

My diagrams are coded in the ABC format. This is like a library coding to make it easier to find things. Sometime you have to click on the diagram and read the code above as I sometimes forgot to put the code on the diagram itself.

A - Skating and individual skill

B - Partner skills

C - Game situation drills

D - Games full and SAG

DT - Transition games

E - Shootouts and contests

F – Fitness skating

T - Teaching drills and games where the coach is controlling the situation and giving instruction on individual skills or team play.

It is ok to give individual drills or videos away but please don't just make copies of the disk and give them away.