

## 2022 HC Summer Camps

*During Covid the World Championships and Hlinka Cup were cancelled and they held them late summer 2022. These 130 of the drills the Canadian men and women teams did to prepare. All of the teams won the Gold that year.*

### **ABCs of International Hockey Coding**

*A - Skating, Puck Handling, Shooting, Angling*

*B Drills - Partner and Team Passing Drills*

*C - Game Situation Drills*

*D - Games from the ABC's of International Hockey Program*

*DT - Transition Games*

*E - Shootouts and Contests*

*T coded drills focus on the DETAILS of the game. They are A - B- C- D skills taught and supervised by a coach who is focused on technique and team play drills and games to teach both offensive and defensive team play.*

- T1 drills focus on the first game playing role of individual offensive skills.*
- T3 on the third game playing role of individual defensive skills.*
- T1-3 a 1-1 where individual offensive and defensive skills are practiced.*
- T2 the coach runs offensive team play drills.*
- T4 the team works on team defense.*
- T2-4 is offense vs. defense.*

A2 - Inside Edge Progression - U17 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8819#8819>

<https://youtu.be/yhcN5YWkqNM>

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

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=8830#8830>

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

A200 - Fake-Get Puck-X-overs-Shot-Chaser - U17 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8840#8840>

<https://youtu.be/1wew1-ypKyw>

A300 - Individual Warm up - U20 M

<https://youtu.be/NpFVTD52haQ>

A300 - Pre Practice Warm up - U18 M

<https://youtu.be/KdFkFe7l0q0>

A500 – Jursi Backward Skating Tag x 3 – C U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8861#8861>

<https://youtu.be/y0zqCZwEHbY>

B2 - Coach Pass - D Drag-Shoot - Screen - U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8812#8812>

<https://youtu.be/2bbfn7X0bs>

B2 - Coach Pass - D1-D2-D1 - Shoot - Screen - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8813#8813>

<https://youtu.be/tDHq2hA9sAw>

B2 - Give-Go-Shoot - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8820#8820>

<https://youtu.be/MAZxs10eFVI>

B2 - Coach Pass-Shoot While Skating-Screen - U17 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8821#8821>

<https://youtu.be/9dwotiSBv3l>

B2 - D Get Puck-Evasive Skating-Shoot - U17 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8821#8821>

<https://youtu.be/YsLIM06diGk>

B2-B5 - Pass to Point - Drag-Shoot - U17 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8831#8831>

[https://youtu.be/P06yIJVI-\\_M](https://youtu.be/P06yIJVI-_M)

B3 - Passing Warm up - Finland U18 W

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8807#8807>

<https://youtu.be/iYpXQqk6dTc>

B4 - D-D - 3-0 x 2 - Point Shot - U17 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8841#8841>

<https://youtu.be/EI8pQ8yx9eI>

B4-B6 - 2 F-1D - Skate Circle - F1-F2 Shoot - D Point Shot - U17 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8850#8850>

<https://youtu.be/AXZ3db8KRLY>

B4-B6 - 2 F-2D - Skate Circle - F1-F2 Shoot - D Point Shot - U17 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8862#8862>

<https://youtu.be/-tysGBhX1as>

B4-B6 - D-F x 3 - D Pass Wide - 3-0 - Pt Shot x 2 - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8868#8868>

<https://youtu.be/wAf52kTUqTE>

B4-B6 - Quick Up x 2 - Point Shot - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8872#8872>

[https://youtu.be/\\_AdfPbDyUH0](https://youtu.be/_AdfPbDyUH0)

B5 - Lateral Slide - Tail Tag - C U18F

<https://youtu.be/yEN9mXBglPw>

B6 - 2-0 x 2 - Skate Inside Dots-Cross Behind - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8881#8881>

<https://youtu.be/C7kM7hYTzAE>

B6 - 2-0 x 2 - Pass Wide-Pick D-Take Puck to Middle - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8884#8884>

<https://youtu.be/qBhu-bhTfM0>

B6 - 2-0 - 3-0 Carolina Pass to Middle - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8886#8886>

