

## **A–B International Ice Hockey Drills – Pro**

A Obstacle Stickhandle x 3 - Shoot – Pro

<https://youtu.be/afS1E8EKzZA>

A2 - Skating Technique Analysis - Prospect

<https://youtu.be/Gx86k3yKyNI>

A3 Warm-up Prospect

<https://youtu.be/a-EnANupGQw>

A4 - Skating Skills 4 Lanes - Pro

[https://youtu.be/P\\_M\\_rkGI\\_9M](https://youtu.be/P_M_rkGI_9M)

A4 - Skating Skills 4 Lanes - Pro

<https://youtu.be/hFbPIfp9tGM>

A300 Individual Warm-up-Pro

<https://youtu.be/K6VnsKdKdLE>

A202 - Chaos Puck Protection - Pro

<https://youtu.be/Bs348vyFwb0>

A400 - Puck Handling Skills 4 Lanes - Pro

<https://youtu.be/1p02iz8rk7Q>

A400 - Skills in 4 Lanes - Pro

<https://youtu.be/cvAVv219tJA>

A400 Skating and Puck Handle - Pro

<https://youtu.be/UMqbXiCMsdc>

A500 - Skating Agility and Skills Circuit – Pro

<https://youtu.be/7p8DznSs4YI>

A500 - Two Puckhandle vs Coach x 4 – Pro

<https://youtu.be/ySFdeZAtOQA>

A-B-C Pro Skill Practice

<https://youtu.be/H1ex6ae7GfU>

B - Puck Protection and Escape Moves - Finland

<https://youtu.be/msMp3ideerE>

B2 - 2 on 1 Pass in Front of Toes - Pro (2)

<https://youtu.be/ErpG0U6j1yw>

B2 - D Drag to Beat Blocker - Shoot - Pro

<https://youtu.be/lvvPXHOpxm0>

B2 - D One Timer - Agility Skate - Pro

<https://youtu.be/ElrKnwwcpzk>

B2 - D Puck Off Boards - Escape - Shoot x 2 - Pro

<https://youtu.be/aA4gCwB2CZo>

B2 - D Shot Off Draw - Pro

<https://youtu.be/xKIL3Kl6lsg>

B2 - D Shot off Draw Down Boards - Pro

<https://youtu.be/ZAusihy6XMg>

B2 - D to D to D - Shoot - Pro

<https://youtu.be/gt7iPrq9owU>

B2 - F One Touch - Agility Skate x 2 - Pro

<https://youtu.be/zB2ILhmVCY>

B2 - Give Go x 2 - One Timer - Pro

<https://youtu.be/sixp2O4JXjQ>

B2 - Hard Static Fake - Give and Go - Shoot - Pro

[https://youtu.be/FU-H2\\_K2634](https://youtu.be/FU-H2_K2634)

B2 - Point Shots x 2 - Pro

<https://youtu.be/KaWyYGnBVa4>

B2 - Static Fakes - Give-Go-Give-Shoot – Pro

<https://youtu.be/qfk5iMLnDJ0>

B2 Defensemen One Timers - RB Pro

[https://youtu.be/Ylo\\_xsxCsgA](https://youtu.be/Ylo_xsxCsgA)

B2 Point Shot-Screen, Point to Low then Across - Pro

<https://youtu.be/Bb1kb9Fbj9k>

B2 Scoring - RB Pro

[https://youtu.be/jTU6H\\_ulc4A](https://youtu.be/jTU6H_ulc4A)

B2 Shooting Defense Rotate High-RB

<https://youtu.be/0pz8X-r96O8>

B2-B6 - F1-D1-F2 - Point Shot – Pro

<https://youtu.be/ub6CiWkPeIE>

B3 - Backhand Pass x 10 - Pro

[https://youtu.be/\\_RPzz\\_7wKyU](https://youtu.be/_RPzz_7wKyU)

