

October Postings: Ice Hockey Coaching - Youth to Pro

A - Skating and Playing with Speed - Wally Kozak - U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&to pic=8038#8038>

<https://www.youtube.com/watch?v=9shcAqsCmlM&feature=youtu.be>

A200 - Ovechkin Moves to Score - Jursinov - RB U17-20

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&to pic=8054#8054>

<https://youtu.be/ddVL3WB5dTk>

***B2 - Shot-Pass-Shot x 3 x 2 x 2 – Pro**

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&to pic=8045#8045>

<https://youtu.be/slO0FFCNd3g>

B6 - Big Horseshoe 2-0 – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&to pic=8021#8021>

<https://youtu.be/WNIkZX6zYWI>

B6 - 2 Cross and Drop - Regroup - 3-0 – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&to pic=8030#8030>

<https://youtu.be/lcaEbVO51MQ>

B6-600 – F-D Agility Skate - Stretch Pass - Point Shot – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&to pic=8032#8032>

<https://youtu.be/J-6lhUZ8oJs>

B202 - Saucer Pass

<https://share.google/fiyZZplNhyzxaRuPL>

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&to pic=8059#8059>

B600 - 2F RG 1D - 3-0 Middle Drive with D – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&to pic=8007#8007>

<https://youtu.be/SbV4ylcLdmA>

***B600 – Stretch Pass-Shot Flow x 2 – U18 F**

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8027#8027>

https://youtu.be/zRdEsL_6qnA

***C2 - 1-1, 2-2 Loose Puck Battles - Wally Kozak - U18 F**

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8067#8067>

<https://youtu.be/qWhxxzyujc8>

C3 - Dump-BO 3-0-RG x 2 - 3-1 – One Goalie – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8002#8002>

https://youtu.be/V-vxD6s_PjE

C5-C6 - Continuous Low 2-1 - College – Russian W

<https://www.youtube.com/watch?v=7T2ZWKytwco>

C6-600- 1-1 D Join F Backcheck 2-2 – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8044#8044>

<https://youtu.be/RpWCh55hKDY>

D - Get Open - Keepaway with Offensive Joker

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8053#8053>

<https://youtu.be/LyZRVU8mWaw>

D100 - Two Touch Batchko - U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8052#8052>

<https://youtu.be/2n3B8rN4oA8>

D202 – Two Thirds Ice Game with Jokers Behind Nets U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8017#8017>

<https://youtu.be/vE83XiyCS48>

D300 - Get Open - Keepaway with Offensive Joker

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8053#8053>

<https://youtu.be/LyZRvU8mWaw>

DT200 - 2-2 to 2-0 - 2-2 – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8063#8063>

<https://youtu.be/4CF4HIXOkf8>

DT200 - 2-2 to 2-0 - 2-2 – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8063#8063>

<https://youtu.be/4CF4HIXOkf8>

DT400 – Two Thirds Ice Game with Passive Support - College W

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8016#8016>

<https://youtu.be/DuZ49MKfNzU>

F - D400 - 1-1 x 2 x 2 – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8024#8024>

<https://youtu.be/pjVZghcNHjc>

T1 - Agility-Point Shot - F One Touch Shots – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7989#7989>

<https://youtu.be/Z5jHoklVovQ>

T1 - D-BO Point Shots - F Cut-in – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7990#7990>

<https://youtu.be/4ZH8wR--tkA>

T1 - D and F Scoring – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7995#7995>

<https://youtu.be/ncEjyghalxU>

T1 - D One Timer - F Short Side Pass Out – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8001#8001>

<https://youtu.be/bUvL8sWsGXo>

T1 - Scoring Stations - C U17 B

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8060#8060>

<https://youtu.be/TZGWV2DWpDU>

***T2 - Breakout Sequence - Wally Kozak - U18 F**

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8058#8058>

<https://youtu.be/995uo789DdY>

T2 – Black Aces Scoring – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=7994#7994>

<https://youtu.be/YdETxSSugU0>

***T2 - Skills for C Low and Slow Breakout – Pro**

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8008#8008>

<https://youtu.be/NCjzZJ0BIRs>

***T2 – D4 - Torpedo 6-5 - U18 F**

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8026#8026>

<https://youtu.be/YUSYeuHyhXw>

T2 - 3-0 Middle Lane Drive x 2 – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8046#8046>

https://youtu.be/0_F54MI3p-s

T2 Take the Ice Behind to Create 2-1's

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8062#8062>

<https://youtu.be/Ct13iVusijl>

T2 – 2-0, 2-1 Scoring Sequence– Wally Kozak – U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8055#8055>

<https://youtu.be/CzR1-IHIAiU>

T2-4 - D400 - 6 on 5 – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8025#8025>

