

## **A - ABC Coded YouTube Hockey Drill Video**

### **A - Drills for Individual Skills of Skating, Passing, Puck Handling – YouTube Video**

*The skills are organized according to where they start on the ice and the level of the players.*

### **A - Skills with Random Organization**

A – Edges and Skating Posture – Pro  
[https://youtu.be/55eHS\\_tP4Es](https://youtu.be/55eHS_tP4Es)

A Obstacle Stickhandle x 3 - Shoot – Pro  
<https://youtu.be/afS1E8EKzZA>

A - Crossovers - Pro  
<https://youtu.be/RJqDuKfxi3I>

A - Knock Down Pucks and Shoot In Traffic - Pro  
<https://youtu.be/U-T1j76vihw>

A - Edges and Skating Posture – Pro  
[https://youtu.be/55eHS\\_tP4Es](https://youtu.be/55eHS_tP4Es)

A - Puck Handling Sequence - Russian Olympic Coach  
[https://youtu.be/\\_fdGBVje39s](https://youtu.be/_fdGBVje39s)

A - Vladimir Jursinov Skills 1  
<https://youtu.be/RjL-LS9uyeE>

A - Vladimir Jursinov Skills 2  
<https://youtu.be/XDiAjUvjnbU>

A - Vladimir Jursinov Skills 3  
<https://youtu.be/HWZS9Ck3uCo>

A - Vladimir Jursinov Skills 4  
<https://youtu.be/b1kS4LgRbpg>

A - Puck Handling Big Moves Exercises – Finland  
<https://youtu.be/PUCcyDGuYhl>

A - Six Station Skill Circuit in Czech Republic  
<https://youtu.be/hge-gCb9EjU>

A - Stacy Skating 2 - College W  
<https://youtu.be/ZcXPL5SbEG8>

A - Skating Stacy 1 - 09-13 Practice – College W  
<https://youtu.be/uZfvZkEsRKU>

A - Warm-up With Puck - SW F  
<https://youtu.be/EZv1t5ADY-4>

A - Ball Drop Quick Start - U18 F  
<https://youtu.be/UJ1LWvrc2j8>

A - Skating Instruction and Practice - U18 F  
[https://youtu.be/FgrqUfDa9\\_U](https://youtu.be/FgrqUfDa9_U)

A - Edges Warm-up Winsport Camp - U18 Girl's  
<https://youtu.be/xfpdnoJKnTk>

### **A1 – Players line up along boards and skate across the ice.**

A1 Weight Transfer with Balls and Pucks  
<https://youtu.be/iXllqf9VTgY>

A - Forward Stride – Sw  
<https://youtu.be/o0tg6y11SdY>

A - V and Cross-over Skating Start – Sw  
<https://youtu.be/eX-MCrd09mY>

A - Forward and Backward Stride in Athletic Position – SW  
<https://youtu.be/kW7a0-PV8PU>

A - Forward Crossovers – Sw Hockey Curriculum – Progression of Skills - Sweden  
<https://youtu.be/86srEEEwnj0>

A - Forward Hockey Stop – Sw  
[https://youtu.be/i\\_RY\\_xQmReM](https://youtu.be/i_RY_xQmReM)

A - Back to Front Pivot – Sw  
<https://youtu.be/IVzuQVE7gel>

A - Backward Skating Crossovers – Sw  
<https://youtu.be/iB7AhqLWvAY>

A - Backward Skating One Foot Stop – Sw  
[https://youtu.be/NjGj\\_1PCINc](https://youtu.be/NjGj_1PCINc)

A - Backward to Forward Transition Skating – Sw  
<https://youtu.be/hkgP-uVgTKM>

A - Crosby Turn - Mohawk with Push – Sw  
<https://youtu.be/rPp3X1bAk3Q>

A - Exercises for Balance and Edges – Sw  
<https://youtu.be/kugmuSabOuw>

A - Glide Turn – Sw  
<https://youtu.be/K4Y8lmJ5HRo>

A - Scooting – Sw  
<https://youtu.be/-lb14Ouyss>

A - Crossover Side Step – Sw  
<https://youtu.be/L6LXTs9NYGY>

A - Backward Stride – Sw  
<https://youtu.be/l4YeJXrOr3M>

A - Backward Start – Sw  
<https://youtu.be/TLKpvV7WoUU>

A - Glide Turn Backwards – Sw  
<https://youtu.be/sHmNCHcOwd4>

## **A2 – Players skate the length of the ice.**

A2 - Backward Stride - Forward Agility Testing – Prospects  
<https://youtu.be/XrleD88YOcl>