B3 - Passing from Triple Threat Position - Pro

[https://youtu.be/6IKGLwa\\_lpl](https://youtu.be/6IKGLwa_lpl)

B4 One Touch x 3 Shoot Pro

<https://youtu.be/bowrwxZ5wqQ>

B4 One Touch x 3 Shoot Prospect

<https://youtu.be/gHfXdGYkRdQ>

B4-B6 Breakout 3-0 with Point Shot - Pro

<https://youtu.be/-V0pTOglOzl>

B4-B6 Pass and Replace - RB Pro

<https://youtu.be/2nXP3uL-GDo>

B4-B300 - Shoot-Pass-1-0 Prospect

<https://youtu.be/WF85wlpABvY>

B4-B600 - Breakout Flow - Pro  
<https://youtu.be/ErtRt9IAfvA>

B5 - Angling Prospect  
<https://youtu.be/2-ADYtmKs6E>

B5 - Breakout x 2 Regroup - 3 Shots - Pro  
<https://youtu.be/a4eOOi6STrk>

B5 Angling in the Wide Lane - Pro  
<https://youtu.be/nMldocn6eVo>

B5-B6 On Touch x 2 - Shot - Point Shot - Pro  
<https://youtu.be/KxsTtBfgC5k>

B6 - 2 Shots 2 Passes x 2 - Pro  
<https://youtu.be/OSVB0G4mdlY>

B6 - 2-0 - Pro  
[https://youtu.be/8qvvMpCR\\_yU](https://youtu.be/8qvvMpCR_yU)

B6 - 2-0 Inside Out Pass of the Pads - RB Pro  
<https://youtu.be/wesGDF2jTZs>

B6 - 2-0 Touch Back – Pro  
[https://youtu.be/5ndS8cB\\_E3w](https://youtu.be/5ndS8cB_E3w)

B6 - 2-0 Wide Passes – Pro  
<https://youtu.be/awkH7hF7YEK>

B6 - 2-1 Defensive Slide - Point Shot Prospect  
<https://youtu.be/YjflUG7apU>

B6 - 3 Lane Shots - Long Pass Back – Pro  
<https://youtu.be/s4DoCi76hng>

B6 - 3 Lane Shots - Pro  
<https://youtu.be/pc689Y6l5ng>

B6 - 3 One Touch Pass 1 Skate Backward - Pro  
<https://youtu.be/LsJkdmcyb-4>

B6 - 3-0 Weave-RG With Coach-Shoot - Goalie WU Far End - Pro  
<https://youtu.be/B8W3s58cCcw>

B6 - BO Options - F Shot-D Shot - Pro  
<https://youtu.be/kLGsecTnz7g>

B6 - F and D Agility-BO-Point Shot x 2 – Pro  
<https://youtu.be/1sOS5lkF4wk>

B6 - Horseshoe with Stretch Pass - Pro  
<https://youtu.be/tQ9zjl5NZHo>

B6 - One Touch Passing - Pro  
<https://youtu.be/zlsCHKvNR3s>

B6 - Pass and Shoot x 2 - Wrap Around - Pro  
<https://youtu.be/rx37F9BwAdg>

B6 - Point Shot-RG-Shot-PS - Pro

<https://youtu.be/e-abYDo50qs>

B6 - Shot 1-0, 2-0 to 3-0 – Pro  
<https://youtu.be/45ZT3KqXxxE>

B6 - Shot x 3 Passes x 3 - Pro  
<https://youtu.be/iqwhPz1nzAE>

B6 – Wide and Middle x 2 – Pro  
<https://youtu.be/JiZuGGyjjVE>

B6 1-0 and 2-0 Shooting Warm up - RB Pro  
<https://youtu.be/C59gBkh0MUU>

B6 1-0 Pass to Middle x 2- Pro  
[https://youtu.be/rmUAK3wM\\_BM](https://youtu.be/rmUAK3wM_BM)

B6 - 1-0 x 2

All changes saved.

