2mFpws>

B5 - Machine Gun x 2 - U15 G

<https://youtu.be/S9FG2uckOkY>

B6 - 2-0 Skate Between Dots - Pass Wide - U15 G

https://youtu.be/jlQR9oG_Zp0

B6 - 2-0 x 2 Cross Pass x 2 - U15 G

<https://youtu.be/HgKu9CvLmzM>

B6 - Carolina 2-0 - 3-0 - U15 G - 2

<https://youtu.be/WMw04c6beHo>

B6 - 2 Pass-Double Zig-Shot x 3 x 2 – U15 G

<https://youtu.be/vA4EchKwVhE>

B6 - Carolina 2-0 - 3-0 - U15 G

<https://youtu.be/WMw04c6beHo>

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

https://youtu.be/kjvc_kuhYsY

B6 - Timing Around Circles – Dizzy - U15 G

<https://youtu.be/RtqhBBc0xil>

B6 - Pass-Agility-Zig-Shoot x 2 - U15 G

<https://youtu.be/04Rz3o5fYfY>

B6 - Jursinov Continuous 2-0 x 2-Shot - U15 G

https://youtu.be/xiq_E0hvTsk

B6 - Small Horseshoe - U15 G

<https://youtu.be/3rvPI0BXY4>

B6 - Small Horseshoe - One Hand Reception - U15 G

<https://youtu.be/XslarF2gLsc>

B6 - Double Zig zag - U15 G

<https://youtu.be/DGzvB-HRt1s>

B200 - Overspeed with Pass and Shot - U15 G

<https://youtu.be/3enXSAsqL4>

B600 - McDavid Linear Crossover-Passes-Shot - U15 G

https://youtu.be/dDQZz4Lz_4o

B600 - Tomas Nzone Continuous Regroup - U15 G

<https://youtu.be/pJAnKFzvMtU>

B600 - One Touch x 3-Stretch Pass-Shot - U15 G

<https://youtu.be/iXR-CbQfZ5w>

B600 D Regroup x 2 Point Shot - U15 G

https://youtu.be/cC1TzkMvB_s

B600 - Tomas Neutral Zone Regroup 3 F - U15 G

https://youtu.be/_3lkCsp6UNI

C2 - 1-0, 2-1, 3-2 - U15 G

<https://youtu.be/Y2eiv2CQVNY>

C3 - Double Regroup - 3-2 - U15 G

<https://youtu.be/ulFedwboOV8>

C3 - 1-0 - 2-1 - 4-2 - U15 G

https://youtu.be/4Am1JJ_HUkk

C3 - 1-1 - 2-1 - U15 G

https://youtu.be/6Z_S0eyQ7yo

C5 - One D Breakout Options - 1-1 Back - U15 G

<https://youtu.be/DMjRqY1MyzE>

C6 – Poddy’s 1-1 to 3-2 – Wally - U18 F

<https://youtu.be/NYAhiCwcA-4>

C6 - Point Shot-Screen-Box Out-Block Shot - U15 G

<https://youtu.be/xfMp4fPhynA>

C6 1-1 Static Start - U15 G

<https://youtu.be/OUsyvIhIESI>

C6 - 2-1 with a Back Checker - U15 G

<https://youtu.be/6N0qvEVWzXI>

C6 - 1-1 x 2. Gap control- U15 G

<https://youtu.be/pFsXf8udGWQ>

C6 - 1-1 to 2-2. D join rush and F backcheck - U15 G

<https://youtu.be/13wGZ0JRdhU>

C6 - 2-1 to 3-3 f backcheck D join rush - U15 G

<https://youtu.be/HPxLFbNhQd4>

C6 - BO - RG 1-1 - U15 G

<https://youtu.be/522RJo1xp8>

C6 - BO - RG 1-1 - U15 G – 2

<https://youtu.be/vKBte2DZpoc>

C6 - Point Shot-Screen-Box Out-Block Shot - U15 G

<https://youtu.be/xfMp4fPhynA>

C202 - 1-1 D No Stick - U15 G

<https://youtu.be/xYbG6-vu2g8>

C202 - 1-1 Steer-Surf-Finish - U15 G

<https://youtu.be/dDijh65vVjo>

C500 - 1-1 Puck Battles - U15 G

<https://youtu.be/uQHO-Xcaiug>

C600 - Multiple Passes 1-1 - U15 G

<https://youtu.be/yaF7uyqHXpk>

D1 - Two Puck Game - U15 G

<https://youtu.be/0WRTctOZ1w4>

D1 - Shinny - All Play - U15 G

https://youtu.be/AETDZh47X_c

D4 - Half Ice - Clear Zone - 3 Pass - U15 G

<https://youtu.be/mywL5HpPGR0>

D4 - Clear Zone to Transition to Offense - U15 G

<https://youtu.be/M3Trc43KlQc>

D4 x 2 - Clear Zone - Scissors - U15 G

<https://youtu.be/FkZHYmazUvw>

D100 - Game-One Pass Each Zone - U15 G