<https://youtu.be/H-wfCYh3aOA>

B202 - D1 Angle C - F1-D2-F2-F1-Sh - F2-D2-Sh - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8889#8889>

<https://youtu.be/EDfVoZdRiVY>

B202 - 2-2 - 3-3 Keepaway-Jokers Front to Line - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8892#8892>

<https://youtu.be/36gd89nHUgM>

B202 - Pass-Pass-Middle Lane Entry-Read D - C U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8895#8895>

<https://youtu.be/Hv8li9WCX1I>

B202 - 2-0 - Pass Middle-Wide-Middle-Shot - U18 F

<https://youtu.be/fVU0xMCHEpA>

B202 - 2-0 – Pass Wide-Shoot - C U18 F

<https://youtu.be/RSn1ulvvEb4>

B202 - 2-0 – Cross and Skate Between Dots - C U18 F

<https://youtu.be/tEKakovSIhE>

B202 - Pass-Pass-Wide Entry-Read D - C U18 F

<https://youtu.be/gJ8UjiYj9sc>

B300 - Monkey in Middle - C U18 F

<https://youtu.be/b2SJa1ATwMI>

<https://youtu.be/AdQiBHbS2l8>

B600 - Tomas 2-2 NZ RG-Forecheck - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8890#8890>

<https://youtu.be/CxFA8EQIYeQ>

B600 - Pass and Replace x 2 - U17 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php...>

<https://youtu.be/nw3pThSaeb4>

C3 - Low 2-1 - Pt Shot - Regroup 2-1 x 2 - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8808#8808>

<https://youtu.be/GkG0lbNr0pl>

C3 - 1-1 F Delay - U17 M

<https://www.facebook.com/518555930/videos/pcb.1072284403681356/465758124963172>

C3 - 1-1 F Delay-Cutbacks Option - U17 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8814#8814>

<https://youtu.be/jwzXNcqEw2w>

C3 - 2-1 with Backcheck - 4-2 Back - U17 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8822#8822>

<https://youtu.be/HgjEaRXwWq8>

C3 - 1-1 x 2 - 2-1 - C U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8832#8832>

<https://youtu.be/38iWRCiKk1o>

C5 - 1-1 to 2-2 - U17 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8842#8842>

<https://youtu.be/4FVymhp8Pzw>

C5-600 - Deceptive Skating and 1-1 - U17 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8852#8852>

<https://youtu.be/86qFXSRmvP8>

C6 - Low 1-1 x 2 - U17 M

<https://youtu.be/Q7w-wHPAGiY>

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8863#8863>

C500 1-1 - Race for Puck - Protection Battles - C U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8873#8873>

<https://youtu.be/afOK9OhrMDI>

D200 - 3-3 Nets at Dots - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8809#8809>

<https://youtu.be/mK8Q0I8-7SM>

D200 - 2-2 - 3-3 Angling Game - U17 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=2152&topic=2782#2782>

<https://youtu.be/iXq6-jgORal>

D202 - 3-3 Coach Pass New **Pucks** - U17 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8833#8833>

<https://youtu.be/WrDEkpMjHtE>

D400 - 2 Net 4-2 Each Side - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=987#987>

<https://youtu.be/L7bJQ16t6Ss>

D400 - 2-2 - Two Nets in Corner - C U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8844#8844>

<https://youtu.be/HvoCq4d6FJo>

D400 - Two Net 1-1 in Two Circles - C U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8853#8853>

<https://youtu.be/ABIOJQCXSbY>

DT200 - 2-2 Backchecking Game - U18 M

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8287#8287>

<https://youtu.be/1q-H2am3BNA>

DT200 - 2-2 Backchecking Game - C U18 F

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8287#8287>

[https://youtu.be/YWy3S7\\_7P7M](https://youtu.be/YWy3S7_7P7M)

DT202 - 3-3 Regroup with Defensive Jokers - C U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8834#8834>

<https://youtu.be/9M83pdxbcU4>

DT400 - 2-2 With 3 Offensive Jokers - C U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8845#8845>

