

Fire Black Practice Video

I posted about 50 short clips of the players doing drills and games in practice on Facebook. There are also a few other clips and pics. I added 100 YouTube videos from this season.

The first attached PDF has diagrams. The second pdf. has links from Facebook and the 100 YouTube videos.

A200 - Start at One End with Puck

A - 200 - Russian Big Moves Sequence - Jim-U15 G

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

A200 Puck Handling - U15 G

<https://youtu.be/J6V77IjgEko>

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

https://youtu.be/hNKj3rk9_a0

A200 - Russian Big Moves Sequence - Jim-U15 G

<https://youtu.be/awfVJDpnBvQ>

A200 - Puck Handling Sequence - Russian Olympic Coach – Jursinov

https://youtu.be/_fdGBVje39s

A300 - Around Ice with Puck

A300 - Skating and Puck Handling Warm up - U15 G

<https://youtu.be/eykwvsQJhHg>

B2 - From Blue Line

B2 - F to D Scissors

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

B2 - Point Shots vs Blocker

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

B2 – Give and Go-Shoot x 3 - U15 G

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

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 - From Middle Circle

B4- Multiple One Touch Passes and Shot - U15 G

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

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

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

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

<https://youtu.be/RJTqEa0icxs>

B5 - Inside Zone

B5 - Monkey in Middle - U15 Girls

<https://youtu.be/PZCXJ2mFpws>

B5 - Machine Gun x 2 - U15 G

<https://youtu.be/S9FG2uckOkY>

B6 - From Corners

B6 - Small Horseshoe

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

B6 – Double zig zag x 2 – U15 G

<https://www.facebook.com/tom.molloy.5836/videos/579275171211250?idorvanity=631135947796206>

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

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

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

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

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

B6 - Dizzy Passing U15 G

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

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

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

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 - 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/3rvPI0BXEY4>

B6 - Small Horseshoe - One Hand Reception - U15 G

<https://youtu.be/XslarF2gLsc>

B6 - Double Zig zag - U15 G

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

B200 - In Neutral Zone

B200 - Overspeed with Pass and Shot - U15 G

<https://youtu.be/3enXSxsqL4>

B202 - Across Neutral Zone

B202 - Chaos 3-3 x 2 passing.

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

B202 – Luhowy Passing Sequence – U15 G

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

B500 - Inside Zone

B500 - Tschumi Around the Clock Passing -U15 G

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

B600 - Four Blue Lines

B600 - Tomas Regroup 3 F - U15 G

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

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>

B600 One Touch x 2 - Diagonal U18 F

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

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

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

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/_3lkCsp6UNl

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

<https://youtu.be/jFzfR1NZ12Q>

B600-C5 - Multiple Passes 1-1 - U15 G

<https://youtu.be/yaF7uyqHXpk>

C3 - Both Sides of the Ice

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

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

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

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

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

<https://youtu.be/Y2eiv2CQVNY>

C3 - Double Regroup - 3-2 - U15 G

<https://youtu.be/uIFedwboOV8>

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

https://youtu.be/4Am1JJ_HUkk

C3 - 15 Goal 3-0 3-1, 3-2

<https://www.facebook.com/518555930/videos/pcb.1662436417999482/577577255435376>

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

https://youtu.be/6Z_S0eyQ7yo

C3 - 15 Goal 3-0 3-1, 3-2

<https://www.facebook.com/518555930/videos/pcb.1662436417999482/577577255435376>

C5 - Inside Blue Line

C5 - Angling and Defensive Skating

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

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

<https://youtu.be/DMjRqY1MyzE>

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

<https://youtu.be/ub82Q2HowWw>

C6 - From Corners

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

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

C6 - Jursi 1-1 from corners

<https://www.facebook.com/518555930/videos/pcb.1638709143705543/506009531945237>

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

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

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

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

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

<https://www.youtube.com/watch?v=InhleKX4Ek>

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

https://www.facebook.com/tom.molloy.5836/videos/532520232870613?id_orvanity=631135947796206

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/522RJoJ1xp8>

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 - Across Neutral Zone

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 - Inside Blue Line

C500 - 1-1 Puck Battles - U15 G

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

C600 - Four Blue Lines

C600 - Triple Regroup - 3-2 - U15 G

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

C600 - Multiple Passes 1-1 - U15 G

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

D1 - Full Ice Game - All Play

D1 - Two Puck Game - U15 G

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

D1 - Shinny - All Play - U15 G

https://youtu.be/AETDZh47X_c

D4 - Game in One Zone

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

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

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

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

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/M3Trc43KIQc>

D4 x 2 - Clear Zone - Scissors - U15 G

<https://youtu.be/FkZHYmazUvw>

D100 - Full Ice Game - Extra Players

D100 - 3-3 - U15 G

<https://www.youtube.com/watch?v=j-5Znt-vO4>

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

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

D100 - Power Play Game

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

D100 - Game-One Pass Each Zone - U15 G

<https://youtu.be/R6Z3yDaNOnI>

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>

D202 - Game Across Neutral Zone

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

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

D202 - 4-4 Regroup with Joker - U15 G

<https://youtu.be/Mhxp7U8g40o>

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

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

D400 - Game in One Zone - Extra Players

D400 - Two nets on goal line- U15 G

<https://youtu.be/W9AXRveCADM>

D500 - Game in Stations

D500 - Four Games of Keepaway - U15 G

<https://youtu.be/wLnS0QLNiFQ>

DT100 - Full Ice Transition Game - Players Rotate In

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

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

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>

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

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

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>

DT200 - Cross Ice Transition Game

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>

DT400 - Transition Game in One Zone

DT400 - Two Net Game 4-2 x 2

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

DT400 Two Net Game – CW

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

DT400 - 4-4 Perry Pearn - U15 G

<https://youtu.be/QUTQ9ULsZRc>

DT400 - Krusel Battling Game 2-2 - U15 G

<https://youtu.be/ToYTSGI18lQ>

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 - Shootouts and Contests

E1 - Two net shootout game - U15 G

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

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

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

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 - Goaltending

G - Tretyak Goalie Warm up

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

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

<https://youtu.be/cUnToZHIweA>

G - Goalie training and Skating 12-05-23

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

T2 - Offensive Team Play

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

https://www.facebook.com/tom.molloy.5836/videos/939657164738168?id_orvanity=631135947796206

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

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

T2 - Bob Johnston PP Game vs Low Spread PP - U15 G

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

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

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

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

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

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

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

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/qtrapQ0Viyc>

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/YKwHE5IXwel>

T2 - B202 - Four Chamber Attack - U15 G

<https://youtu.be/IMVlaFq5JJc>

T3 - D with no stick - U15 G

<https://youtu.be/NrLeQgPY7es>

T3 - Individual Defensive Skills

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

<https://youtu.be/FLYqe5oNHws>

T3 - Toronto Sceptres Stick Lift - Box Out

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

T2-4 - Team Offense vs. Team Defensive Skills

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

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

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

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

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

<https://youtu.be/z5BOmpNXhPM>

T4 - Team Defensive Skills

T4 - B500 - Dzone Position Skating- RB Pro

<https://youtu.be/l8P7zQdKY3s>

T4 - Defensive Zone Coverage - Animation

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

T- Team

T – Pre-Game Prayer to hockey gods 2

<https://youtu.be/tqLJDK6mAWI?si=hqBlziZK9aQr3l-f>