

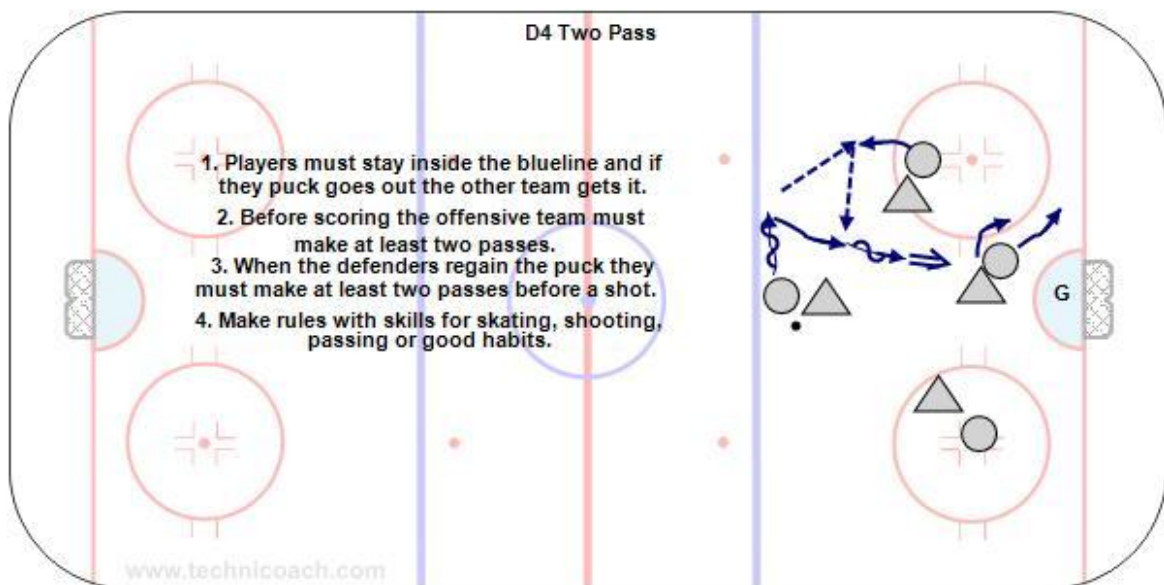
Fire Black Facebook Video

T3 - Toronto Sceptres Stick Lift - Box Out

<https://www.facebook.com/tom.molloy.5836/videos/1634920560449066?idorvanity=631135947796206>

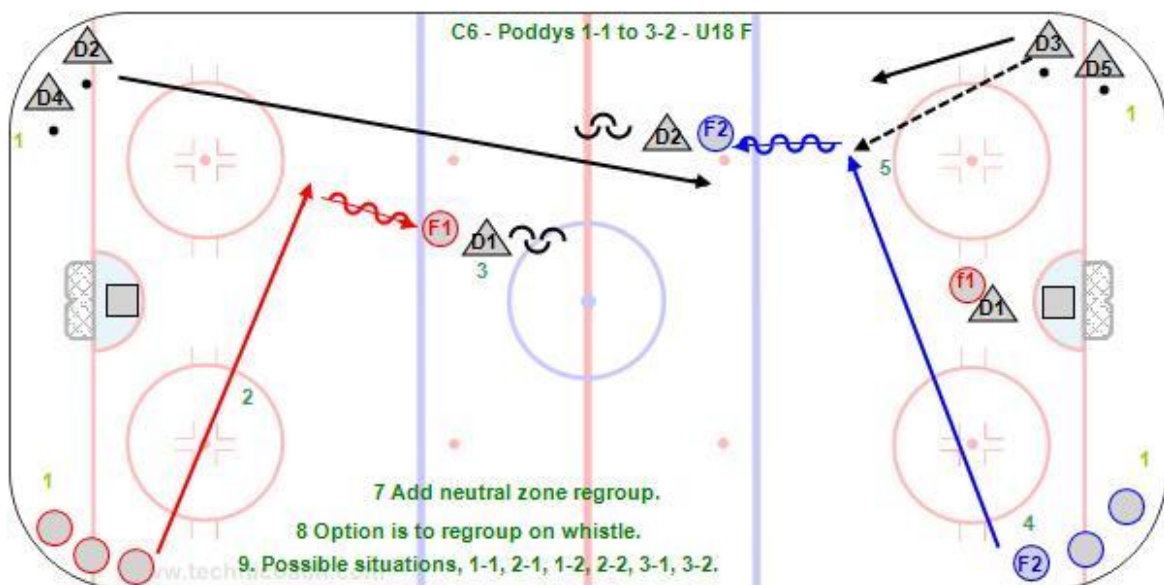
D4 - Two Pass x 2 - Eye Contact Passing – Scissors

<https://www.facebook.com/518555930/videos/pcb.1653457065564084/601395419353726>



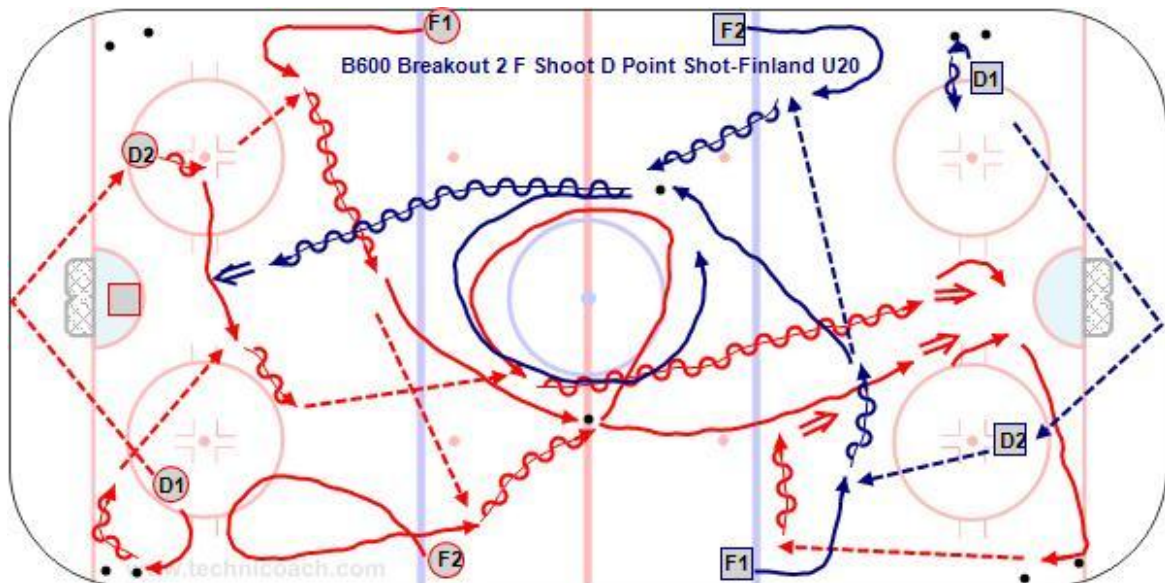
C6 - 1-1 and 2-1 - D Follow Rush

<https://www.facebook.com/518555930/videos/pcb.1653455878897536/837009678550844>



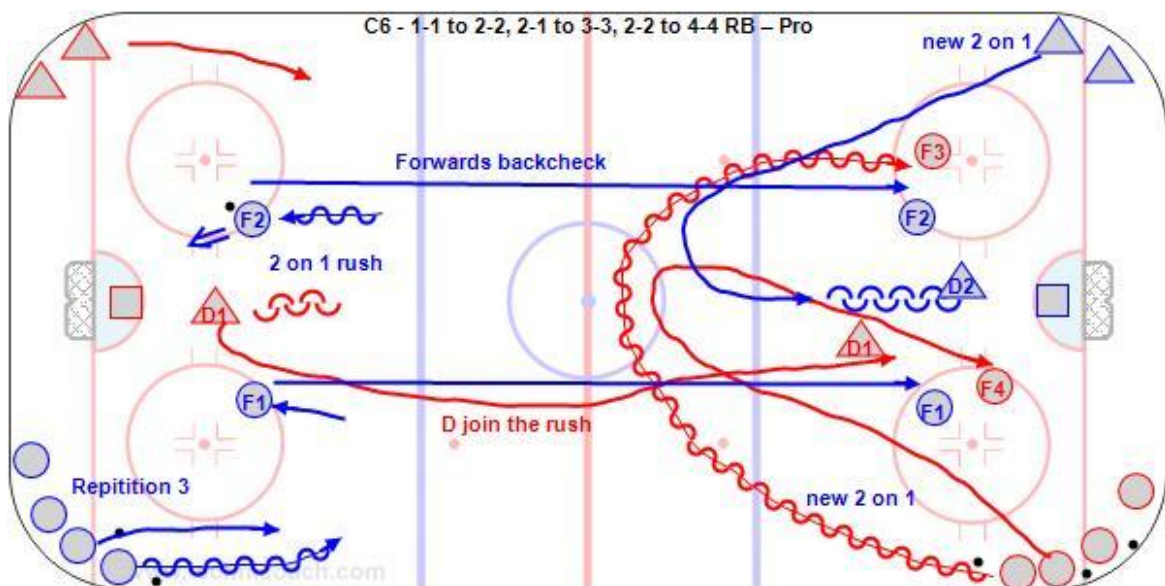
T2 - D-D - DW - W-W - D-W - W-w-D Shots

<https://www.facebook.com/518555930/videos/pcb.1653454778897646/962432488726095>



C6 - 1-1 to 2-2 - D Join Rush - F Backcheck

<https://www.facebook.com/518555930/videos/pcb.1653452938897830/3427276027403662>

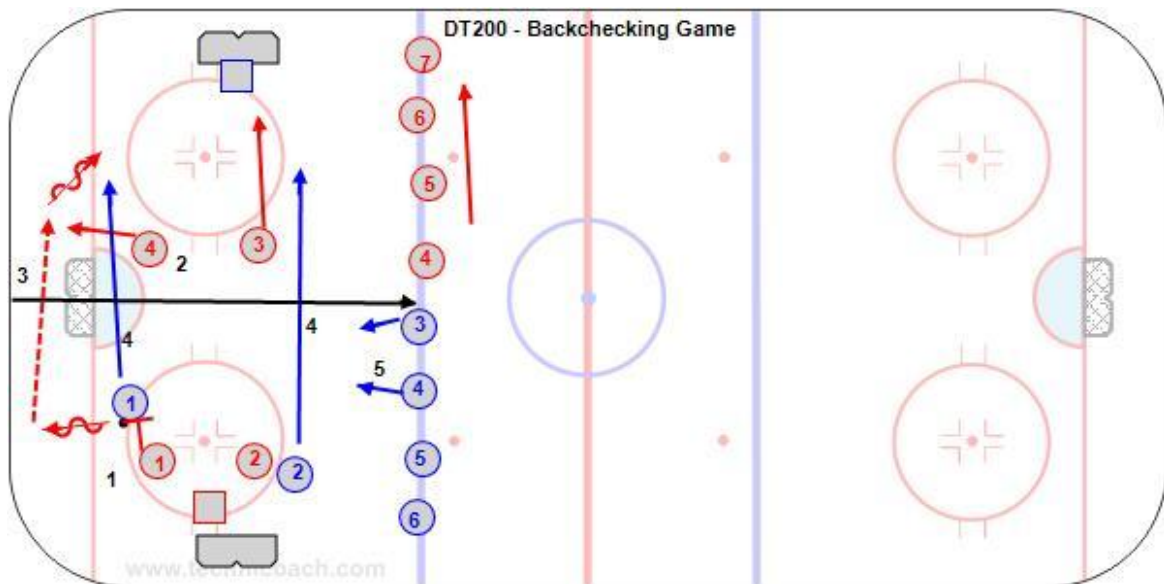


Tim Turk Shooting instruction

<https://www.facebook.com/timturkhockey/videos/1155955392556792>

DT200 - Backchecking Game – MRU

<https://www.facebook.com/518555930/videos/pcb.1650659835843807/673617478323465>



DT200 - 2-2 Defend - Attack Game – MRU

<https://www.facebook.com/tom.molloy.5836/videos/1301580384482793?idorvanity=631135947796206>

Outdoor hockey in Pakistan

<https://www.facebook.com/reel/1692952541316825>

D202 - 3-3 Extra Players Jokers Along Dot Line on Sides – MRU

<https://www.facebook.com/tom.molloy.5836/videos/587708707416196?idorvanity=631135947796206>

Tretyak Goalie Warm up

<https://www.facebook.com/reel/1153611059699617>

ODR time.

<https://www.facebook.com/tom.molloy.5836/videos/999974102153306?idorvanity=631135947796206>

Great presentation on playing with good habits.

<https://www.youtube.com/watch?v=W059tjZHpA>

Overtime, Goal Fire Black

<https://www.facebook.com/tom.molloy.5836/videos/9870239586323008?idorvanity=631135947796206>

Dany Heatley thank you pic

<https://www.facebook.com/photo?fbid=10162881979775931&set=gm.1640579926851798&idorvanity=631135947796206>

Jasper camp Christmas 2025

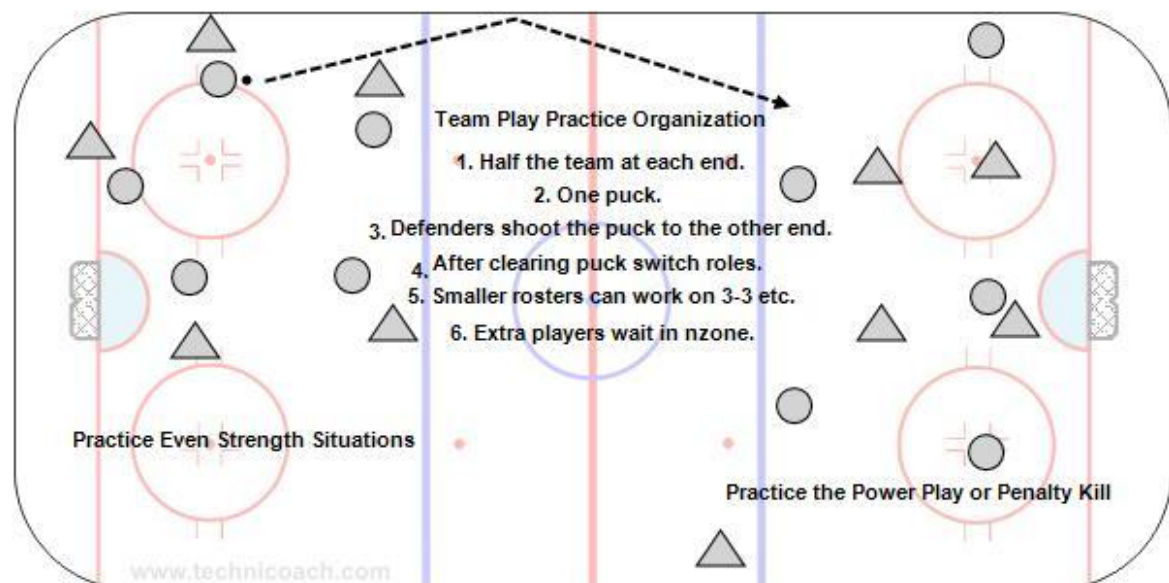
<https://www.facebook.com/photo/?fbid=10162824577260931&set=pcb.1630783637831427>