<https://youtu.be/tZsUTXPmiH8>

***T2-4 - Continuous Three Team Game - Passive Resistance – Pro**

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8012#8012>

https://youtu.be/jli_o4eSyMc

***T2-4 - BO-RG-FC - 3 F - Tomas - U18 F**

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8005#8005>

<https://youtu.be/gtrapQ0Viyc>

College Men

<https://www.facebook.com/518555930/videos/pcb.732401621002971/10159520324000931/>

T2-4 - Specialty Team Scrimmage and Principles of the Power Play and Penalty Kill

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8028#8028>

<https://www.youtube.com/watch?v=i02cdqlBbpQ&feature=youtu.be>

T2-4 - D400 3-2 – Wally Kozak - U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8040#8040>

<https://youtu.be/YzmysU4REu4>

T4 - 5-5 Contain-Pressure Defensive Zone Coverage – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8013#8013>

<https://youtu.be/gREv1mFhTqU>

T4 – Defensive Zone Walk Through - RG 5-5 – Pro

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8014#8014>

<https://youtu.be/ZTFMo9YjWd4>

T4 - 4-5 Penalty Kill vs. Overload – Umbrella - 1-3-1 Diamond

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&to pic=8036#8036>

<https://youtu.be/NJ21DSB2VEw>

T4 - Penalty Kill 3-5 vs. 2-1-2 Spread PP

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&to pic=8039#8039>

<https://youtu.be/RF1IYZF7SnE>

T - Wally Kozak Skill and Team Play Regressions and Progressions

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&to pic=8061#8061>

YouTube Coaching clips by Wally Kozak

Many people call Wally the 'Hockey Professor' because of his love of and dedication to the game.

<https://www.youtube.com/user/wkozak2009>

Facebook Postings

T – Shot and Pass Chart each Game

<https://www.facebook.com/photo?fbid=10164026079350931&set=gm.1851291079114014&idorvanity=631135947796206>

T - Coach Discussion Forum

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=6978>

T – Duane Sutter Interview

<https://youtu.be/vBPZzM23C9c?si=Do4FC3hb0B9aEgCS>

T - Five great moves.

<https://www.facebook.com/share/r/17eY1Zzaqs/?mibextid=wwXlfr>

My former team Salzburg Red Bulls. Fans have fun at games.

<https://www.facebook.com/reel/1303925638146272>

Individual Defensive Skills

Video from Practices

A300 - Partner Puck Handling

<https://www.facebook.com/518555930/videos/pcb.1867138997529222/2561804097524491>

A200 - Warm up with Puck dog

<https://www.facebook.com/518555930/videos/pcb.1871670833742705/1036833918490771>

A500 - Defensive Skating - IronCross

<https://www.facebook.com/518555930/videos/pcb.1873468553562933/1364200111964454>

B6 - Dizzy - Skate - Pass - Timing – Shoot

<https://www.facebook.com/518555930/videos/pcb.1858943618348760/679488858055724>

B6 - F pass to D - Screen - D Deception and Shoot

<https://www.facebook.com/518555930/videos/pcb.1878211269755328/1818710108779862>

B6 - F-D - F Block Shot - D Deception to Miss Blocker

<https://www.facebook.com/518555930/videos/pcb.1878209999755455/1143711637959534>

B200 - Six Player Overspeed

<https://www.facebook.com/518555930/videos/pcb.1878212756421846/1180686550624175>

B200 - Defence Hinging in the Neutral Zone

<https://www.facebook.com/518555930/videos/pcb.1878204339756021/995831159399808>

B200 - Warm up with Puck dog

<https://www.facebook.com/518555930/videos/pcb.1871670833742705/1036833918490771>

B6 - Pass/Shoot/Agility Skate/ Shoot

<https://www.facebook.com/tom.molloy.5836/videos/1530136531350499?idorvanity=631135947796206>

B600 - Nzone Regroup One End - Dump in Breakout Other End

<https://www.facebook.com/tom.molloy.5836/videos/1569579120695689?idorvanity=631135947796206>

B600 - Tomas RG - Focus on D Hinges

<https://www.facebook.com/tom.molloy.5836/videos/667115636469993?idorvanity=631135947796206>

C3 Total Hockey - 3-0, 3-1, 3-2 Contest

<https://www.facebook.com/518555930/videos/pcb.1867125997530522/1309051780446555>

C6-600 - 1-1 to 2-2 - D Join Rush F Back check - 2-1 to 3-3

<https://www.facebook.com/tom.molloy.5836/videos/1844395632850342?idorvanity=631135947796206>

D4 - Two Pass x 2 - Rules - *Only Forehand Passes - Scissor Pass before you can score.*

<https://www.facebook.com/518555930/videos/pcb.1867133354196453/1500759331250492>