A2 - Defensive Back Skating- RB Pro  
<https://youtu.be/KrkgO0wSvnw>

A2 - Skating Technique Analysis - Pro  
[https://youtu.be/fawN-\\_SxHNM](https://youtu.be/fawN-_SxHNM)

A2 - Puck Handling Proprioceptive Overload - Pro  
<https://youtu.be/8TLGdZ3BMKM>

A2 - Skating Technique Analysis - Prospect  
<https://youtu.be/Gx86k3yKyNI>

A2 - Backward Stride - Forward Agility Testing – Prospects  
<https://youtu.be/XrleD88YOcl>

A2 - The Forward Skating Stride - Finland Pro  
[https://youtu.be/eGz\\_Jllxlqw](https://youtu.be/eGz_Jllxlqw)

A2 B202 Conditioning Agility Skate - RB Pro  
<https://youtu.be/Nq0XglFHku8>

A2 Backward Skating Tag Game-Jursi  
[https://youtu.be/HjlyVgYU\\_Nc](https://youtu.be/HjlyVgYU_Nc)

A2 Crossover-Pivots-Balance U18  
<https://youtu.be/SaUAfrSWluM>

A2 Partner Pull U18  
<https://youtu.be/U2935xmCrPc>

A2 Pivot Front to Back and Goalie Crease Skating U18  
<https://youtu.be/Fx-ArhJqT1A>

A2 Skating Agility-Power-Balance U18  
[https://youtu.be/LNrhejd\\_-jQ](https://youtu.be/LNrhejd_-jQ)

A2 Triangle Pivot U18

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

A2 - Skating Balance and Agility - U17

[https://youtu.be/lxg\\_2RmimsA](https://youtu.be/lxg_2RmimsA)

A2 - Inside Edge Progression - U17 M

<https://youtu.be/yhcN5YWkqNM>

A2 - Inside Edge - Head and Shoulder Fake - U17 M

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

A2 - Finnish Hockey Skating Pt 1

<https://youtu.be/wWK4KSGzw6o>

A2 - Skating Balance and Agility from Finland

[https://youtu.be/q7Slxhj\\_Oco](https://youtu.be/q7Slxhj_Oco)

A2 Backward Cross-over Principles 3 - U18 F

<https://youtu.be/U67WKtRt6IU>

A2 - Edges and Balance Warm up - Gaston – Jasper.

<https://youtu.be/a7C9o5CmFSA>

A2 Forward Stride Mechanics Taught by Dr. Gaston Schaeffer

<https://youtu.be/m0QNMLTyess>

A2 - Russian Big Moves Puck Handling – Youth

[https://youtu.be/R2Buxx\\_Fj\\_M](https://youtu.be/R2Buxx_Fj_M)

### **A200 – Drills starting at one end with a puck**

A200 - Chaos Puck Protection and Shots – Pro

<https://youtu.be/zejumMGDFIA>

A200 - Puck Handling Sequence - Russian Olympic Coach – Jursinov

[https://youtu.be/\\_fdGBVje39s](https://youtu.be/_fdGBVje39s)

A200 Russian Olympic Coach Teaches Puck Handling

<https://youtu.be/hWArS-S2qKQ>

A200 - Skating and Puck Handling - Yashin and Finnish HS

[https://youtu.be/ODq1cq-Z8\\_I](https://youtu.be/ODq1cq-Z8_I)

A200 - Four Lane Circuit - One Youth and Four Pro Examples – Mission Impossible

<https://youtu.be/9kzJKLgL9YE>

A200 - Puck Handling Big Moves Exercises – Finland

<https://youtu.be/PUCcyDGuYhl>

A200 Puck Protection - Finland

<https://youtu.be/mr3rG8Lf6Jk>

A200 Puck Handling Circuit - Finland  
<https://youtu.be/ukuvfOLL4sl>

A200 - Puck Handling - U17  
<https://youtu.be/XDqKf5RJOPk>

A200 - Puck Handling Sequence - U17  
<https://youtu.be/9EGJm6etJgw>

A200 - Fake-Get Puck-X-overs-Shot-Chaser - U17 M  
<https://youtu.be/1wew1-ypKyw>