<https://youtu.be/BxCFrpZFT7A>

B6 2-0 Disguised Skate - Pro  
<https://youtu.be/-ZGrVCikrok>

B6 2-0 - Pro  
[https://youtu.be/1\\_3xabkrfa0](https://youtu.be/1_3xabkrfa0)

B6 2-0 Regroup - Attack - Prospects  
<https://youtu.be/nPgSXvBOVug>

B6 2-0 Wide Pass and Shot-Pro  
<https://youtu.be/WqbJJgLqxvY>

B6 3-0 Attack Options - Pro  
<https://youtu.be/2X0zh5gTh6g>

B6 3-0 Middle Drive Options - Prospects  
<https://youtu.be/nBjuKe-bPQ0>

B6 3-0 Regroup Weave Warm-up - Pro  
<https://youtu.be/4hEciRjHqLA>

B6 3-0 Rush and Entry - Pro  
<https://youtu.be/hwI2dOEKMYI>

B6 Big Horseshoe 1-0- Pro  
<https://youtu.be/QVnk5ZFavhE>

B6 BO x 2 Point Shot - Pro  
<https://youtu.be/GzYJL95y8pE>

B6 Breakout 1-0 Point Shot - Pro  
[https://youtu.be/TAw38rIzj\\_I](https://youtu.be/TAw38rIzj_I)

B6 Breakout 3-0 Point Shot Pro  
[https://youtu.be/eF4ObRh\\_EbM](https://youtu.be/eF4ObRh_EbM)

B6 Breakout 3-0 Point Shot x 2 – Pro  
<https://youtu.be/MQX5bnRXIAo>

B6 Breakout x 2 Point Shot – Pro  
<https://youtu.be/BLVcTM6dSDA>

B6 Chaos NZ Overspeed with Regroup-Pro  
<https://youtu.be/LEqz1lvw6X0>

B6 High Cycle - Screen - Slot Shot – Pro  
<https://youtu.be/Is0z3w5XBvc>

B6 One Timers-Pro  
<https://youtu.be/DGvPc3vzyds>

B6 One Touch x 3 Shoot-Rebound-Screen - RB Pro  
<https://youtu.be/968GxF8HMmq>

B6 Puck Handling and Cross-over Skating - RB Pro  
<https://youtu.be/VHlpGah9Sy8>

B6 Regroup-Breakout-2-0 x 2 – Pro  
<https://youtu.be/lcbw6aL-cal>

B6 sequence 1-0 2-0 prospects  
<https://youtu.be/lqeCF4t6irE>

B6 Wide and Middle 2-0 x 2 Pro  
<https://youtu.be/OXgZwoxeEqs>

B6 Wide and Middle 2-0 x 2 Prospect  
<https://youtu.be/SwEmVFqx9nU>

B6, 1-1 to 2-2, 2-1 to 3-3, 2-2 to 4-4 - RB Pro  
<https://youtu.be/hXGDa3YHUho>

B7 Face off Practice - RB Pro  
<https://youtu.be/7e04xrNv-OU>

B200 - 3 Touch Cross Pass - Shoot - Pro  
<https://youtu.be/33IOfnfDFfg>

B200 - 3 Touch Shoot - Pro  
<https://youtu.be/E93zpjfwjs>

B200 Figure Eight Face Puck Passing - Pro  
<https://youtu.be/k8yY7QTs1nQ>

B202 - 3 on 0 Neutral Zone Passes - Pro  
<https://youtu.be/kplryc911K8>

B202 - Regroup 1-0, 2-0 Pass Options - Pro  
<https://youtu.be/JUKX55yFC4E>

B202 - RG-Hinge-Stretch Pass - Pro  
<https://youtu.be/fyCabWMoEyY>

B202 - RG-Hinge-Stretch Pass-One Touch - Pro  
<https://youtu.be/1TGqSYte0FE>

B202 – Shoot –Breakout - Pass Wide - Shoot x 2 – Pro  
[https://youtu.be/5\\_BzFxaYxpk](https://youtu.be/5_BzFxaYxpk)