D4 - Clear zone to be on offence. Rule only one pass allowed

<https://www.facebook.com/518555930/videos/pcb.1871674647075657/1109171040996721>

D100 - 4-4 - 2 Second Game

<https://www.facebook.com/518555930/videos/pcb.1878199506423171/1531900054509155>

D100 - 5-5 - Two Second Game

<https://www.facebook.com/tom.molloy.5836/videos/809599088467249?idorvanity=631135947796206>

D100 - 3-3 - No Dump ins - Man on man defense

<https://www.facebook.com/tom.molloy.5836/videos/1366940291701412?idorvanity=631135947796206>

D100 - First shift vs Red Deer

<https://www.facebook.com/tom.molloy.5836/videos/1574483150628932?idorvanity=631135947796206>

D100 - Full ice 5-5 with rule u must make at least one pass in each zone

<https://www.facebook.com/518555930/videos/pcb.1871678837075238/1863802371155277>

DT100 - Continuous 3-2 to 5-5

<https://www.facebook.com/518555930/videos/pcb.1871676550408800/836318982283569>

E1 - Shootout Contest 2-0 - 3-0 x 2

<https://www.facebook.com/518555930/videos/pcb.1872063247036797/808202731946993>

O – U15 Off Ice

<https://www.facebook.com/reel/1758778781470808>

T3 - 1-1 from Top of Circle - Focus on Defensive Skating and D Side.

<https://www.facebook.com/tom.molloy.5836/videos/1358449612541515?idorvanity=631135947796206>

T2-C3 - D-D, D-F1, F1-F2, F2 drop to F1-Shoot , F2 around circle, D1-F2, F1-D1 point shot x 2

<https://www.facebook.com/518555930/videos/pcb.1867136840862771/699669332564094>

T2 - USA Women 5-3 Power Play.

<https://www.facebook.com/tom.molloy.5836/videos/1539231650594704?idorvanity=631135947796206>

T4 - 2-1-2 with Pinch on a Wide Rim – Jim with magnetic rink

<https://www.facebook.com/tom.molloy.5836/videos/2089997941772133?idorvanity=631135947796206>

T2-B5 - 3-0 Dump In - F1-F2 - F3 Mirror and Shoot

<https://www.facebook.com/518555930/videos/pcb.1878206019755853/1138675095111430>

T2-B6 F Skate Up - Scissor to D - D Pass to F in Slot

<https://www.facebook.com/518555930/videos/pcb.1878208206422301/1811136532838544Practices>

T2-B202 - Four Chamber Attack 2-0 - Part One

<https://www.facebook.com/518555930/videos/pcb.1878202953089493/1516088876304242>

T2-B202 - Four Chamber Attack - 3-0 - Part Two

<https://www.facebook.com/518555930/videos/pcb.1878201156423006/1146950094309110>

T2-B600 - Tomas Dump In – Breakout

<https://www.facebook.com/518555930/videos/pcb.1873459396897182/2311506392613526>

T2-D100 - 6-5 with 3 F - 3 F Attacking

<https://www.facebook.com/518555930/videos/pcb.1873453323564456/1532805691074808>

T2-4 - Dump in Forecheck – Breakout

<https://www.facebook.com/518555930/videos/pcb.1873458056897316/1452839815789398>

T2-4 - 5-3 Sequence - Low Spread PP

<https://www.facebook.com/518555930/videos/pcb.1873454890230966/1147696520216470>

My team made a get well card for my brother Mike who died two days later.

<https://www.facebook.com/photo/?fbid=10164130436465931&set=pcb.1873196453590143>

Bill "Goldie" Goldthorpe

<https://youtu.be/QAYZRKGZ5eI?si=Xbk930lP4zSAvGv8>

Regular Season – Parent tracked in game stats

<https://www.facebook.com/photo/?fbid=10164113751665931&set=pcb.1869829207260201>

Road trip to Kelowna

<https://www.facebook.com/photo/?fbid=10164067854515931&set=pcb.1860266231549832>

First shift vs reigning Provincial champs.

<https://www.facebook.com/tom.molloy.5836/videos/1574483150628932?idorvanity=631135947796206>

Fire Black Practice Plan - 10-07-25

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8971&topic=8980#8980>

Fire Black Practice Plan -10-16-25

PDF of plan and goals of the practice at link below.

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8971&topic=8980#8980>

Fire Black Practice Plans – 10-21-25 - 10-23-25

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8971&topic=8981#8981>

Fire Black Practice Plan -10-23-25

PDF at link below and video of some of the drills are posted.

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8971&topic=8981#8981>

Fire Black Practice Plan 10-28-25

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8971&topic=8982#8982>

Fire Black Practice Plan 10-30-25

Halloween practice: 30' drills, 45' game, 10' shootout. Everyone wore costumes.

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8971&topic=8982#8982>