[https://youtu.be/ETW\\_-8\\_tViI](https://youtu.be/ETW_-8_tViI)

DT400 - Two Net 3-3 - Pass Across to Transition - C U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8854#8854>

<https://youtu.be/SeUabpsxCVs>

E1 - Gambling Shootout - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=2152&topic=2705#2705>

<https://youtu.be/TDmdz-06NNQ>

<https://youtu.be/WHJOUcbk2wQ>

G - 1-1 Deceptive Skate - Shoot - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8823#8823>

[https://youtu.be/20jMht\\_6oog](https://youtu.be/20jMht_6oog)

G - Agility With Puck - Skate In Shot - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8823#8823>

<https://youtu.be/e8JuSQEnFLA>

G - Blocker Side - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8835#8835>

<https://youtu.be/XP56hiikuKk>

G - Carry-Draw-Shoot - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8835#8835>

<https://youtu.be/1LMKqd5d-2o>

G - Goalie - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8835#8835>

<https://youtu.be/4shmlRsi2fl>

G - Goalie Movement - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8835#8835>

<https://youtu.be/3bm9xIHlyzQ>

G - Goalie Movement in NZ - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8855#8855>

<https://youtu.be/yYJc32hN-Ig>

G - Goalie Skate Across - Find Puck - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8855#8855>

[https://youtu.be/c\\_m13uViamk](https://youtu.be/c_m13uViamk)

G - Goalie Skating Routine - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8855#8855>

<https://youtu.be/b-bgzJG3r3l>

G - Look Through Screen-Move - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8855#8855>

<https://youtu.be/di1p5slPySA>

G - Movement Looking Around Screen - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8855#8855>

[https://youtu.be/l1Wzm\\_xSGJk](https://youtu.be/l1Wzm_xSGJk)

G - B2 - Give-Go-Shoot - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8846#8846>

<https://youtu.be/A9geJrnNmGk>

G-B4 - 3-0 Pass to G - BO x 2 - U18 M



<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8856#8856>

<https://youtu.be/TKOX6LSMbLM>

G-B4 - 3-0 Rim to G - Wide BO x 2 - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8864#8864>

[https://youtu.be/mEINz699\\_LU](https://youtu.be/mEINz699_LU)

G-B4 - Pass to G - Goalie Pass and Rim - BO - 3-0 x 2- U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8856#8856>

<https://youtu.be/DnGVECwufak>

G-B4 - Rim to G - Over - Touchback BO - 3-0 x 2 - U18 M

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

G - Goalie Skating - U17 M - U18 W

<https://www.facebook.com/518555930/videos/pcb.1064303027812827/763471614805200>

G - Goalie Skating - U17 M

<https://youtu.be/Uv12lcWDGm8>

G - Goalie Skate-Triangle - U17 M

<https://youtu.be/XxE3RTc39G8>

G – Goalie Screen Goalie – C U18 F

<https://youtu.be/H4RNsDFdx2U>

G - Goalie Training - College - U17

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8202#8202>

F - Team Stretch - U18 M

<https://youtu.be/yYJc32hN-lg>

T1 - Post Practice Individual Skills - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8810#8810>

[https://youtu.be/LQqP5TV4\\_al](https://youtu.be/LQqP5TV4_al)

T1 - B5 - Rim FH-BH - Walk out Shot or Pass to F3 - U17 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8825#8825>

<https://youtu.be/5J6eHARSohE>

T1 - B5 - Rim FH-BH - Shot-Pass-Pressure Pass to F3 - U17 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8825#8825>

<https://youtu.be/5J6eHARSohE>

T2 - 5-0 PP Instruction-Walk Through - NZ-Bump Back BO - U20

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8811#8811>

<https://youtu.be/8a-DF0T2CO0>

T2 - 5-0 PP Instruction-Walk Through - NZ RG-Rugby BO - U20

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8836#8836>

<https://youtu.be/aY7V0MGSue0>

T2 - F1-F2 Scissors - NZone RG x 2- 5-1 - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8847#8847>

<https://youtu.be/B8S6Pa4F7gs>

T2 - PP Breakout Drop Options and 1-3-1 - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8857#8857>