B202 1-0, 2-0 With Chip - Pro  
[https://youtu.be/D64p7-P\\_noI](https://youtu.be/D64p7-P_noI)

B202 Breakout Pass and Shooting Warm up - RB Pro  
<https://youtu.be/fypRLGZzKUK>

B202 Low-Wide-Middle and Low-Middle-Wide - Pro  
<https://youtu.be/GdSublHp9II>

B202 Nzone Regroup 1-0 and 2-0 - RB  
[https://youtu.be/ZKfF\\_62\\_huo](https://youtu.be/ZKfF_62_huo)

B202 Passing and Shooting Warm up - RB Pro  
<https://youtu.be/fypRLGZzKUK>

B202 Low-Wide-Middle and Low-Middle-Wide - Pro  
<https://youtu.be/GdSublHp9II>

B202 Nzone Regroup 1-0 and 2-0 - RB  
[https://youtu.be/ZKfF\\_62\\_huo](https://youtu.be/ZKfF_62_huo)

B202 Passing and Shooting Warm up - RB Pro  
<https://youtu.be/wehY0MqITIM>

B300 - One Touch Monkey in Middle - Pro  
<https://youtu.be/kLc96FjaAnA>

B300 Pass x 3 Tight turn Shoot - Pro  
<https://youtu.be/tLMKtJGrUbM>

B300 Shoot from Pass Below Goal Line x 2 - Pro  
<https://youtu.be/718rwSaR-Lk>

B300 Tight Turn 8 Pass Shoot - Pro  
<https://youtu.be/TJXMw-1vKHg>

B500 - 2 Players Pass 2 Pucks in Circle - Pro  
<https://youtu.be/BKlRtRt2H2I>

B500 - Pass 1-2-3 Pucks x 4 - Pro  
[https://youtu.be/nD0\\_6m1f\\_OM](https://youtu.be/nD0_6m1f_OM)

B500 - Static Monkey in Middle x 4 - Pro  
<https://youtu.be/Mdw-91KyzmM>

B500 Individual Skill Exercises on Ice - RB Pro  
<https://youtu.be/0NFWwkOqzKs>

B600 - 2-0 Exchange Puck-Shoot x 2 – RB  
<https://youtu.be/t4u6ST7q5oA>

B600 - Exchange Puck and Cross Pass – RB  
<https://youtu.be/fvbrLolXGV4>

B600 - Give and Go - Wall Support - Shot x 2 - Pro  
<https://youtu.be/rcPZ7LZCbnA>

B600 - RG-Delay-Point Shot - Pro  
<https://youtu.be/qx-3Qjndc3U>

B600 - RG-Quick up to F to Stretch F- Point Shot - Pro  
<https://youtu.be/tMnzHDWB7rg>

B600 2 x Quick up and Point Shot - Pro  
<https://youtu.be/RleFMM7SchE>

B600 2-0 Random Pass to Lines – Pro  
<https://youtu.be/vLPrOBb7Kz0>

B600 2-0-RG to 2-2 - Pro  
[https://youtu.be/\\_kRm0nCEOME](https://youtu.be/_kRm0nCEOME)

B600 Breakout 2-0 Regroup at end 2-0 - Pro  
<https://youtu.be/G5-UX98u8cQ>

B600 Cross Pass x 2 - Pro  
<https://youtu.be/b6jFhxdNH50>

B600 Cross-Drop-Pass 2-0 Prospects  
<https://youtu.be/LJvolKiogA0>

B600 D Agility Skate - Pass - Delay - Point Shot - Pro  
<https://youtu.be/i5MOXF4Fnc>

B600 Double Pass Regroup Pass and Shoot - RB Pro  
<https://youtu.be/mey7KZWYjQo>