Stats between each period from Cam

<https://www.facebook.com/photo?fbid=10162881567865931&set=pcb.1640468620196262>

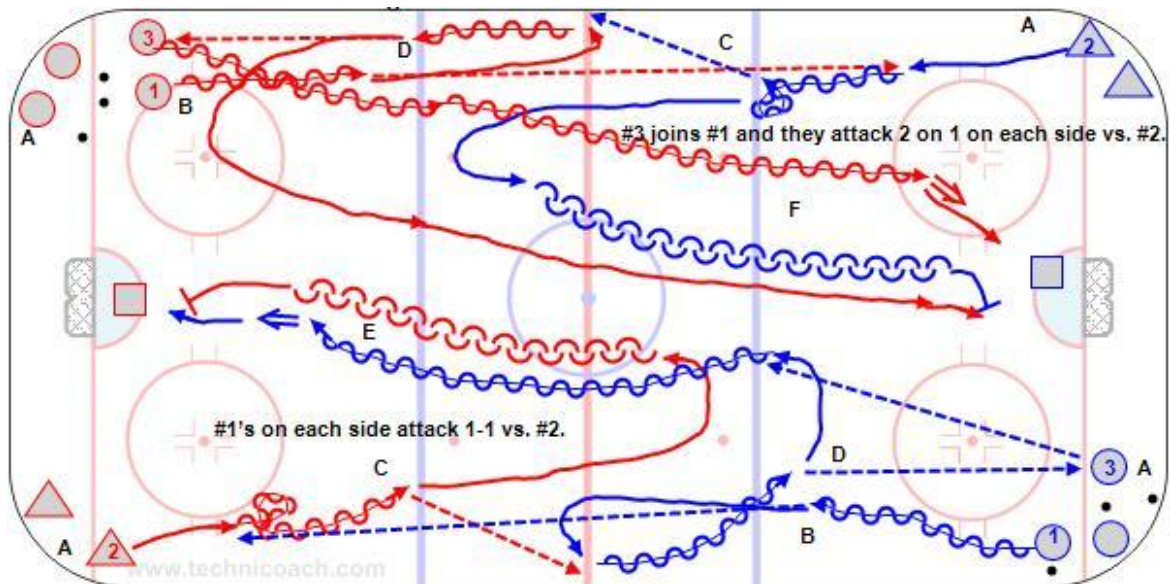
T2-4-DT4 – Reilly Team Play Rotation - U15 G

<https://www.facebook.com/518555930/videos/pcb.1637302500512874/933559988480308>



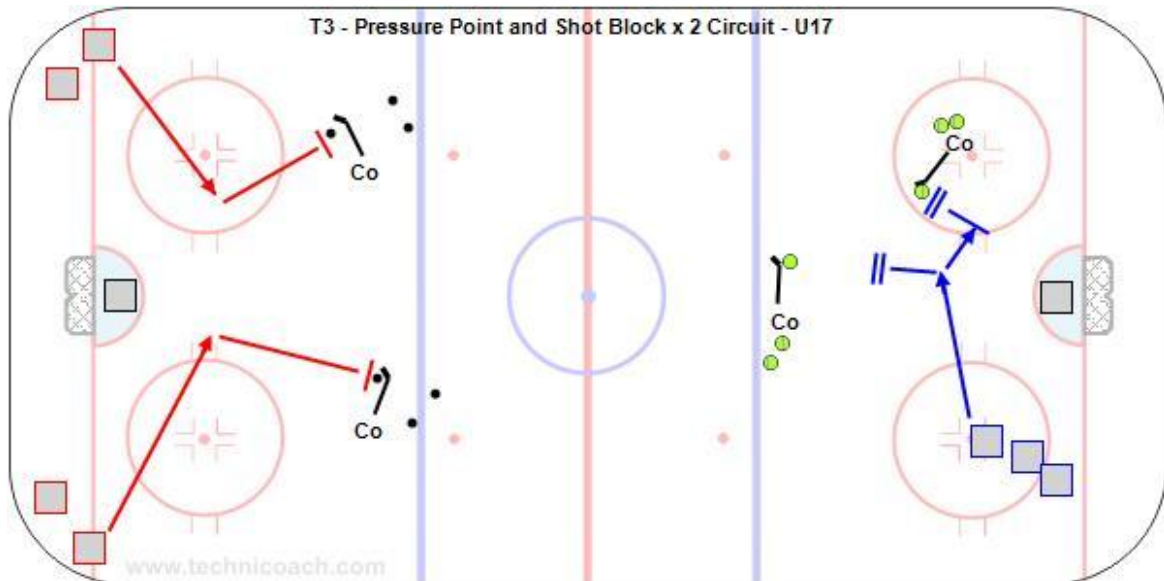
C3 - 1-1 and 2-1 x 2 - U15 G

<https://www.facebook.com/518555930/videos/pcb.1637304760512648/1157437212483410>



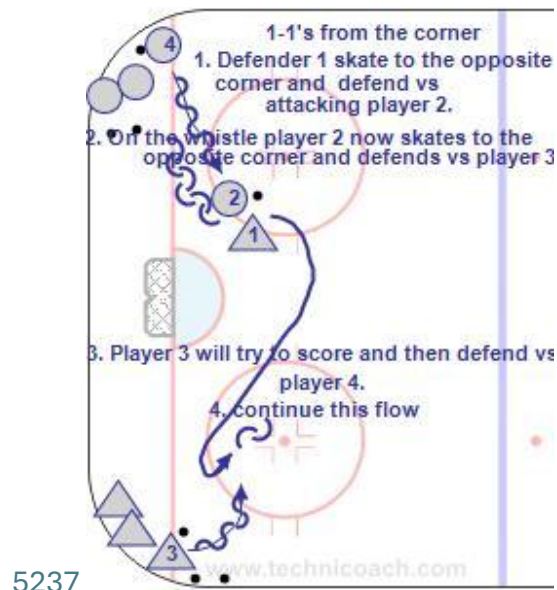
B2 - Point Shots vs Blocker

<https://www.facebook.com/tom.molloy.5836/videos/4227299197588350?idorvanity=631135947796206>



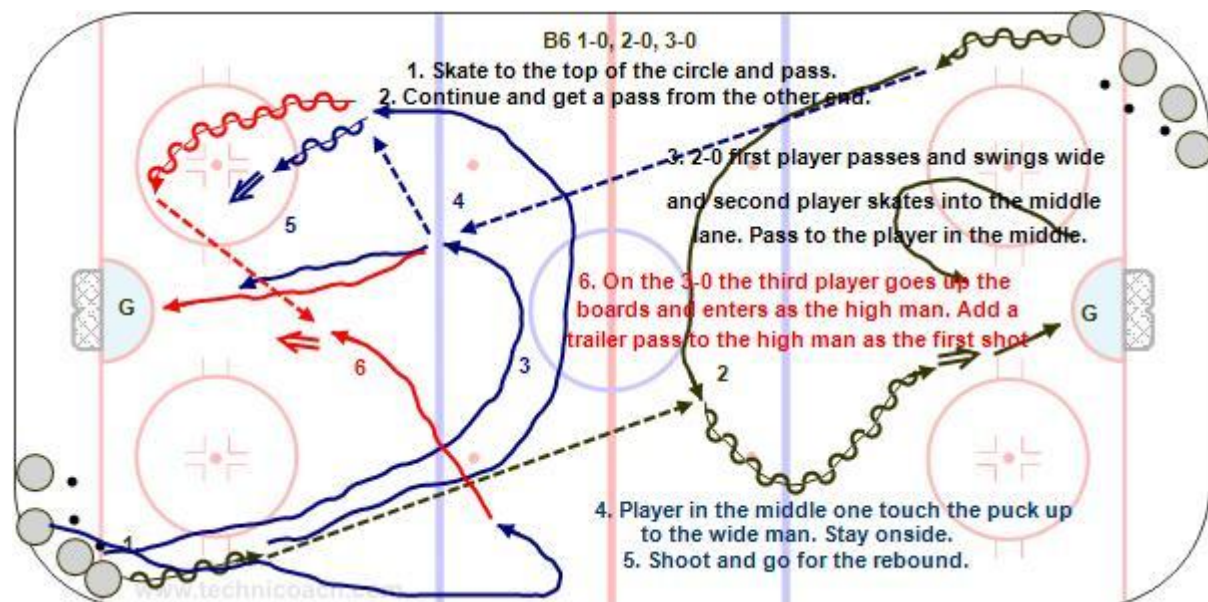
C6 - Jursi 1-1 from corners

<https://www.facebook.com/518555930/videos/pcb.1638709143705543/50600953194>



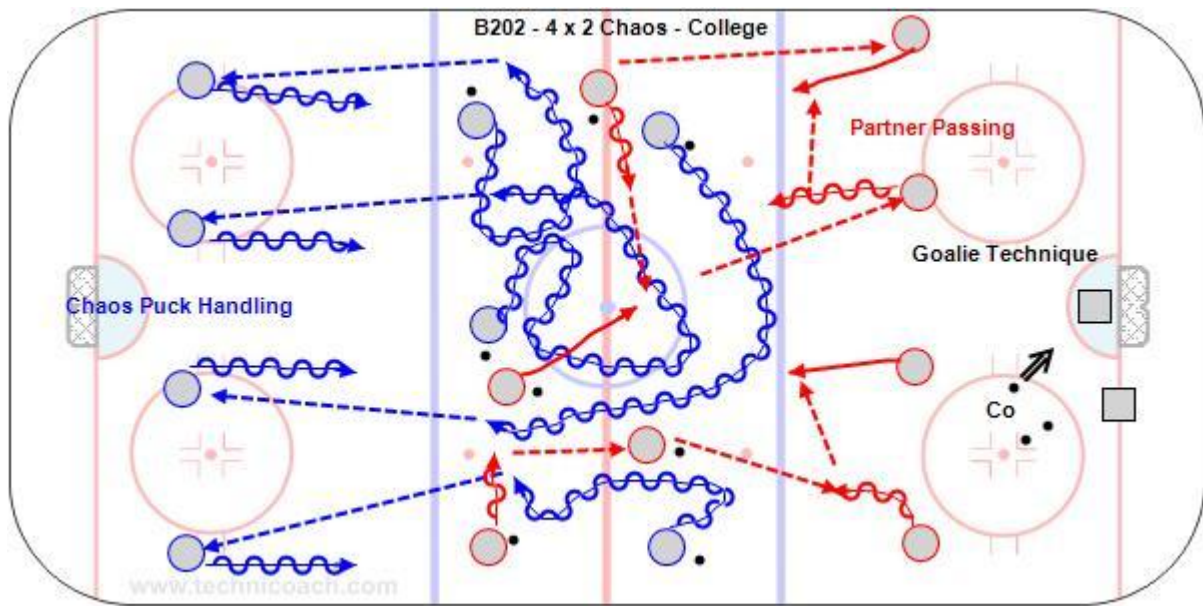
B6 - Small Horseshoe

<https://www.facebook.com/518555930/videos/pcb.1638712137038577/1653484881871970>



B202 - Chaos 3-3 x 2 passing.

<https://www.facebook.com/518555930/videos/pcb.1638714070371717/1645047972748848>

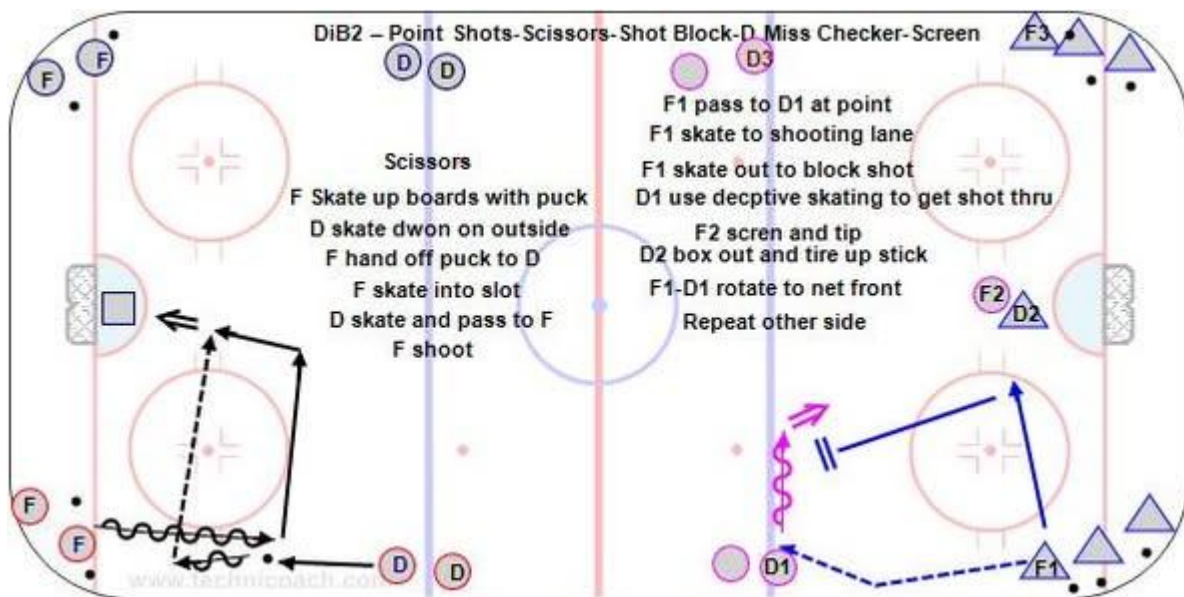


D500 - 3 x 3-3 Keepaway



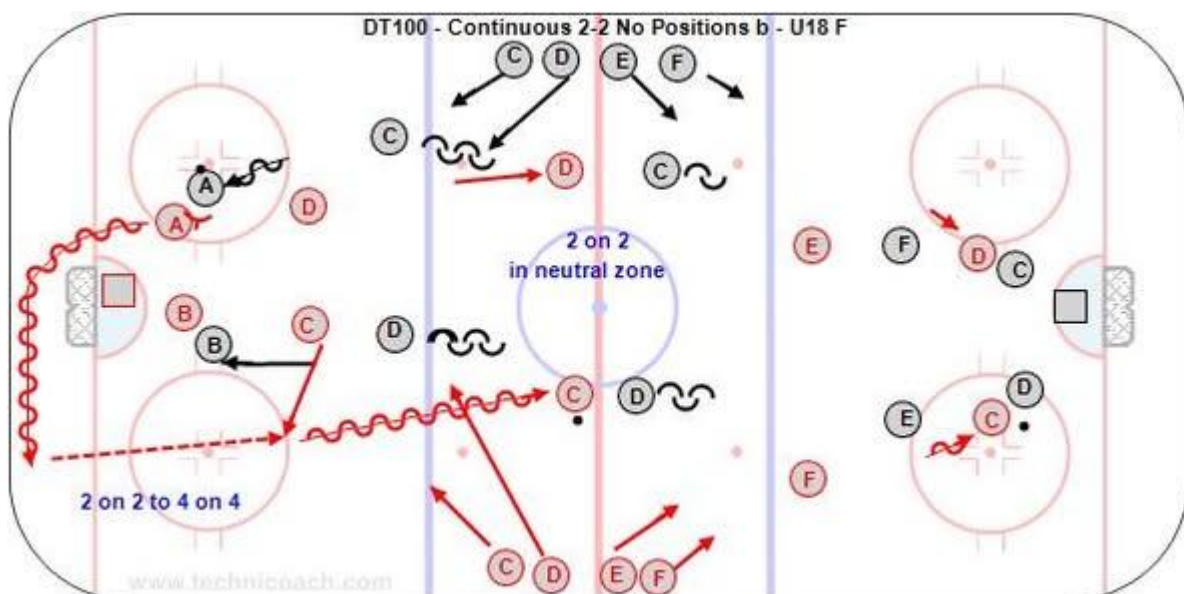
B2 - F to D Scissors

<https://www.facebook.com/518555930/videos/pcb.1638711350371989/1114697193772197>