<https://youtu.be/F2BWPRS66al>

T2 - PP Rugby Breakout and 1-3-1 - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8826#8826>

<https://youtu.be/d3h5smkWiFk>

T2 - 1-3-1 PP Instruction - U18 M

<https://www.facebook.com/tom.molloy.5836/videos/409012644550830>

<https://youtu.be/FT3TUmmHJCI>

T2 - 3-0 Cycle - Over - Pass Low-High F3 Shoot - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8865#8865>

<https://youtu.be/O-tIKgkJtUw>

T2 - 5-4 Specialty Team Sequence - Rugby and Drop BO - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8866#8866>

<https://youtu.be/lt8-Ld17-0U>

T2 - 5-4 Specialty Team Sequence - Drop BO - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8866#8866>

<https://youtu.be/GUixunCEE7A>

T2 - 5-4 Specialty Team Sequence - Rugby BO - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8866#8866>

[https://youtu.be/XED4\\_bbxEm8](https://youtu.be/XED4_bbxEm8)

T2-B4 - 4-0 Stretch-Chip In - Shot - Pt Shot - U18

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8874#8874>

<https://youtu.be/BfgiSGno1NE>

T2-B4 - 4-0 Stretch-Pass Back - Shot - Pt Shot - U18

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8874#8874>

[https://youtu.be/YSadF\\_id\\_9Q](https://youtu.be/YSadF_id_9Q)

T2 - B5 - 3-1 Cycle-Pass-Rotate-Shoot - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8878#8878>

<https://youtu.be/EI2ZBrrIGXU>

T2 - B5 - F1 Get Puck Pass to F2 x 3 Shoot - Give and Go - F1 Shot - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8882#8882>

<https://youtu.be/4YMUZNRUX4Q>

T2 - Continuous - Breakout 4 vs 1 Forechecker - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8885#8885>

[https://youtu.be/wWB\\_xvZGFkE](https://youtu.be/wWB_xvZGFkE)

T2 - Continuous - Rotation Breakout 4 vs 1 Forechecker - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8885#8885>

<https://youtu.be/WiL40vULINo>

T2-B5 - 1 D - 2 F - BO From Corner - Shot - Point Shot - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8887#8887>

<https://youtu.be/ahA8G3alGKI>

T2 - B600 - 1 F - 1 D - Tomas RG-Forecheck - Shoot - U17 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8891#8891>

<https://youtu.be/3E8omdC5ldM>

T2 - B200 - 4 D Hinging - Fake - U17 M

<https://youtu.be/IPeWxik4pA0>

T2 - B600 - 1-0 Tomas Regroup-Forecheck-Shot - C U18 F

[https://youtu.be/pMB8\\_0eexMM](https://youtu.be/pMB8_0eexMM)

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

T2-4 - 5-0 PP-Bump Back BO - 5-4 - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8827#8827>

<https://youtu.be/D2vkhaCDLL4>

T2-4 - BO 5-3 - RG - 3-2 - 3 Back Pressure - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8839#8839>

<https://youtu.be/FKEbZf-Y0IU>

T2-4 - D100 - OZ Faceoff-5-4 - U20 M - 2

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8870#8870>

<https://youtu.be/iVbR6ml4v7A>

T2-4 - Forecheck Rotation-Back Pressure-5-0 Pass Across-Shot - U20 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8875#8875>

[https://youtu.be/vEh\\_pk8tP38](https://youtu.be/vEh_pk8tP38)

T2-4 - 2-2 - Join 3-3 - 5-5 - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8879#8879>

<https://youtu.be/QtdOvKPyfS8>

T2-4 - D1-D2 Race to F1-F2 - F3 Shoot - 3-2 - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8883#8883>

<https://youtu.be/gAP33beHEsU>

T2-4 - Dzone Review x 2 - BO - RG - 5-2 -U18 M

<https://youtu.be/9JpY7bbCv7o>

T2-4 - PK and PP Walk Through - U18 M

<https://youtu.be/2h778-f9tw0>

T2-4 - 3-2 - D Carry Out - U17

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8447#8447>

<https://youtu.be/hNpyjzHIF9o>

T2-4 - 1-1 to 2-2 to 3-3 - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8178#8178>