<https://youtu.be/R6Z3yDaNOnl>

D100 - Power Play Scrimmage x 2 x 3 - U15 G

<https://youtu.be/VkH4tzSvU9k>

D100 - Russian Scrimmage - U15 G

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

D100 - PP game 5-4 each end - U15 G

<https://youtu.be/MhzABvQHs50>

D100 - 6-5 each end - U15 G

<https://youtu.be/dl6LmRAYYbw>

D100 - 3-3 - U15 G

https://youtu.be/_j-5Znt-vO4

D100 - Power Play Game 1-1 to 5-5 - U15 G

<https://youtu.be/2QsKXbo1Cog>

D200 - Game of 3-2-1 Pucks - U15 G

<https://youtu.be/iqtCUmfTmWM>

D202 - 4-4 Regroup with Joker - U15 G

<https://youtu.be/Mhxp7U8g40o>

D400 - Two nets on goal line- U15 G

<https://youtu.be/W9AXRveCADM>

DT100 - Continuous 2-1 - U15 G

<https://youtu.be/9M7-bjqBk>

DT100 - Continuous 2-2 - U15

<https://youtu.be/M7vsMMJ-87k>

DT100 - 2-2 Offense Gets Point Support - U15 G

<https://youtu.be/Kfii2y4Ethg>

DT100 - 2-2 Backchecking Game - U15 G

<https://youtu.be/bJfGwBPllfw>

DT100 - Backchecking Game 2-2 - U15 G

<https://youtu.be/R4T-Cpejnl>

D400 - Give and Go to Join the Attack – U15 G

<https://youtu.be/0SGLoEm3U6o>

D500 - Four Games of Keepaway - U15 G

<https://youtu.be/wLnS0QLNiFQ>

DT400 - 4-4 Perry Pearn - U15 G

<https://youtu.be/QUTQ9ULsZRc>

DT400 - Krusel Battling Game 2-2 - U15 G

<https://youtu.be/ToYTSGI18IQ>

DT 400 - Krusel 2-2 Low Battles Pass to Point - U15 G - 2

<https://youtu.be/NeYhlpbrO8s>

DT400 - 1-1 D gets support 1-2 - U15 G

<https://youtu.be/wJjS4vQ11yl>

DT400 - Quick Transition 2-2 - 3-3 - U15 G

<https://youtu.be/pShl478NNA4>

DT400 - 2-2 Game of Quick Transition – U15 G

<https://youtu.be/qPKwl8eD-Fg>

DT400 - 4-2 x 2 power Play Game - U15 G

<https://youtu.be/HWQoQm0io0s>

E1 - 2-0 x 2 Shootout Race - U15 G

<https://youtu.be/y34hhbrWb8c>

E1 - Ten Puck Shootout with a Pass - U15 G

<https://youtu.be/XLAM35UUKvI>

E1 - Race and Shoot - U15 G

<https://youtu.be/0htsmH4uwvA>

G - Circuit - Goalie - Skills - Team Play – U15 G

<https://youtu.be/cUnToZHlweA>

G - Goalie training and Skating 12-05-23

<https://1drv.ms/f/s!AukXg5gWoW-9h9wfQgXstvlful4xFw?e=44kzPK>

T1-3 - D100 - Power Play Game - 1-1 to 5-5 - U15 G

<https://youtu.be/J2Rl3C0iM>

T2 - D100 - PP Game 5-5 - One Defender in NZ - U15 G

<https://youtu.be/XvHRv7-KCwv>

T2 - 5-0 Breakout-Attack x 3 - Cassie - U15 G

<https://youtu.be/TyKHiWqUFeg>

T2 – Pass Back Pressure – Fake Inside Go Outside – Cassie – U15 G

<https://youtu.be/8HdyrMzVh28>

T2 - Tomas Continuous BO - U15 G.

<https://youtu.be/gtrapQ0Viyc>

T2 - Tomas Continuous BO - U15 G 1

<https://youtu.be/GuZXDlaO1No>

T2 - Tomas Continuous BO - U15 G 2

<https://youtu.be/Tjtnz2fqS9E>

T2 - B600 - Continuous 2-2 Breakout - U15 G

https://youtu.be/iv1WQkxD_E8

T2 - RG - Attack Options 5-0 - U15 G

<https://youtu.be/YKwHE5lXwel>

T2 - B202 - Four Chamber Attack - U15 G

<https://youtu.be/IMVlaFq5JJc>

T3 - D with no stick - U15 G

<https://youtu.be/NrLeQgPY7es>

T3 - C5 – Steer – Angle – Finish – Score – U15 G

<https://youtu.be/FLYqe5oNHws>

T2-4 – High Press PK vs Overload – U15 G

<https://youtu.be/z5BOmpNXhPM>

'The Game is the Greatest Coach'

'Enjoy the Game'