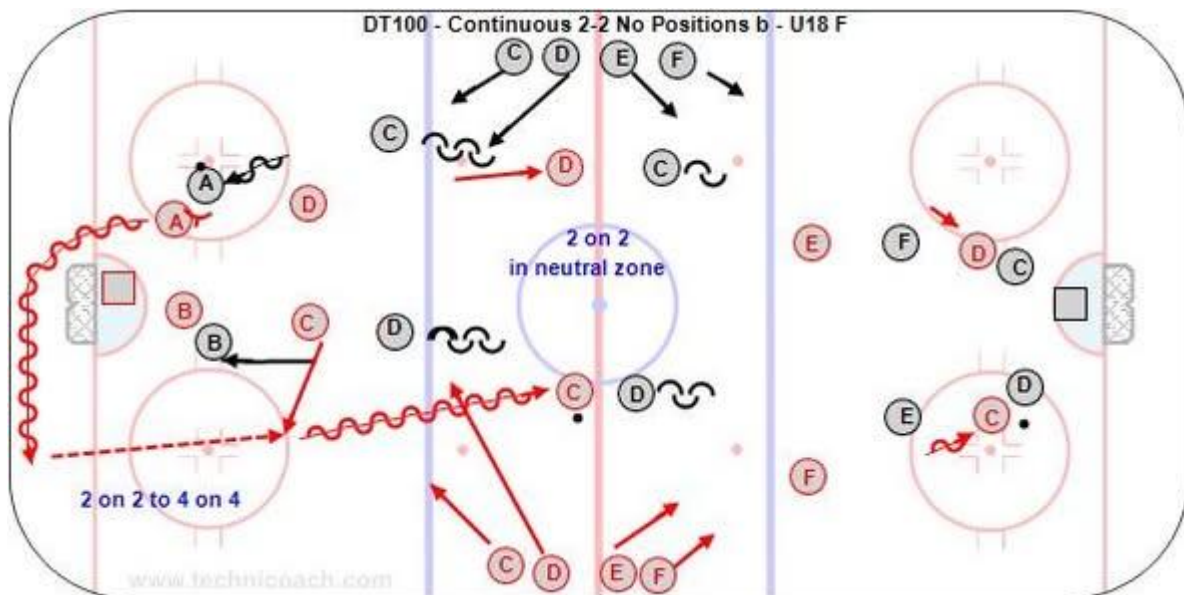
DT 100 - 2-1 to 3-3

<https://www.facebook.com/518555930/videos/pcb.1638708087038982/1130656055381995>



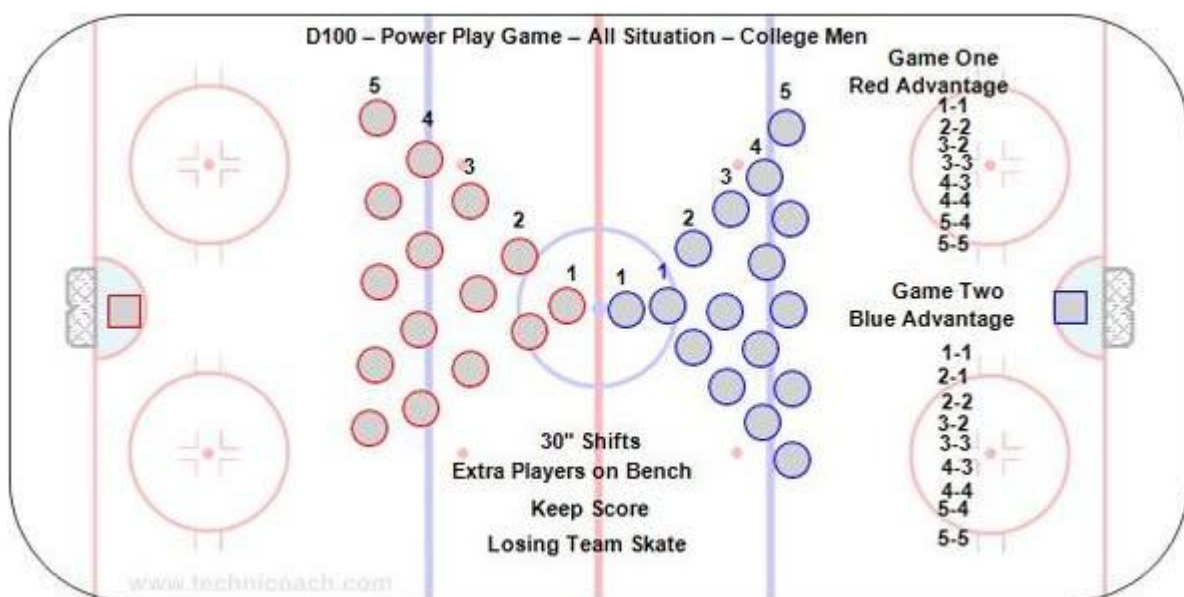
DT 100 - 2-2 to 4-4

<https://www.facebook.com/518555930/videos/pcb.1638707437039047/1672991180301404>



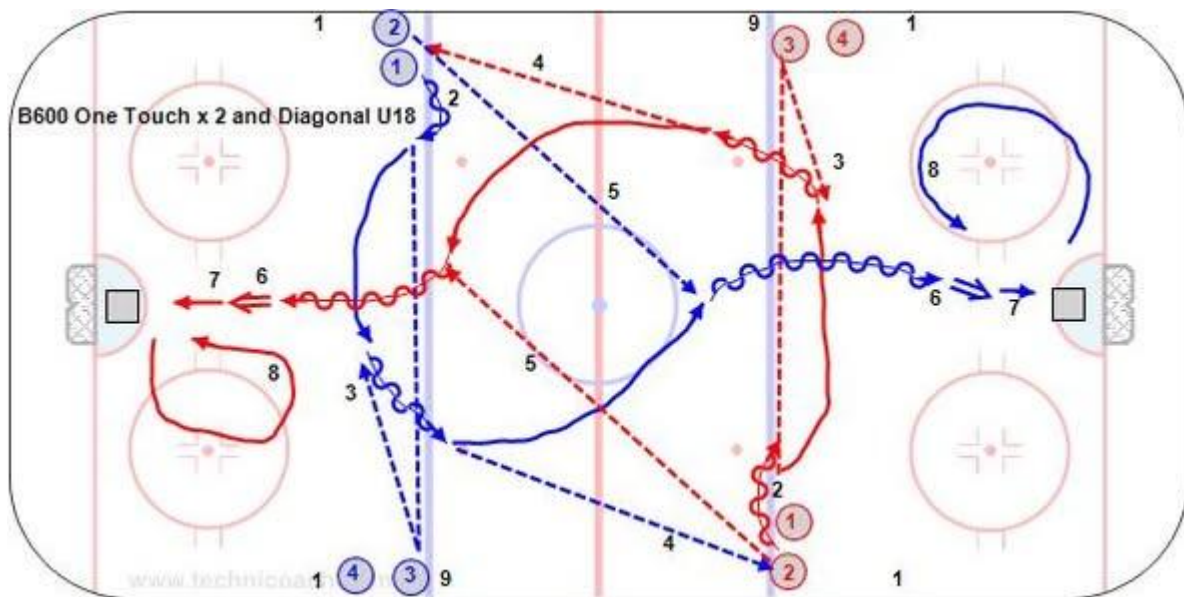
D100 - Power Play Game

<https://www.facebook.com/518555930/videos/pcb.1638706810372443/599045959741996>



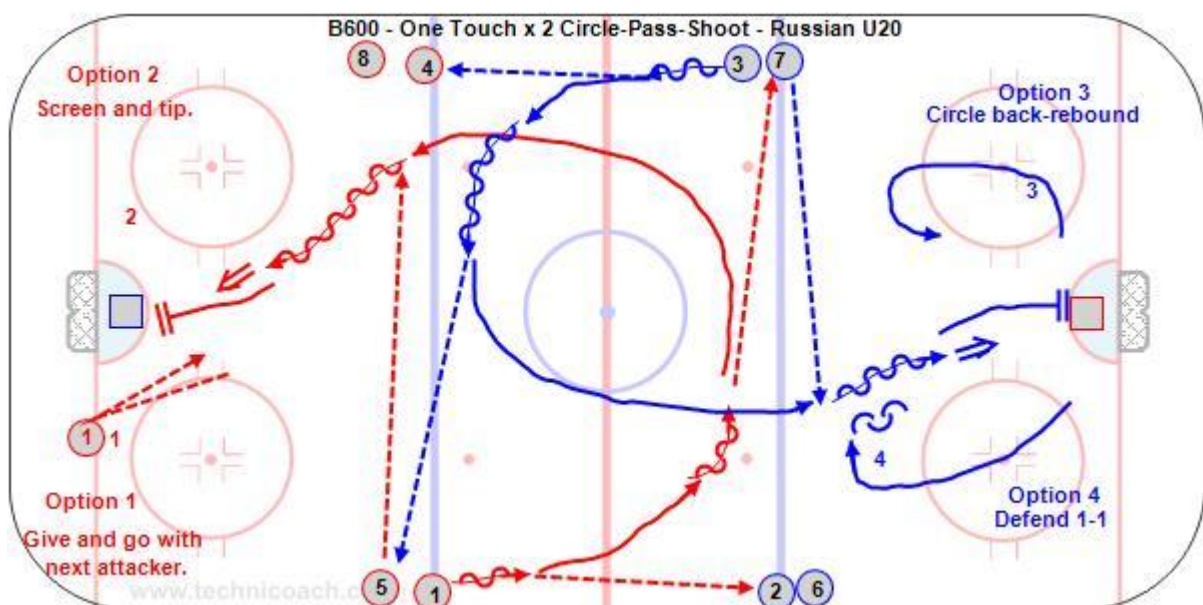
B600 One Touch x 2 - Diagonal U15 G

<https://www.facebook.com/518555930/videos/pcb.1637307967178994/1300041481423938>



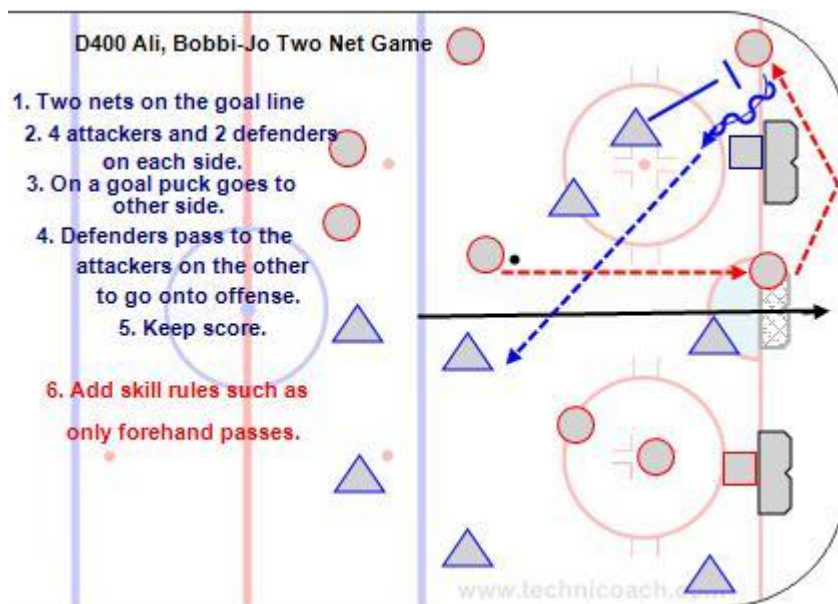
B600 One Touch x 2 - Diagonal U15 G

<https://www.facebook.com/tom.molloy.5836/videos/1525912078099523?idorvanity=631135947796206>



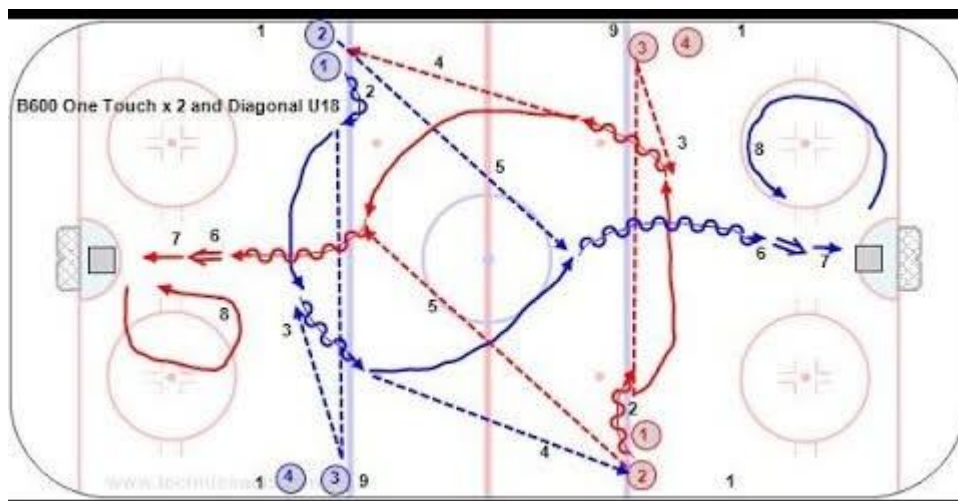
DT400 - Two Net Game 4-2 x 2

<https://www.facebook.com/518555930/videos/pcb.1637303443846113/1312451046627626>