<https://youtu.be/ZYEyB3SyQqw>

T3-C600- Angling 1-1 x 2 - U17

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8437#8437>

<https://youtu.be/AhOt9IcbpOY>

T3-C2 - 2-2 Surfing - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8817#8817>

<https://youtu.be/jdBBMFWWRAw>

T3 - C1-C6 - 1-2 x 2 Backpressure - U18

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7657&topic=8180#8180>

<https://youtu.be/qaR2Fy4sYbY>

T3 - Stick on Stick-Free Hand on Lower Back-Pin - C U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8828#8828>

<https://youtu.be/MXxZ4JDhaA0>

T3 - 1-1 Puck Protection-Stick on Stick - C U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8837#8837>

<https://youtu.be/F-cvydJiZSI>

T3 - Angle Alternate Sides by Surfing 1-1 - Pass 2-0 - C U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8848#8848>

<https://youtu.be/6eFxtMIWHz8>

T3 - C6 - 1-1 x 2 - Go to Net-Screen-Box Out - C U18 W

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8869#8869>

<https://youtu.be/-7kJkOb6YZ8>

T3 - Quick Stick Lift While Surfing - C U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8859#8859>

[https://youtu.be/Y\\_iS\\_jibcqw](https://youtu.be/Y_iS_jibcqw)

T3 - Box Out Instruction - C u18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8859#8859>

[https://youtu.be/9q\\_BjIHWctY](https://youtu.be/9q_BjIHWctY)

T3 -1-2 Instruction and Demo - C U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8859#8859>

<https://youtu.be/34WDk2e0Mno>

T3 - 1 on 2 - Pass to Coach - Shot - 2-1 - C U18 W

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8876#8876>

<https://youtu.be/3iMOrNQ6G8w>

T3 - Side-slide-slide – C U18 F

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8880#8880>

<https://youtu.be/oxmOTwIQIcl>

T3 - B5 - Lateral Slide - Tail Tag - C U18 W

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8888#8888>

<https://youtu.be/c9nCIDbhsMk>

T3 - Defending Instruction - D400 - Two Net 1-1 - C U18 F

<https://youtu.be/5sT1IZznjKM>

T3 - 1 on 2 - Pass to Coach-Shot-2-1 - C U18 F

[https://youtu.be/8b\\_7JG1hEDI](https://youtu.be/8b_7JG1hEDI)

T3 - Instruction - Covering Away from Puck - C u18 F

<https://youtu.be/ttSKDzCzTn4>

T4 - C6 - 1-2 in Corner - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=8829#8829>

<https://youtu.be/MzgH-0uqXNA>

T4 - C6 - 2-3 in Corner - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=930&topic=8829#8829>

<https://youtu.be/dKPOeyrg7ts>

T4 - 5-5 Dzone Start in Each Corner - 5-5 - Regroup - Play - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8838#8838>

[https://youtu.be/\\_Wm\\_SsEyH30](https://youtu.be/_Wm_SsEyH30)

T4 - Penalty Kill 1-3 Rotation - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8860#8860>

<https://youtu.be/EmN1Xt973lc>

T4 - Point Shot - 2-3 - BO 2-3 Attack - U18 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8867#8867>

<https://youtu.be/rkNnfadNju4>

T4 - Coaches Teaching DZ Coverage and Shrinking Zone - U17 M

<https://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8877#8877>

<https://youtu.be/zaCY0DmiZ9c>

T - Team Cheer in Circle - C U18 F

<https://youtu.be/IW6QUwx4XN8>

U18 M Camp 2022 – 1:13 ‘ video of the camp

<https://youtu.be/Tocgv2W7fZY>

### **Team Drill Postings**

U20 Summer Camp 2022

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8510#8510>

U18 Men 2022 Summer Camp

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8508#8508>

U17 Summer Camp – 2022

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8500#8500>

C U18 W Camp 2022 YouTube Video

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8430&topic=8477#8477>