B600 Give and Go x 2 Cross Pass Shoot - RB Pro  
<https://youtu.be/TjyAYCuETRE>

B600 Give and Go x 3 x 2 - Shoot – Pro  
<https://youtu.be/9zcr5v9LE3E>

B600 Give Go Shoot x 2 – Pro  
[https://youtu.be/T\\_R3yfv7INK](https://youtu.be/T_R3yfv7INK)

Return to editing

B600 Isolate Wide D on 2-2- Pro  
<https://youtu.be/L7KEOFJwJzQ>

B600 Pass-Across-Across-Stretch x 2 – Shoot – Pro  
[https://youtu.be/D\\_6SAmpreeg](https://youtu.be/D_6SAmpreeg)

B600 Regroup x 2 x 2 – Pro  
<https://youtu.be/EkyHySJ3UYo>

B600 RG-Delay-Point Shot x 2 - Pro  
<https://youtu.be/8k6TePJJps>

B600 Stretch Pass x 2 - Pro  
<https://youtu.be/xnwWgRC8T5s>

B600 Up-Back-Cross Pass x 2 - Pro  
<https://youtu.be/pkgQQkxD9AI>

B600 Up-Back-Cross Pass x 2 - Pro  
<https://youtu.be/pkgQQkxD9AI>

B600 Wall Support 1-0 Prospects  
<https://youtu.be/D8ISB8sOEUM>

B600 Wall Support 2-0 Prospects  
<https://youtu.be/L6sUXnSnr3w>

B600 Wall Support 2-0 Prospects  
<https://youtu.be/0HKFHG6mCxU>

B600, 2-0 Wide Middle x 2 - Pro  
<https://youtu.be/EaJvAJkduKY>

B600-C3, 2 on 1 - Pro

<https://youtu.be/3ijFFdC9JwU>

B - Individual Skills Post Practice 1 - Detroit

<https://youtu.be/XVS8ZNqumX0>

B - Individual Skills Post Practice- Detroit

[https://youtu.be/ftTqxtNj\\_bQ](https://youtu.be/ftTqxtNj_bQ)

B2 - Drag and Shoot + One Timer - Detroit

<https://youtu.be/912y0eJf40s>

B2 - Skate and One Touch Shot - Detroit

<https://youtu.be/necet8-ZO3M>

B6 - Screen and Tip - Detroit

<https://youtu.be/c8JHXBpevUM>

B6 3-0,4-0 Pass-Regroup-Shoot-Detroit

[https://youtu.be/VthCR\\_cNDIM](https://youtu.be/VthCR_cNDIM)

B200 - Regroup 5-0 Middle Drive – Detroit

<https://youtu.be/ELfb2xwB0zg>

B300 - Pass - Figure 8 - Pass - Detroit

<https://youtu.be/CQe53Rh-EjE>

B500 - Cover Point - Down - Detroit

<https://youtu.be/TkVOngFqtD0>

B600 - Regroup with D 2-0 x 2 - Detroit

<https://youtu.be/UpU5WZ1sStc>

B600 D Hinge up to F then D Join Play-Detroit 3

<https://youtu.be/NIEvdcsjMGg>

B600 Regroup, Hinge, Middle D Rush-Detroit

<https://youtu.be/RyYLjSBnCPA>

B600 Regroup, Hinge, Quick Up-Detroit

[https://youtu.be/xbvTXpwXA\\_U](https://youtu.be/xbvTXpwXA_U)

B2 Cross and Drop Shooting-Washington

[https://youtu.be/OD7Q\\_52\\_dcM](https://youtu.be/OD7Q_52_dcM)

B2 Defense Shooting Drills-Washington

<https://youtu.be/kiy1iKltNIM>

B6 Big Horsehoe-Washington 2

<https://youtu.be/YZq8lbe6Vj8>

B6 Big Horseshoe-Washington

<https://youtu.be/hZZa4OmNs0Y>

B7 Faceoffs - Washington

<https://youtu.be/-Nu6F2guY4g>