B600 One Touch x 2 - Diagonal U18 F

https://www.youtube.com/watch?v=dKP_RRRHC1w



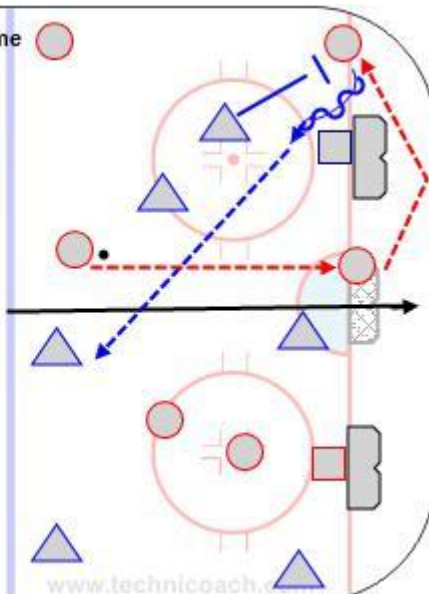
DT400 Two Net Game – CW

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

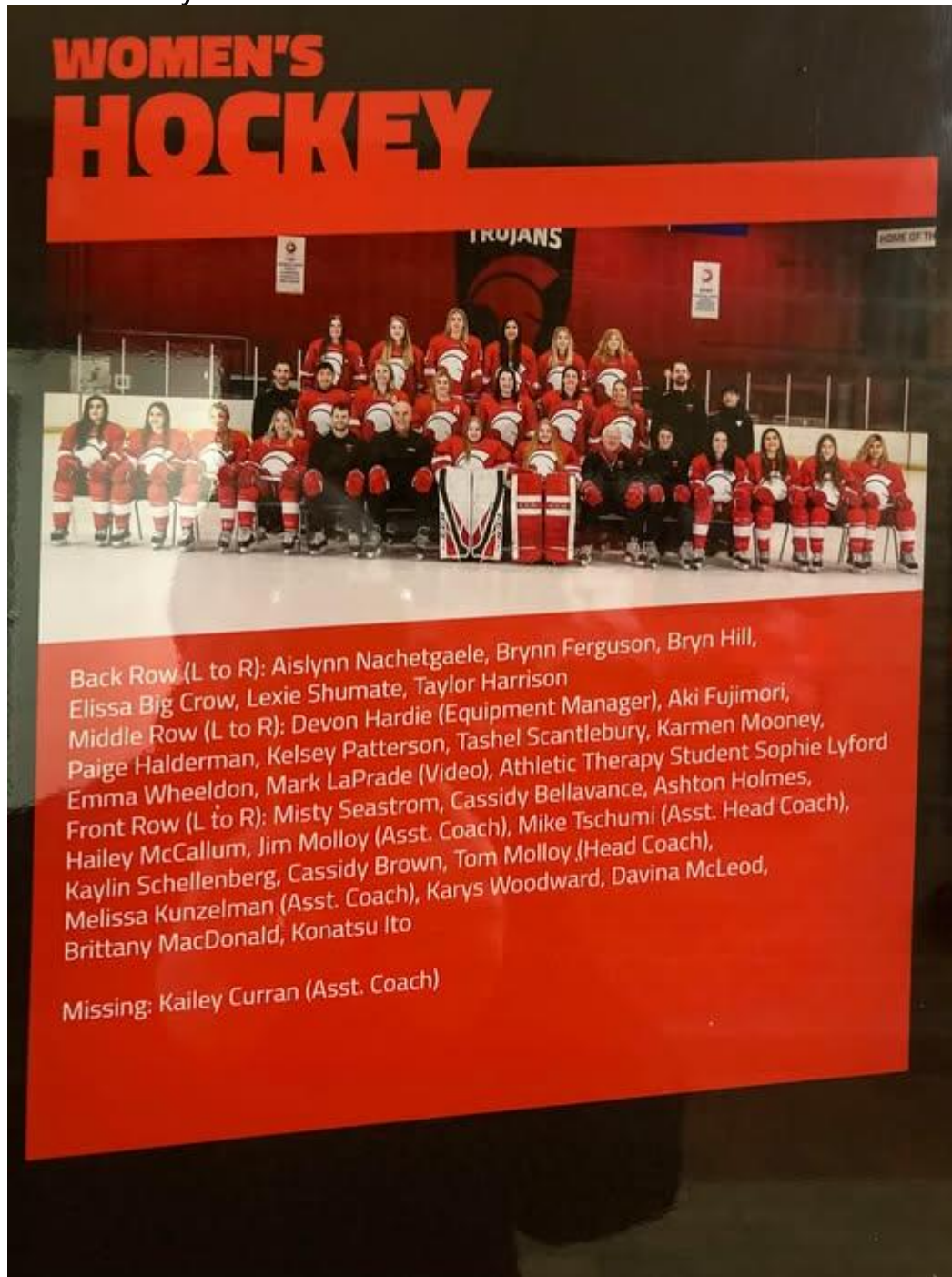
D400 Ali, Bobbi-Jo Two Net Game

1. Two nets on the goal line
2. 4 attackers and 2 defenders on each side.
3. On a goal puck goes to other side.
4. Defenders pass to the attackers on the other to go onto offense.
5. Keep score.

6. Add skill rules such as only forehand passes.



SAIT W Hockey 2019-20

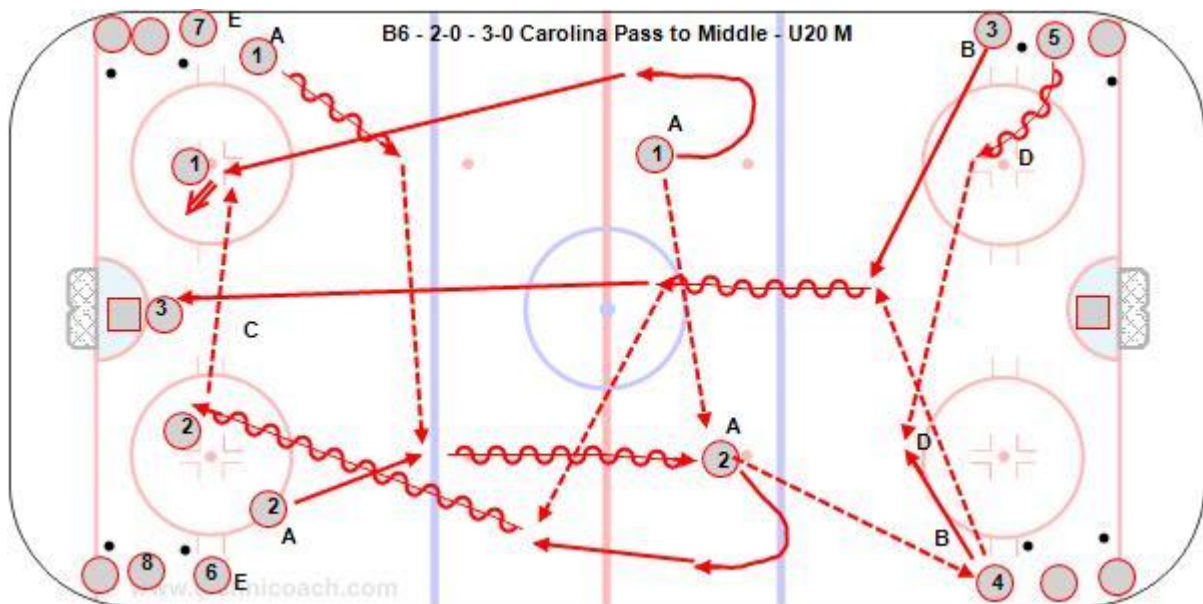


Back Row (L to R): Aislynn Nachetgale, Brynn Ferguson, Bryn Hill, Elissa Big Crow, Lexie Shumate, Taylor Harrison
Middle Row (L to R): Devon Hardie (Equipment Manager), Aki Fujimori, Paige Halderman, Kelsey Patterson, Tashel Scantlebury, Karmen Mooney, Emma Wheeldon, Mark LaPrade (Video), Athletic Therapy Student Sophie Lyford
Front Row (L to R): Misty Seastrom, Cassidy Bellavance, Ashton Holmes, Hailey McCallum, Jim Molloy (Asst. Coach), Mike Tschumi (Asst. Head Coach), Kaylin Schellenberg, Cassidy Brown, Tom Molloy (Head Coach), Melissa Kunzelman (Asst. Coach), Karys Woodward, Davina McLeod, Brittany MacDonald, Konatsu Ito

Missing: Kailey Curran (Asst. Coach)

Carolina 2-0 - 3-0 U15 G

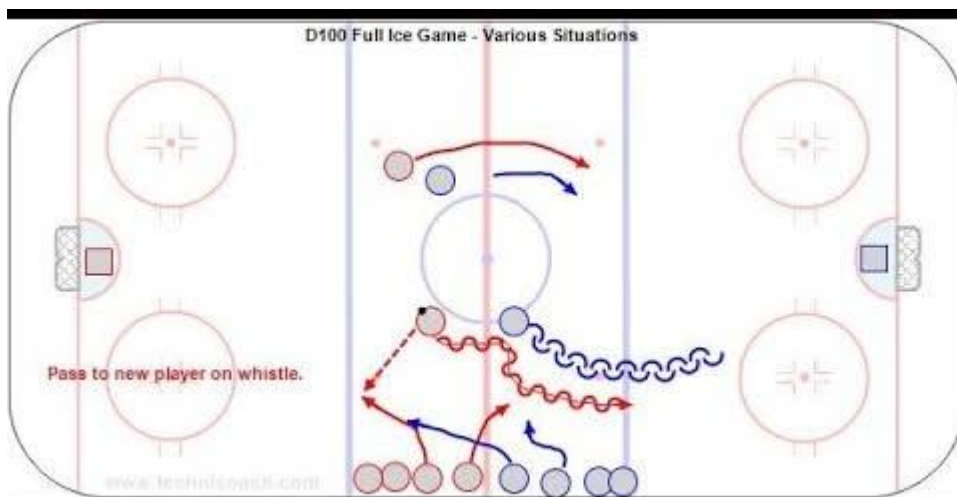
<https://www.facebook.com/tom.molloy.5836/videos/607466415075451/?idorvanity=631135947796206>



D100 - 3-3 - U15 G

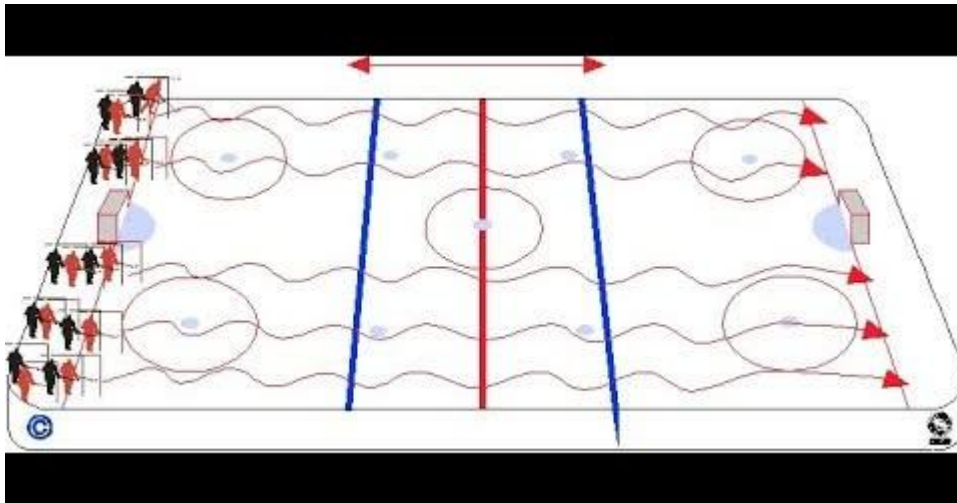
D100 - 3-3 - U15 G

<https://www.youtube.com/watch?v=j-5Znt-v04>



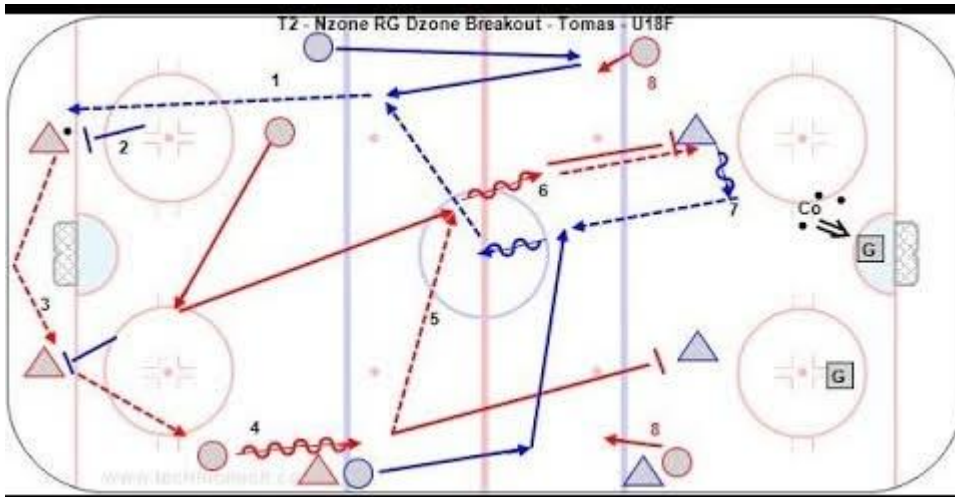
A200 - Russian Big Moves Sequence - Jim-U15 G

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



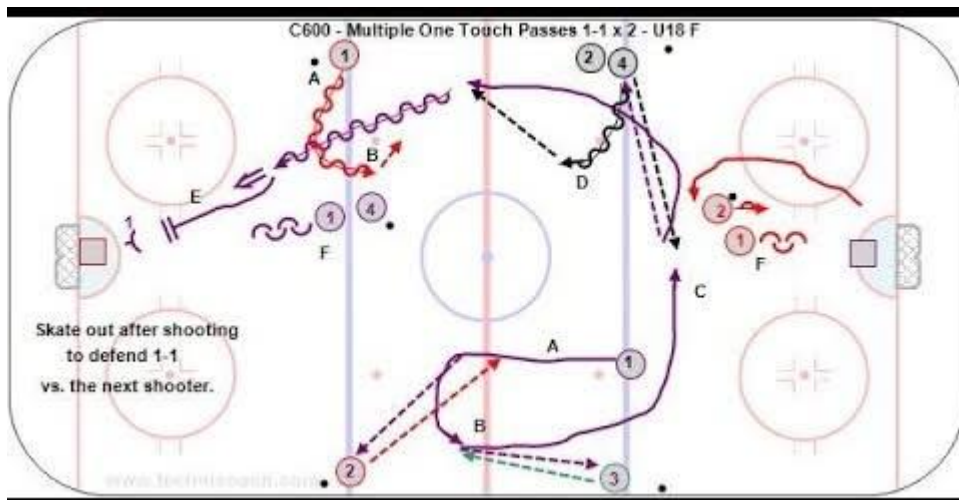
B600 - Tomas 3-2 RG with Dump In BO – U15 G