A200 - Inside Edge Push Stacy- College W  
<https://youtu.be/ofKuoekdm9g>

A200 - Linear Crossovers - Stacy-College W  
<https://youtu.be/VAXmrzKmuCk>

A200 Big Moves \_ Russian Warm-up – Jim Demo  
<https://youtu.be/91xTyEp6DM0>

A200 - Puck Handling Warm-up – U18 Skill Camp  
[https://youtu.be/wJelOpJ\\_hPY](https://youtu.be/wJelOpJ_hPY)

A200 Skating Agility Exercises U18 G  
<https://youtu.be/ba6iOa8jyk0>

A200 Variable Goal Training - Skating and Puckhandling - U18 F  
<https://youtu.be/jkM2HgWjB8o>

A200 - Big Moves Led by 3 Players – Jasper Camp  
[https://youtu.be/b\\_t1-VDcO1c](https://youtu.be/b_t1-VDcO1c)

A200 Agility Edges Balance with a Puck and Shot - U18 F  
<https://youtu.be/upJj-GVaoTOQ>

### **B202 – Players do the exercises in the neutral zone**

A202 - Chaos Puck Protection - Pro  
<https://youtu.be/Bs348vyFwb0>

A202 - 3-0 Chaos Overspeed x 2 - U17  
[https://youtu.be/C7\\_3jViAf3w](https://youtu.be/C7_3jViAf3w)

### **A300 – Random Organization for individual skill practice**

A300 Individual Warm-up-Pro  
<https://youtu.be/K6VnsKDkDLE>

A300 Stickhandle Proprioceptive Overload – Pro  
<https://youtu.be/UzDm9MxGuBc>

A300 Tight Turn circuit - Finland Pro

<https://youtu.be/daWj3eoQ3dM>

A300 Before and After Practice Individual Skills - Russian U20

[https://youtu.be/UmdNhKc\\_2JA](https://youtu.be/UmdNhKc_2JA)

A300 Walk Outs and Walk Ins - Sweden U20

<https://youtu.be/TPT4N1kqjL8>

A300 x 2 - Skating and Puck Handling Warm-up with Shots – Finland

[https://youtu.be/fE\\_tZqmtPaE](https://youtu.be/fE_tZqmtPaE)

A300 - One Touch Warm-up - Slovakia U20

<https://youtu.be/SY8qDLKXXpk>

A300 One Touch Warmup-Slovakia U20

[https://youtu.be/nqTzB\\_L4aPw](https://youtu.be/nqTzB_L4aPw)

A300 Puckhandle and Shot-U22

<https://youtu.be/P-oE2TL8x-E>

A300 Partner Pivot and Pass U18

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

A300 Skating and Skill Circuit U18

<https://youtu.be/3gFSme88UDk>

A300 - Individual Warm up - U20 M

<https://youtu.be/NpFVTD52haQ>

A300 - Pre Practice Warm up - U18 M

<https://youtu.be/KdFkFe7l0q0>

A300 - Finnish Skating Skills

<https://youtu.be/C4RBWxMVE54>

A300 - Hockey Skating from Finland Pt 2

<https://youtu.be/yZtYAWGWkLQ>

A300 Skill Circuit Finnish U17

[https://youtu.be/v\\_hQNz4SN7k](https://youtu.be/v_hQNz4SN7k)

A300 - Advanced Moves Finland -2

<https://youtu.be/2F609QWQfQs>

A300 - Advanced Puck Handling from Finland - 3

<https://youtu.be/jHQBBVoSHB8>

A300 - Advanced Puck Handling from Finland

<https://youtu.be/JQs66NfzyCI>

A300 - Crosby Mohawks - Stacy College W

<https://youtu.be/HbdWGYqKX-s>

A300 - Demo - Stacy College W  
<https://youtu.be/Q0dnpVqTVBk>

A300 - Iron Cross in Circles - Stacy College W  
<https://youtu.be/8Udsad38X8w>

A300 - Iron Cross Passing in Circles - Stacy College W  
<https://youtu.be/AYmL2cfsX8s>

A300 - Iron Cross-Crossovers - Stacy College W  
<https://youtu.be/z0ADrOSqa3A>

A300 Tight Turns-Three Hard Strides-Shot - U18 F  
<https://youtu.be/pamQ9ULvy2U>