<https://www.youtube.com/watch?v=jFzfR1NZ12Q>



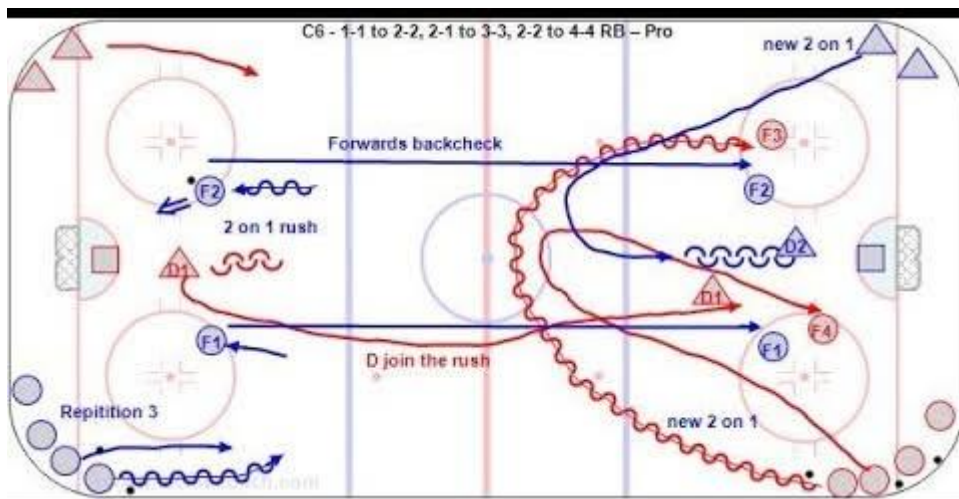
C600 - Multiple Passes 1-1 - U15 G

<https://www.youtube.com/watch?v=yaF7uyqHXpk>



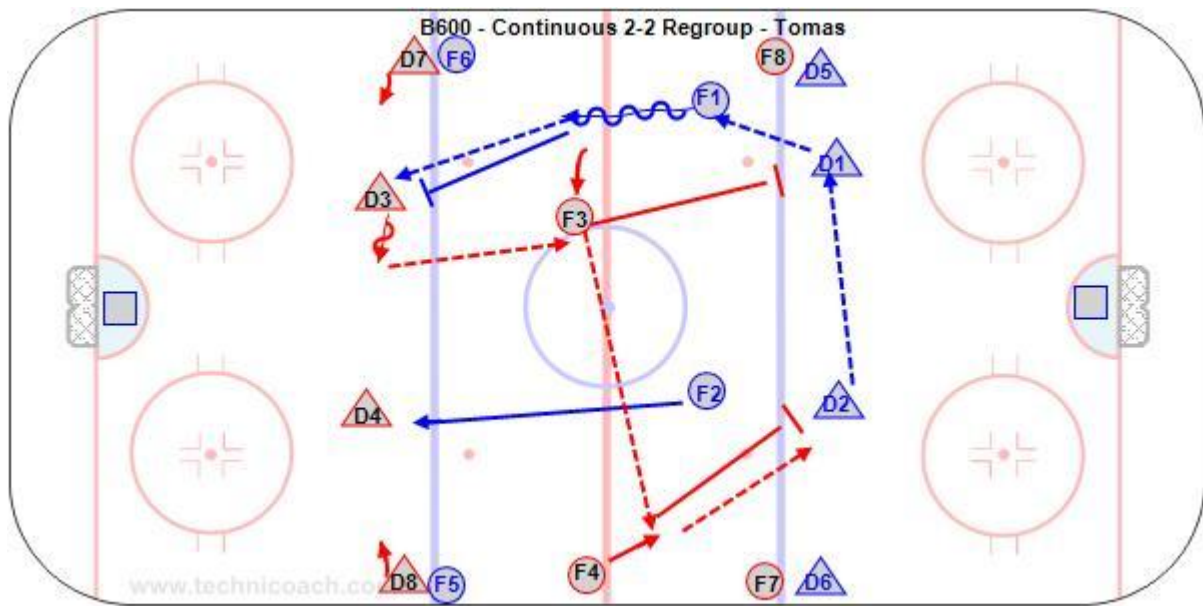
C6 - 2-1 D Join F Backcheck - U15 G

<https://www.youtube.com/watch?v=lnhIefKX4Ek>



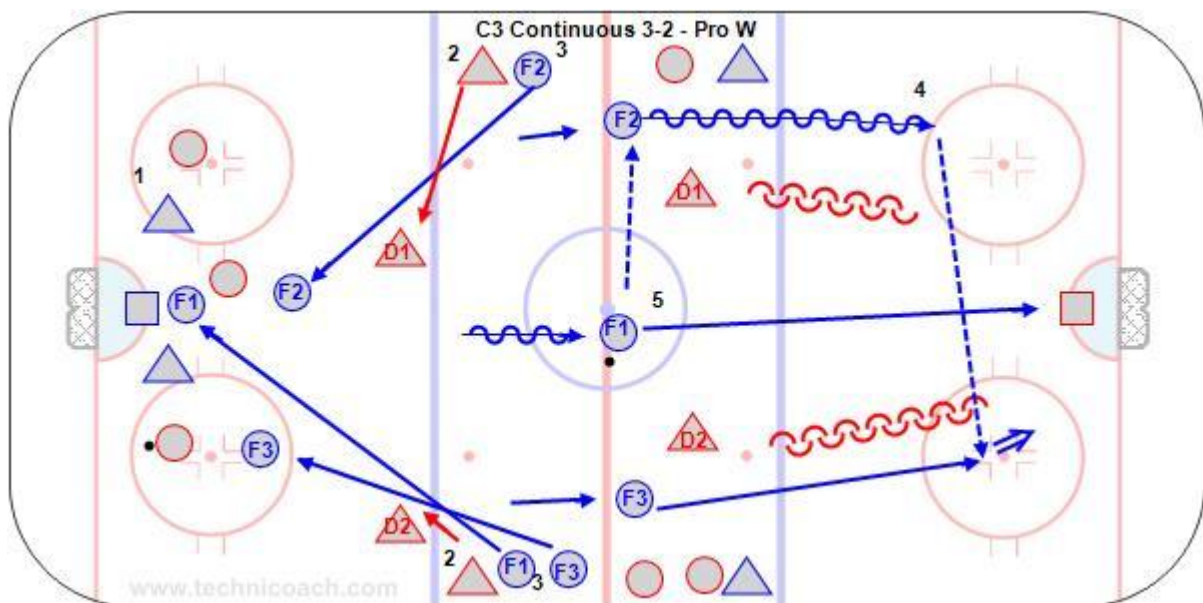
B600 - Tomas Regroup 3 F - U15 G

<https://www.facebook.com/518555930/videos/pcb.1617958079113983/2077483259360422>



DT100 - Continuous 3-2 to 5-5 U15 G

<https://www.facebook.com/518555930/videos/pcb.1617958079113983/462203846571400>



T4 - Defensive Zone Coverage - Animation

<https://www.facebook.com/tom.molloy.5836/videos/845738491075403?idorvanity=631135947796206>

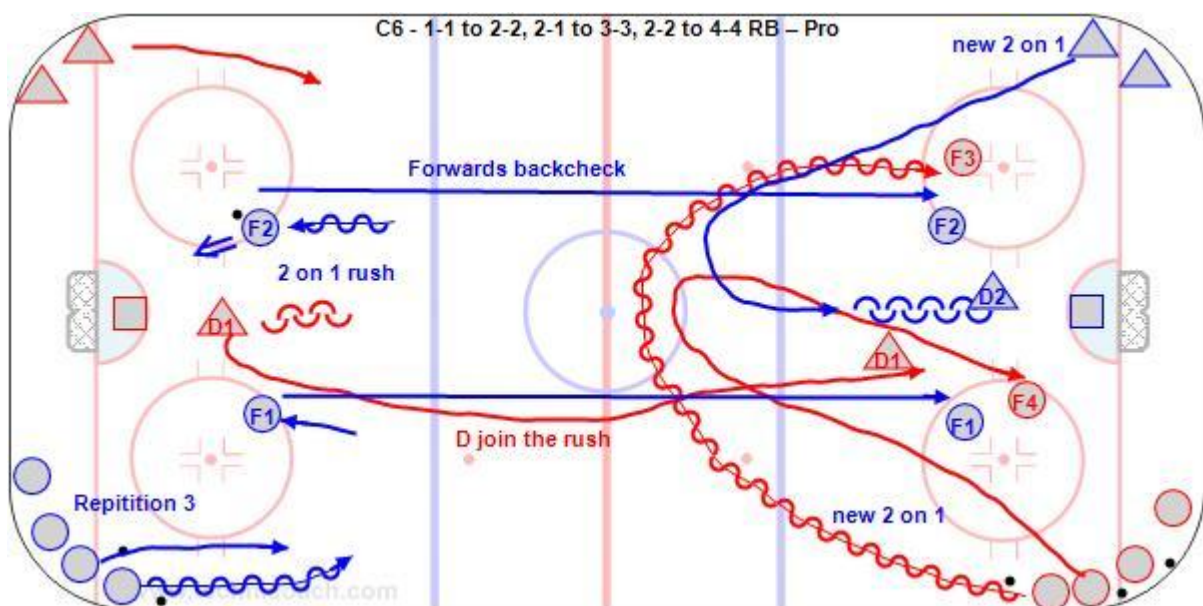
E1 - 1-1 Race to Score with Tight Turn - U15 G

<https://www.facebook.com/518555930/videos/pcb.1609008260008965/1322199212099823>



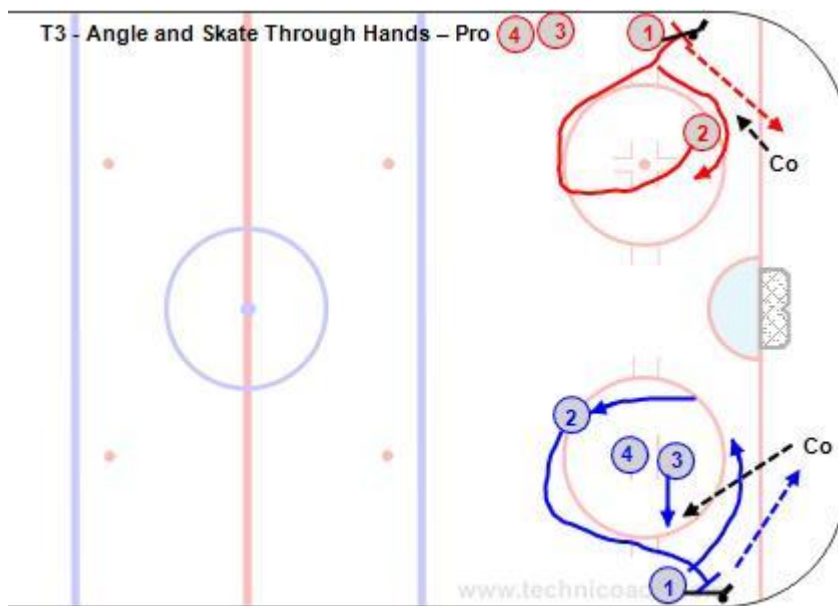
C6 - 3-2 D Join Rush - F Back Backcheck - U-5 G

<https://www.facebook.com/tom.molloy.5836/videos/604483585243071?idorvanity=631135947796206>



C5 - Angling and Defensive Skating

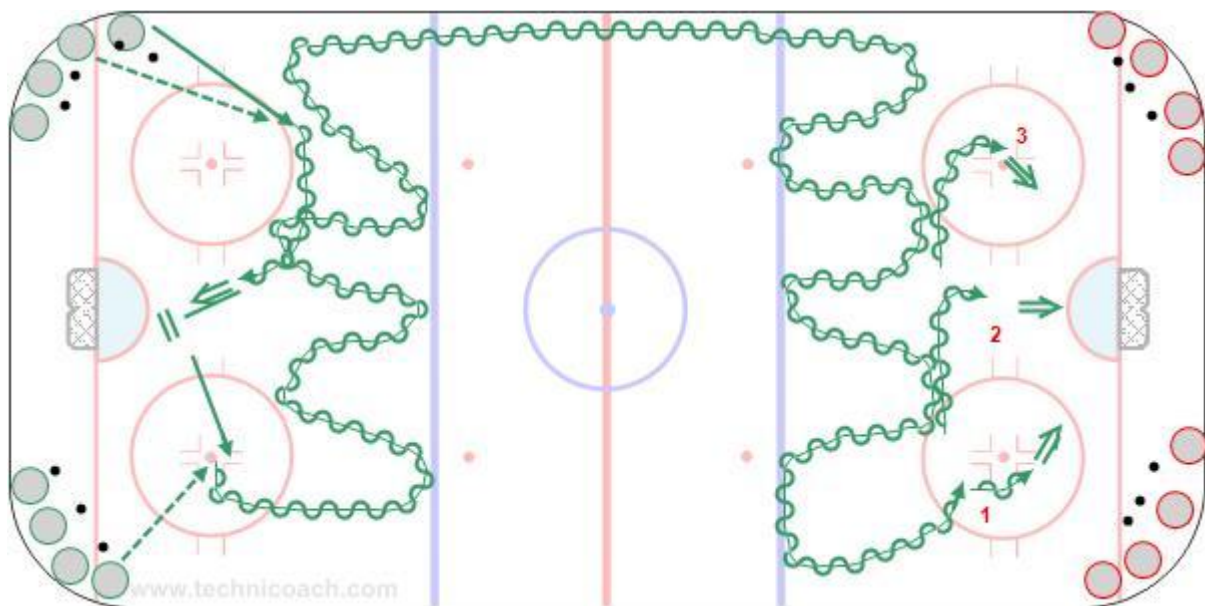
<https://www.facebook.com/tom.molloy.5836/videos/1550306912297531?idorvanity=631135947796206>



B6 – Double zig zag x 2 – U15 G

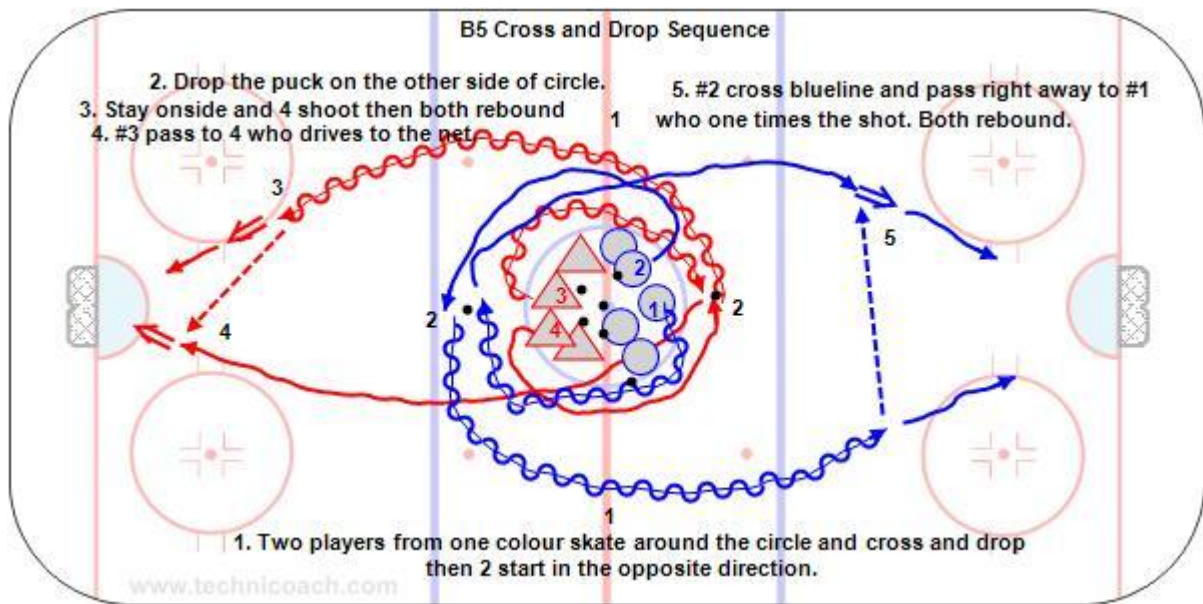
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<https://www.youtube.com/watch?v=vA4EchKwVhE>



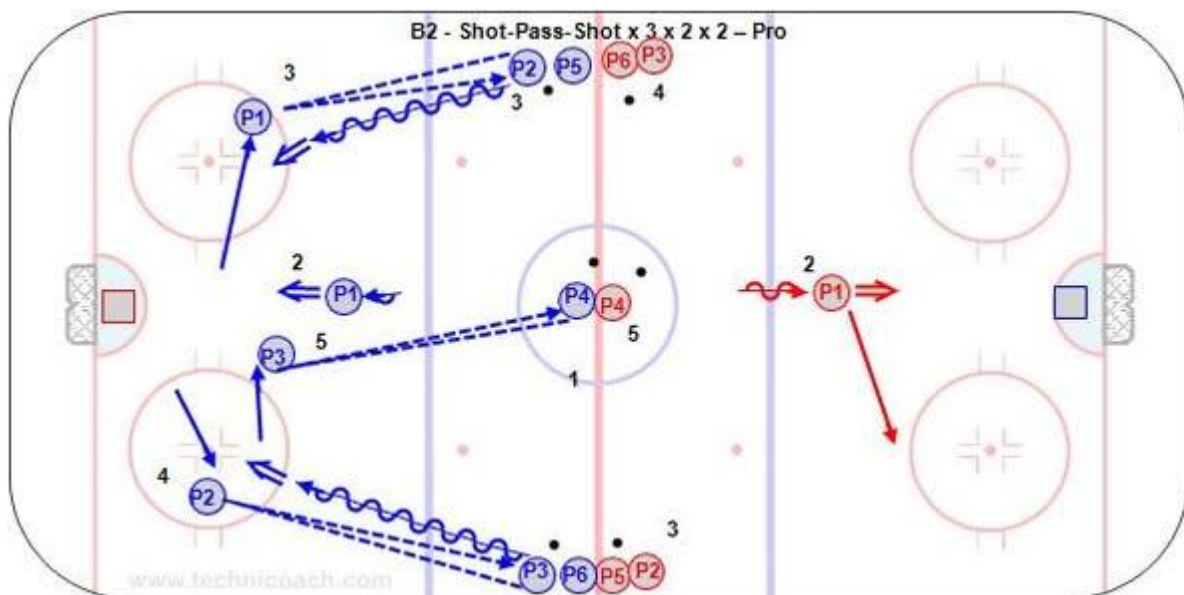
B4 - Cross-Drop - One Timer-Catch and Release - U15 G

<https://www.facebook.com/tom.molloy.5836/videos/880919477365645?idorvanity=631135947796206>



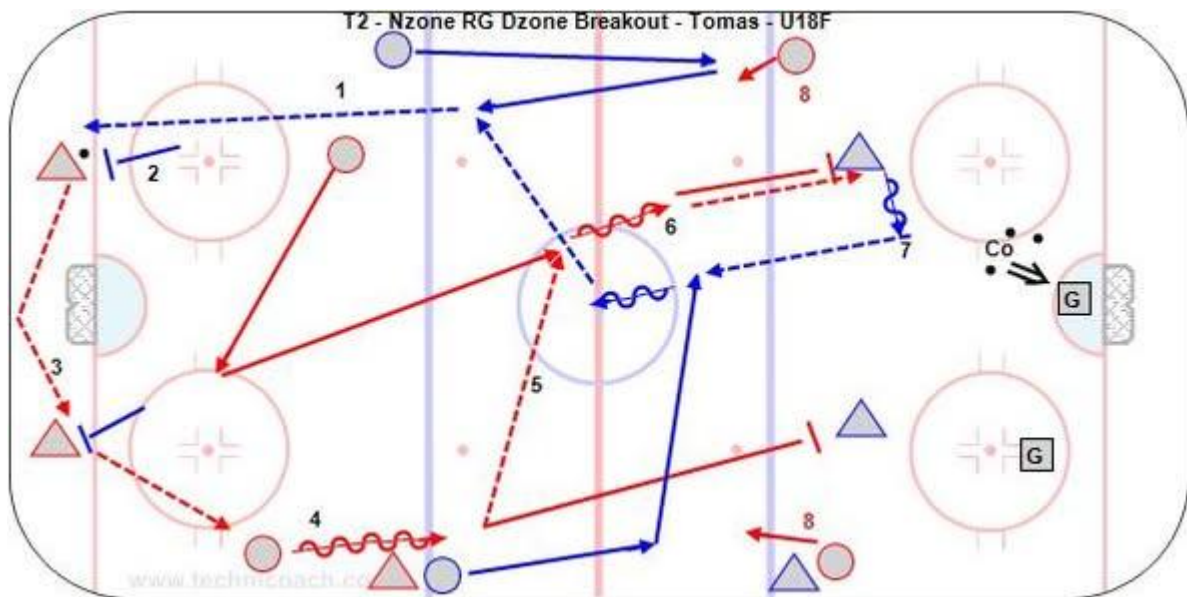
B2 – Give and Go-Shoot x 3 - U15 G

<https://www.facebook.com/518555930/videos/pcb.1594239681485823/1299394387890213>



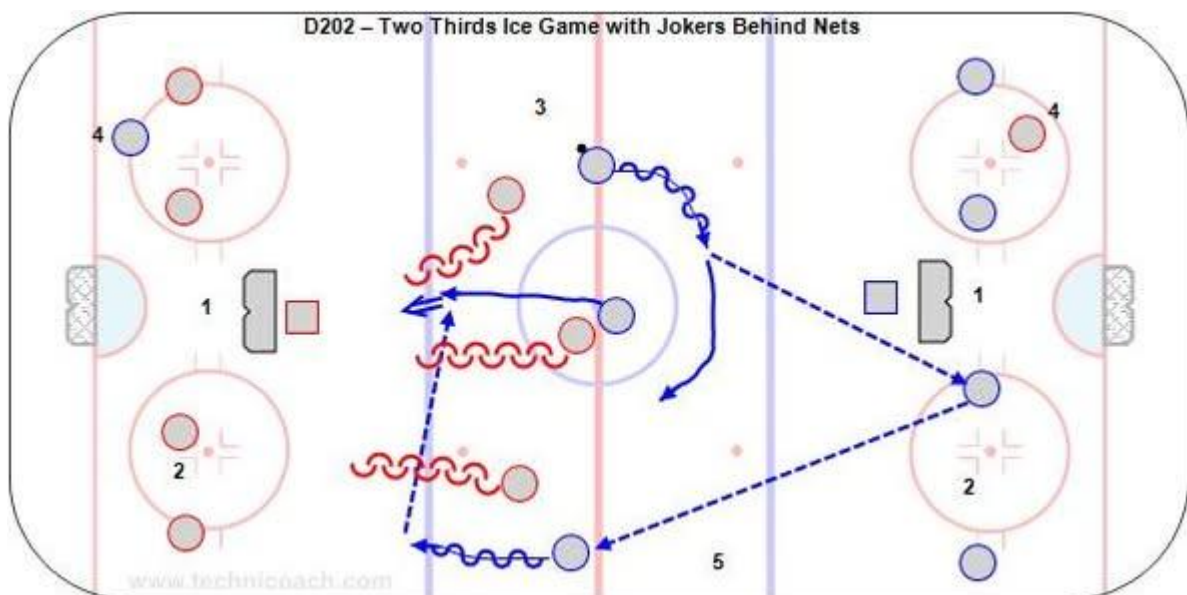
T2-B600 - Continuous Regroup-Shoot In-Breakout - U15 G

<https://www.facebook.com/518555930/videos/pcb.1594238634819261/8716726375060375>



D202 - 5-5 Regroup with Joker to Score - U15 G

<https://www.facebook.com/518555930/videos/pcb.1590770665166058/517077861306585>

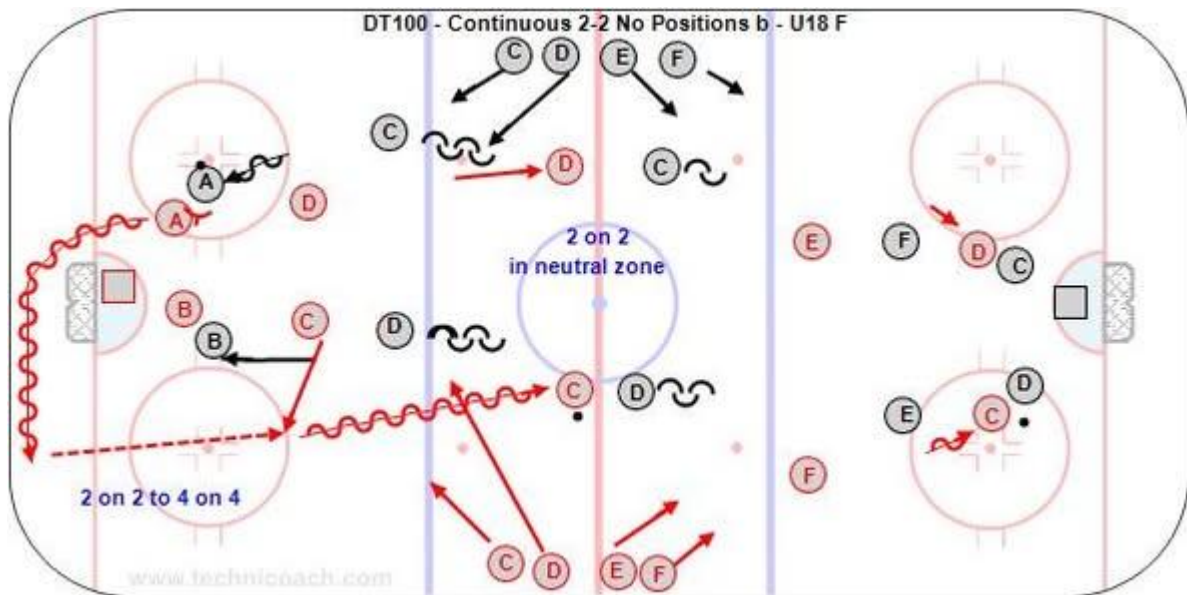


Our Halloween Game.

<https://www.facebook.com/518555930/videos/pcb.10162347179665931/854809423304325>

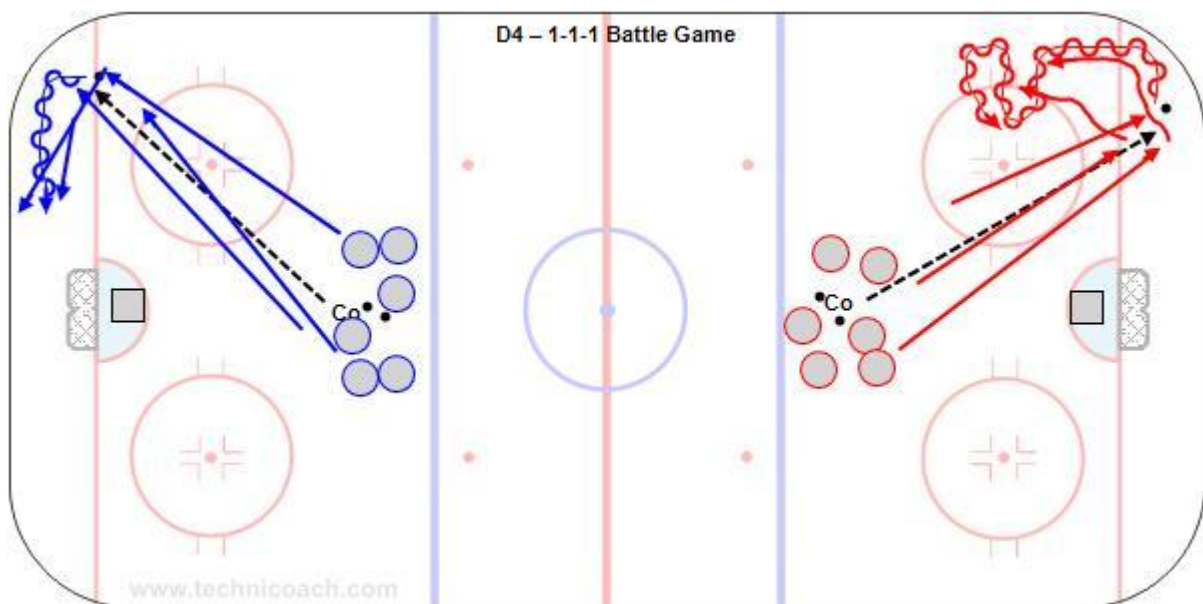
DT100 - 2-2 to 4-4 - U15 G

<https://www.facebook.com/518555930/videos/pcb.1584504275792697/2234768993545345>



D4 - 1 vs 1 vs 1 Battle Game - U15 G

<https://www.facebook.com/518555930/videos/pcb.1584500845793040/450245578080053>



B6 - 3 Pass - 3 Shots x 2 - 3 Agility Skate x 2

<https://www.facebook.com/518555930/videos/pcb.1584495879126870/575519741583976>

0-0 final score. Shootout tournament winner.