A300 Puck Handling vs. Defender Warm-up - U18 F  
<https://youtu.be/iZvR0MCoa9s>

A300 - Pass and Keepaway - U18 G  
<https://youtu.be/HYccFzSPs2I>

A300 Big Moves Warm-up - Czech Youth  
<https://youtu.be/lzB6ZLGsHHY>

A300 Shooting Technique Czech Camp  
<https://youtu.be/1FN1AdXVy3Y>

### **A - A500 - Puck Handling and Moves**

A - Puck Handling Technique - Grip and Side to Side - Sw  
<https://youtu.be/3yyGK2F67nQ>

A - Chip and Spin Escape Move – Sw  
<https://youtu.be/FtEHYi0mbeo>

A - Head and Shoulder Fakes Side to Side – Sw  
<https://youtu.be/ioQVyOW0SRs>

A - Puck Handling 360 Degrees – Sw  
<https://youtu.be/hUnEGNF4rsk>

A - PH - Big Moves All Around the Body – Sw  
<https://youtu.be/Dh4Gbc9z34s>

A - PH - Backspin with the Puck – Sw  
<https://youtu.be/vA8jwkRw92s>

A - PH - Backhand Between the Legs – Sw  
<https://youtu.be/HE4ZFvKvsws>

A - Puck Handling - Fake Outside - Pull Across – Sw  
<https://youtu.be/8QXRx4p0phl>

A - PH - Toe Drag or Pull-in – Sw  
<https://youtu.be/c6POAR2TsCA>

A - PH - Race for Loose Pucks - Skating and Stick Fake – Sw  
<https://youtu.be/nV49dbk57LM>

A - PH - Lift Puck Over the Stick – Sw  
<https://youtu.be/3txpY0l8dpQ>

A - PH - Lacrosse Move – Sw  
<https://youtu.be/ORw53k0TlrQ>

A - PH - Fake Shot – Sw  
<https://youtu.be/Prut-ql3gsU>

A - PH - Escape Move - Delay With a Cutback – Sw  
<https://youtu.be/neQc1fa5Ryk>

A - PH - Cut In - Slide Puck in Front of Defenders Skates – SW  
<https://youtu.be/hkqUUhm1ZDI>

A - PH - Cradel the Puck in Triple Threat – Sw  
<https://youtu.be/HEJldvGxy3A>

A - PH - Build a Wall - Cut In – Sw  
<https://youtu.be/qpWGbYgBpxY>

A - Tripod Three Point Stance – Sw  
<https://youtu.be/IPf2tT2jYTA>

A - Push-out Tight Forehand Turn – Sw  
<https://youtu.be/fDprloejVaw>

A - Triple Threat Position – Sw  
[https://youtu.be/CV\\_uRVyVt9U](https://youtu.be/CV_uRVyVt9U)

A - Gretzky Move and Shot - Sw  
<https://youtu.be/unJpJaHGvls>

A - Fake Inside Go Outside – Sw  
<https://youtu.be/Py0iNu4m6QI>

A - Deke and Breakaway vs Backchecker – Sw  
<https://youtu.be/03fwZ-HBpto>

A - Puck Protection – Sw  
<https://youtu.be/RVptxsczfZc>

A - Overspeed Puck Handling with a Shot – Sw  
<https://youtu.be/fvlxezaYJfQ>

A - Keepaway Inside Circle – Sw



<https://youtu.be/pwOyFDWizBY>

A - Tight Turn 8's – Sw

<https://youtu.be/NJ8taXGNZwY>

A - Fake Inside Go Outside – Sw

<https://youtu.be/mYdA2wv14Og>

### **A400 – Players go up and back in lanes**

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 4 Lanes - Pro

<https://youtu.be/UMqbXiCMsdc>

### **A - Shooting Skills**

A - Optimal Shooting Position - Sw

<https://youtu.be/5MYyg8JLky4>

A - Sweep or Power Shot – Sw

<https://youtu.be/fWxR8lJe0Yg>

A - Snap Shot Technique – Sw

<https://youtu.be/ZRSW6TENkJw>

A - One Timer Shot – Sw

[https://youtu.be/rtFKVr4K\\_lo](https://youtu.be/rtFKVr4K_lo)

A - Quick Shot off a Pass – Sw

<https://youtu.be/6SyC4KyyMoA>

A - Shoot to Score – Sw

<https://youtu.be/Dp-3bjrLSKw>

### **A500 – Circuit Training**

A500 - Skating Agility and Skills Circuit – Pro

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

A500 - Two Puckhandle vs Coach x 4 – Pro

<https://youtu.be/ySFdeZAtOQA>

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'The Game is the Greatest Coach'

'Enjoy the Game'