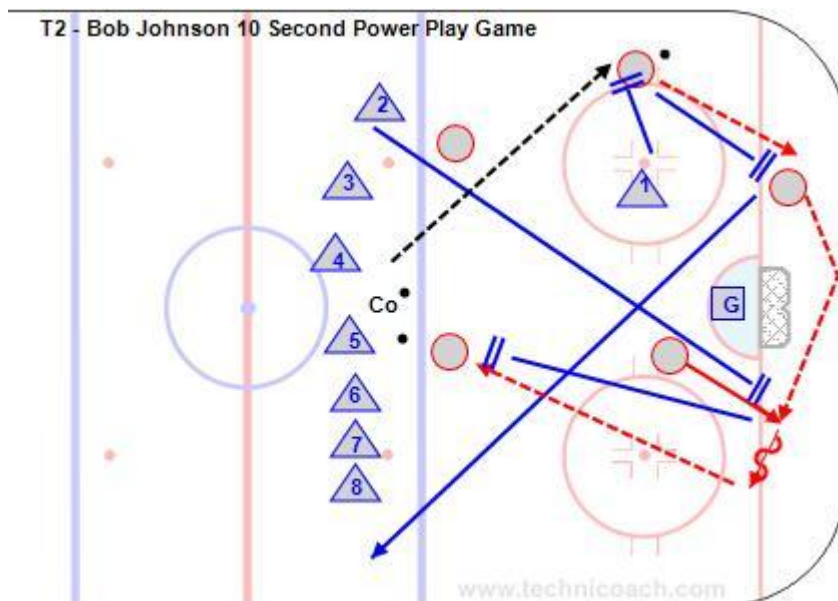
<https://www.facebook.com/518555930/videos/pcb.1576585753251216/1589869661924804>

The winner. In Kelowna

<https://www.facebook.com/tom.molloy.5836/videos/946273434212738/?idortvanity=631135947796206>

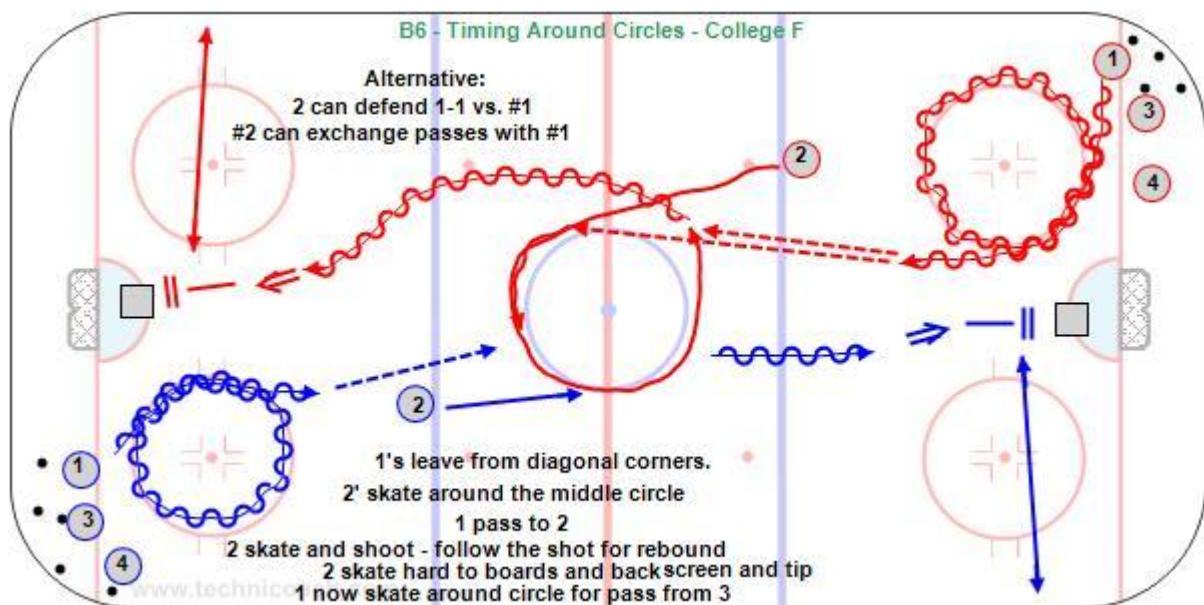
T2 - 1-5 Bob Johnston PP Game vs 1-3-1 - U15 G

<https://www.facebook.com/tom.molloy.5836/videos/939657164738168?idorvanity=631135947796206>



B6 - Dizzy Passing U15 G

<https://www.facebook.com/tom.molloy.5836/videos/503045009265020?idorvanity=631135947796206>

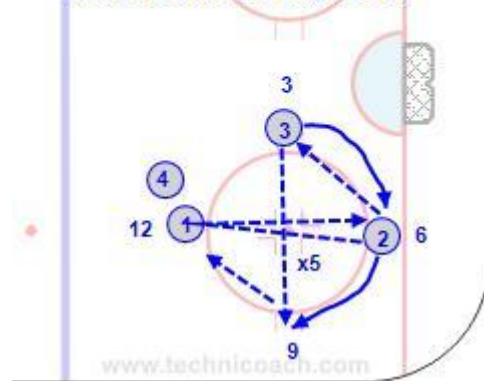


B500 - Tschumi Around the Clock Passing -U15 G

<https://www.facebook.com/tom.molloy.5836/videos/1279074943222021?idorvanity=631135947796206>

B300 Tschumi Around the Clock One Touch

- A. 1 and 2 one touch five times 6-12 o'clock
- B. 2 pass to 3 at 3 o'clock.
- C. 3 one touch across to 2 at 9 o'clock.
- D. 2 one touch to 4 at 12 o'clock.
- E. Repeat with 4 passing to 3 x 5.



T2 - Bob Johnston PP Game vs Low Spread PP - I15 G

<https://www.facebook.com/518555930/videos/pcb.1572015187041606/1062574488847720>

Which is the best. Pumpkin

<https://www.facebook.com/photo/?fbid=10162278688295931&set=pcb.10162278689580931>



C6 - D Wheel Stretch Pass to F - Regroup - 1-1 x 2 U15 G

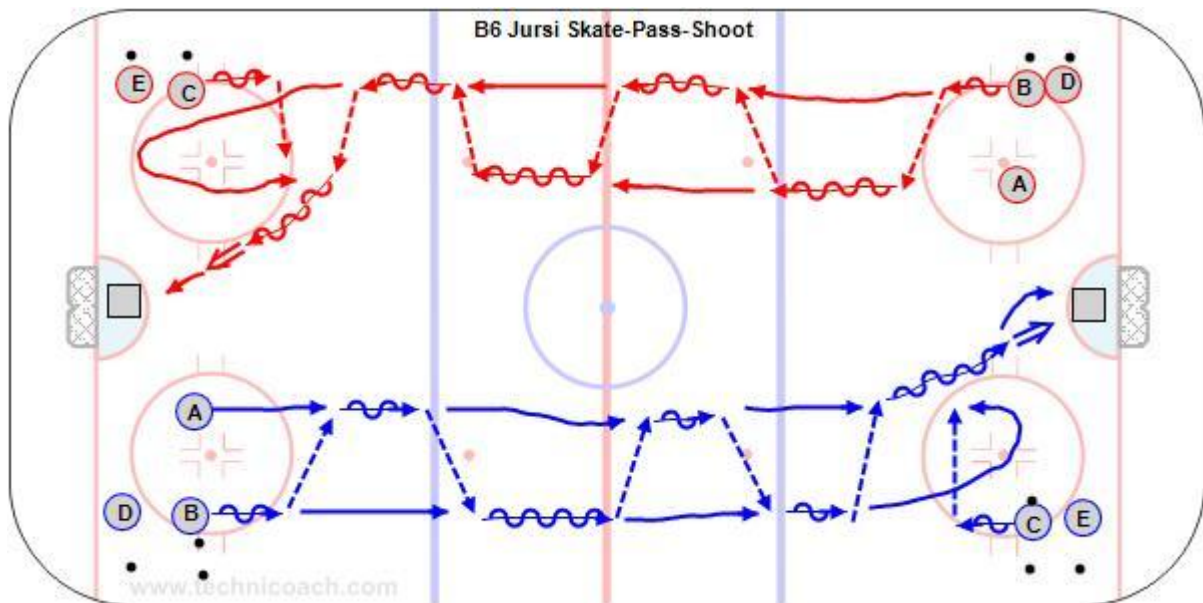
<https://www.facebook.com/tom.molloy.5836/videos/532520232870613?idorvanity=631135947796206>

C600 - Triple Regroup - 3-2 - U15 G

<https://www.facebook.com/tom.molloy.5836/videos/2274955339506515?idorvanity=631135947796206>

B6 - 2-0 Multiple Passes and Shot x 2 - U15 G

<https://www.facebook.com/tom.molloy.5836/videos/1678531459593128?idorvanity=631135947796206>



Girls at the shooting range tonight.

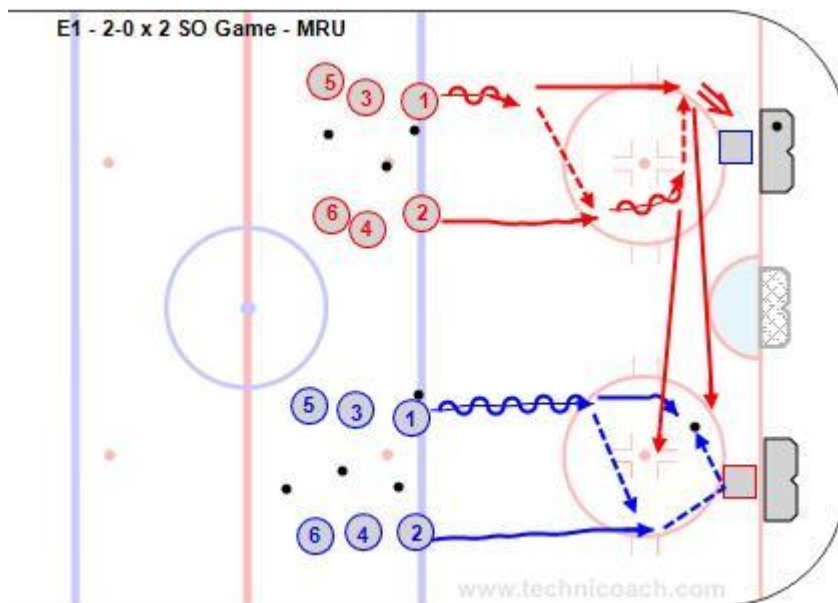


Pictures of some of the 22 college teams I have coached.

[https://www.facebook.com/photo/?fbid=10162270175330931&set=pcb.1567447250831733&_cft_\[0\]=AZWioXpAOGRWY89is12b7fLOmGxySzOvn8C-8yh8ncyY0befxBeswKAYQUzCHufMZiFnQpLL4oSRQ_jJB3wTjs8PlmZ_PQ8pCFSAvocA-RfWWINcFzdWN9JYoMJTI7AdqUE6JpFHGg14jf10CqwOFG_zUTI9IZkN0hooHlfhxjQblc4vx1PA2oaOaMizKGvh5pxFmLsoOnoX-nXIVZA7vQwL&_tn_*b0H-R](https://www.facebook.com/photo/?fbid=10162270175330931&set=pcb.1567447250831733&_cft_[0]=AZWioXpAOGRWY89is12b7fLOmGxySzOvn8C-8yh8ncyY0befxBeswKAYQUzCHufMZiFnQpLL4oSRQ_jJB3wTjs8PlmZ_PQ8pCFSAvocA-RfWWINcFzdWN9JYoMJTI7AdqUE6JpFHGg14jf10CqwOFG_zUTI9IZkN0hooHlfhxjQblc4vx1PA2oaOaMizKGvh5pxFmLsoOnoX-nXIVZA7vQwL&_tn_*b0H-R)

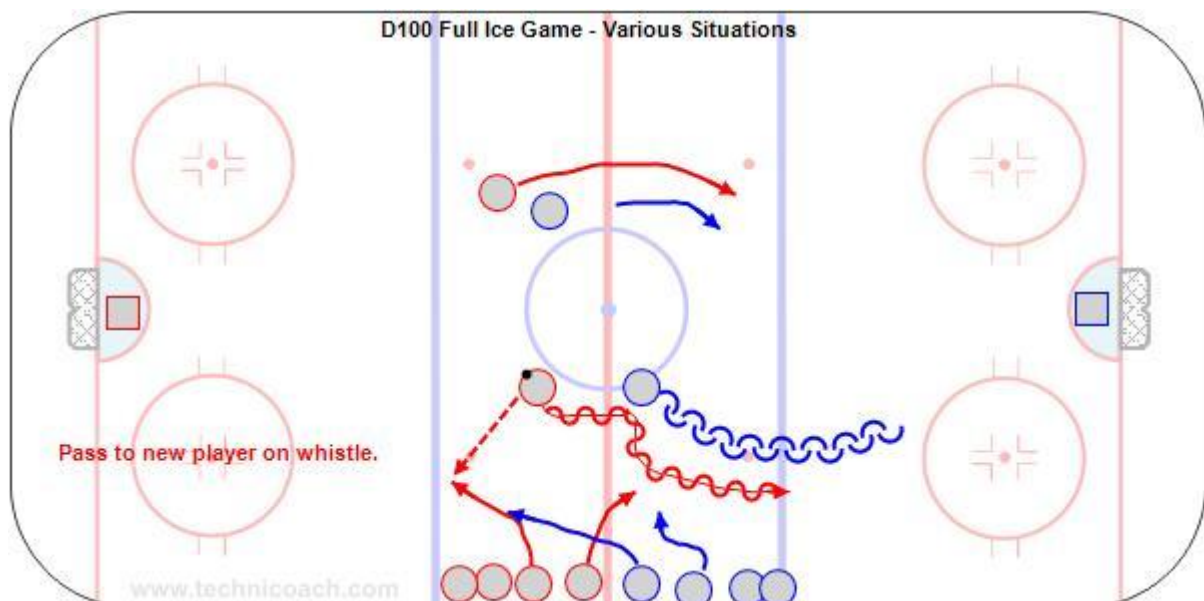
E1 - Two net shootout game - U15 G

<https://www.facebook.com/518555930/videos/pcb.1561436814766110/1030414365451680>



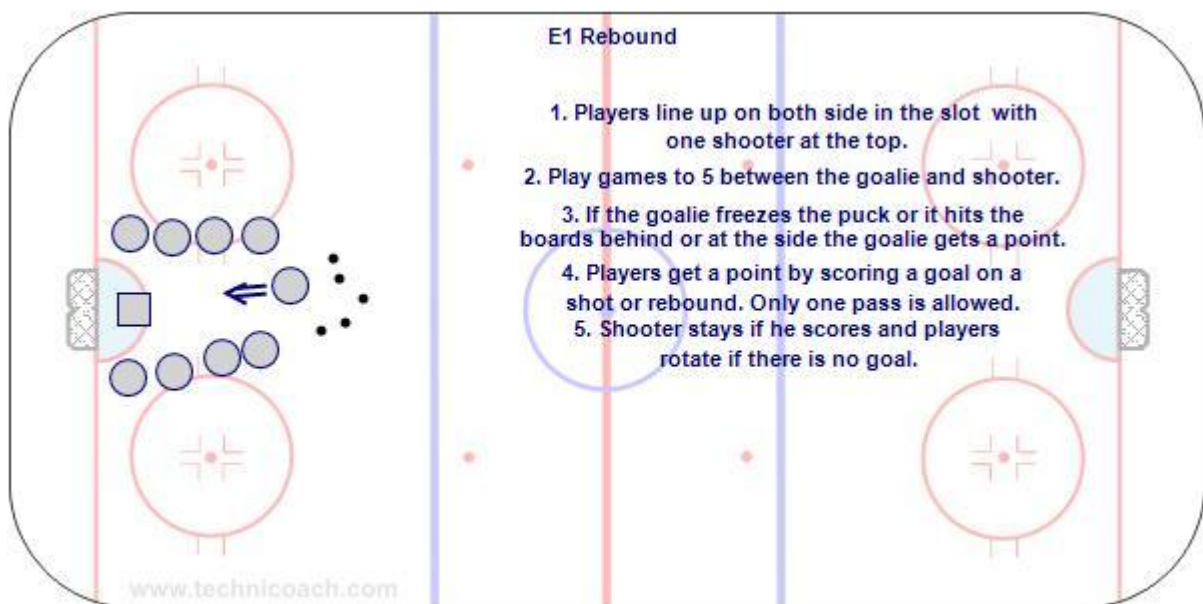
D100 - 3-3 - No Dump Ins - U15 G

<https://www.facebook.com/518555930/videos/pcb.1561436814766110/8370585946321721>



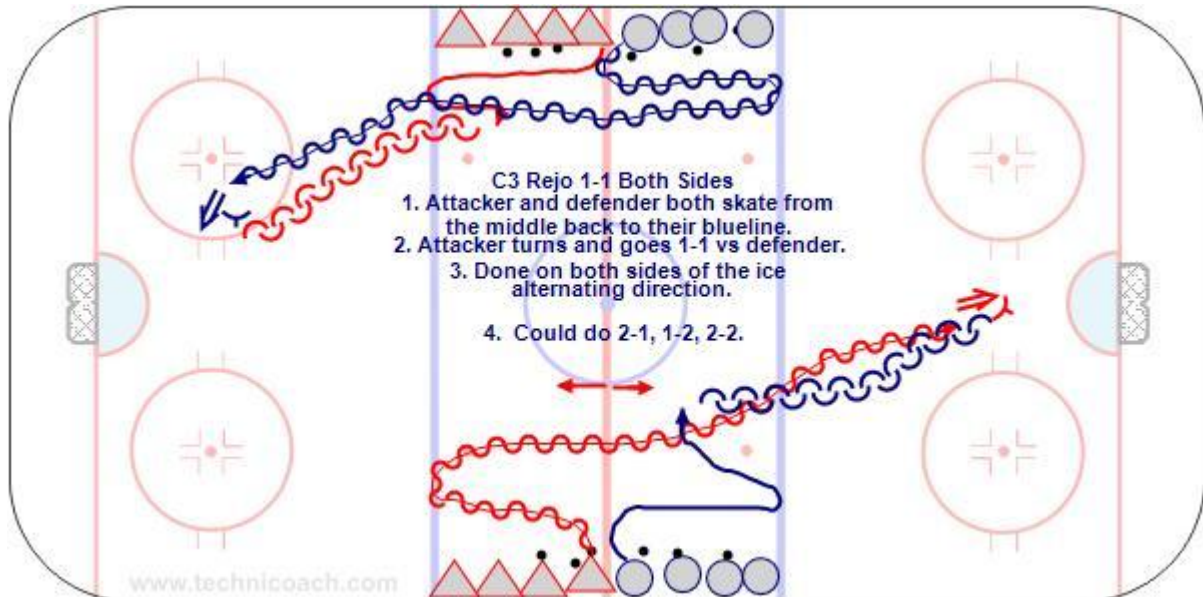
G Game of Rebound

<https://www.facebook.com/518555930/videos/pcb.1561436814766110/27708107938788428>



C3 - 1-1 - Rexi - D no stick - U15 G

<https://www.facebook.com/518555930/videos/pcb.1561436814766110/567163339330358>



Bemidji Mural on Wall in Arena

<https://www.facebook.com/photo/?fbid=10162235555850931&set=gm.1559513041625154&id=orvanity=631135947796206>

Jim and Sara announce engagement

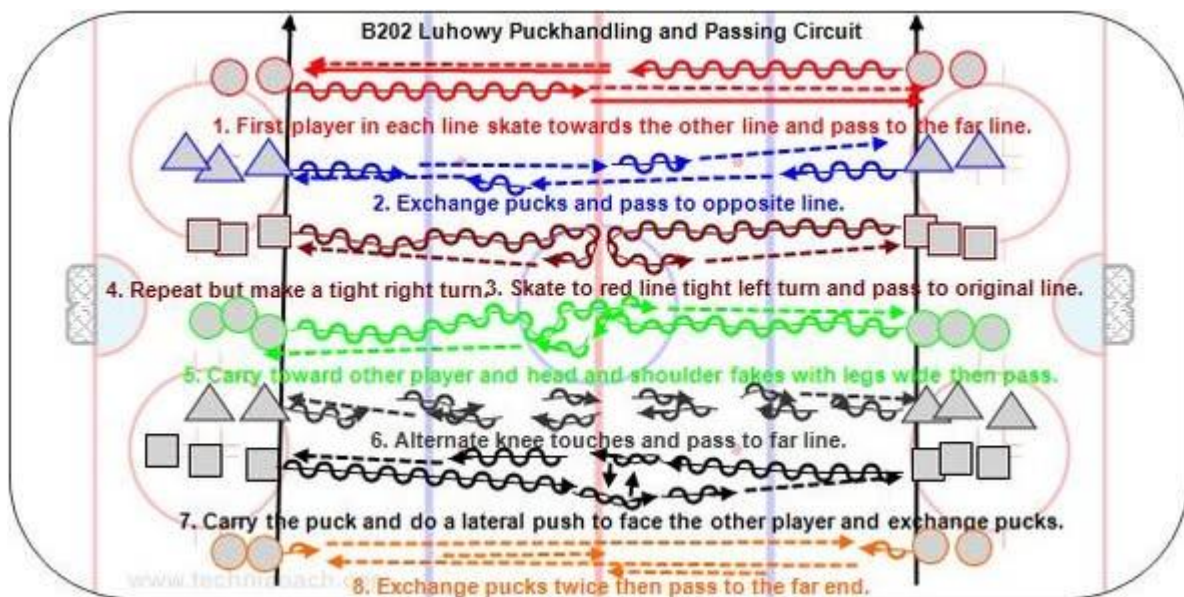
<https://www.facebook.com/photo/?fbid=10162240124310931&set=gm.1560451004864691&id=631135947796206>

Pre game warm up.

<https://www.facebook.com/tom.molloy.5836/videos/1074904467578905/?id=631135947796206>

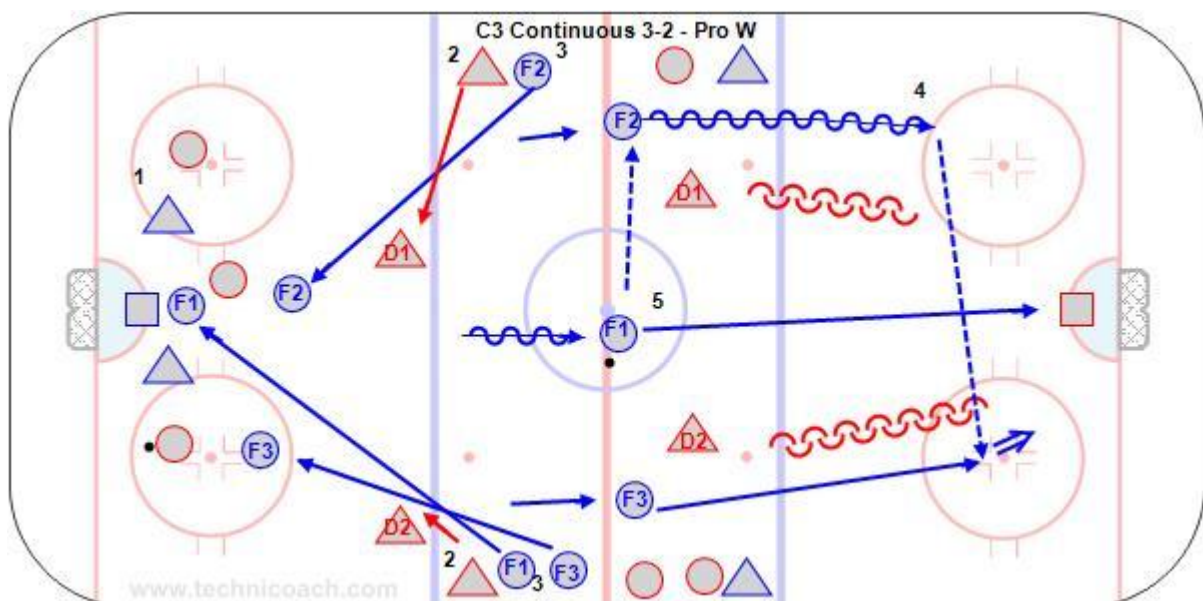
B202 – Luhowy Passing Sequence – U15 G

<https://www.facebook.com/518555930/videos/pcb.1552775882298870/1041194817548147>



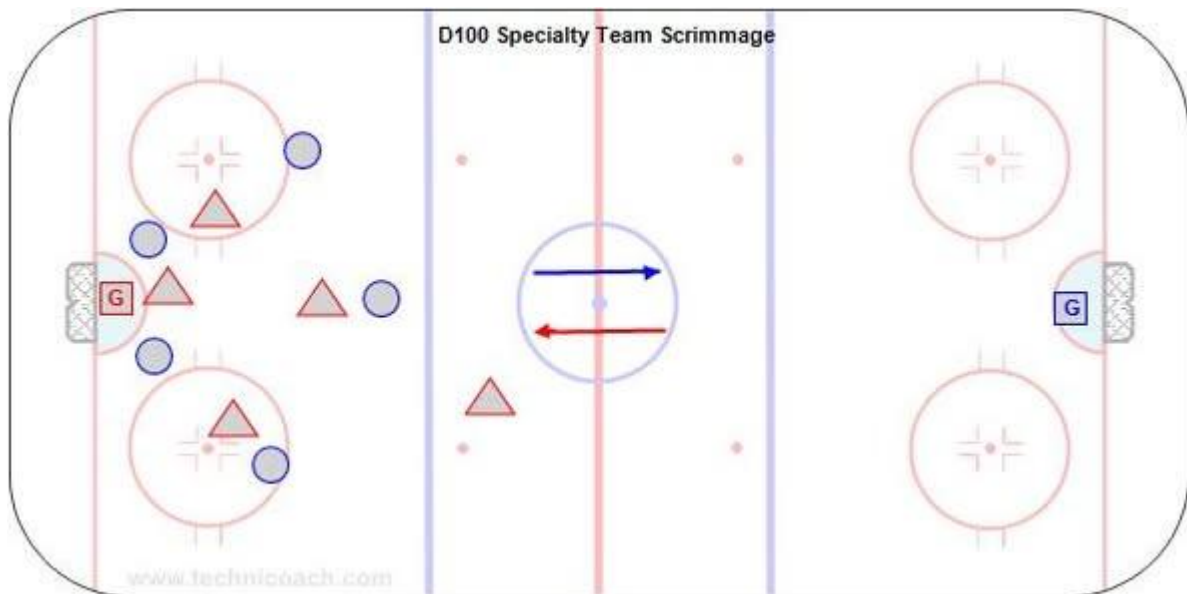
Continuous 3-2 to 5-5 U15 G

<https://www.facebook.com/518555930/videos/pcb.1552772492299209/370492822781727>



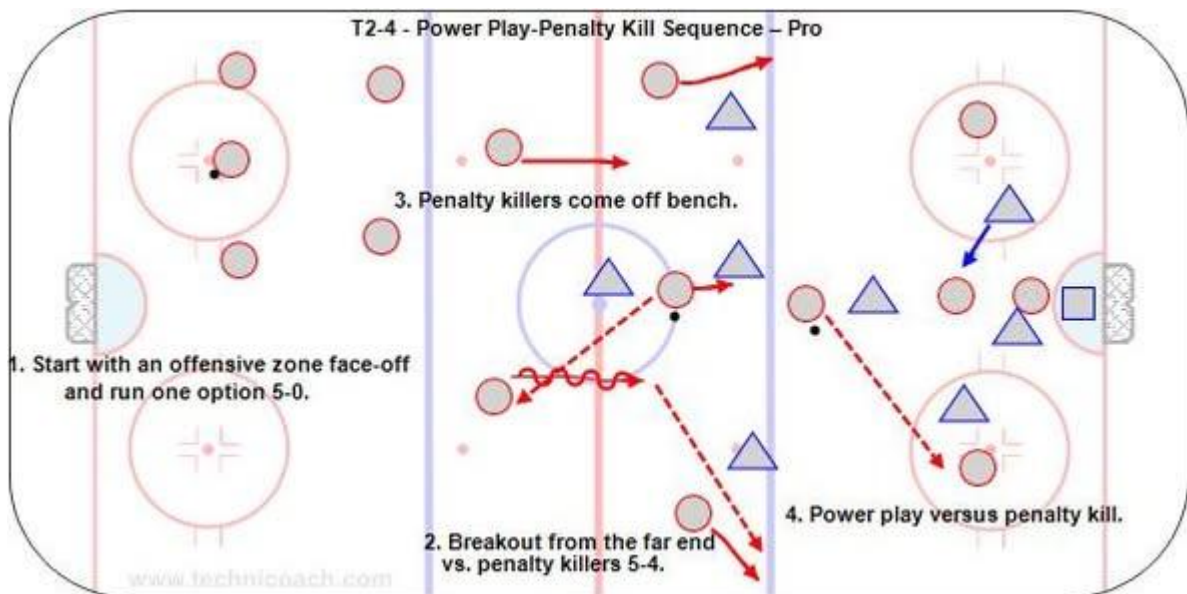
T2 - Power Play Game - 5-5 One Defender in Neutral Zone – U15 G

<https://www.facebook.com/518555930/videos/pcb.1549562022620256/487275944090074>



T2-4 - Power Play.- Penalty Kill Sequence – U15 G

<https://www.facebook.com/518555930/videos/pcb.1549535575956234/1578629983068503>



Places hockey has taken me over the years.

<https://www.facebook.com/photo/?fbid=10162174686835931&set=gm.1546581152918343&id=orvanity=631135947796206>

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

<https://youtu.be/ub82Q2HowWw>

