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TRANSITION GAMES TO TEACH THE 4 GAME-SITUATION ROLES

When the players have learned the basic skills by doing **one-way** drills where offensive or defensive responsibility is repeated but there is **no transition**, then it is time to practice using the skills in more **realistic situations** that demand both good technique and game understanding.

Transition games allow the coach to create any numerical situation that happens in a hockey game. The players practice the situation **under game pressure** in the same zone as it would occur in a game.

Levels 3 and 4 show transition games where players **passively** wait in the neutral zone and become **active** when the puck is passed **over the blue line**. These games can be used to create power-play and penalty situations or to create various numerical situations at each end.

In levels 5 and 6 transition games the players **come into** and **leave the play** according to the game situation, so the coach doesn't have to be continually blowing his/her whistle, but is free to talk to the players as the game is going on.

Any of the game formations can be used for transition games. The D200 cross-ice games and D600, D700 and D800 small-area formations use the same rules as the D100 and D400 transition games that are described below.

HOW TO ORGANIZE A TRANSITION GAME

To organize a transition game the coach must decide what **individual or team skill** to work on and then devise the game. Take your time and go slowly, first **step by step**. Let the players do everything in slow motion so that the game is understood.

When the players are comfortable with the flow of the game the coach can add modified rules to practice individual or team skills. The transition game itself is like a template for teaching all the various situations in the game.

Individual and team-skill work can be added by modifying the rules. For example, to work on the team-skill of **cycling** deep in the offensive zone have the rule that all goals must originate from plays below the goal line. An example of how to work on individual skills would be to designate the **number or type** of passes that must be used or what kind of shot is required to score.

It works best if you start a transition game 1-on-1 and work on game-situation roles 1 and 3. The individual techniques are the foundation for all team play and the 1-on-1 gives all of the players a chance to understand the flow of the game.

After the coach has decided what **needs** to be worked on and where on the ice it should be done, then the flow of the game – who gets support during the play, determines the type of transition game to use.

In transition games you go **from offense to defense and from defense to offense**. The coach can create the situation he/she wants to work on by having the passive players:

1. Give support to the defense
2. The offense
3. Both the offense and the defense.

When the new players come into the play they must assume the **appropriate** game-playing role of either offensive or defensive support.

The cards in this level will show D100, full-ice games and D400 half-ice games that show:

- 1 Transition games where players wait in the neutral zone for a breakout pass and the play goes toward the other end. This game isolates situations in the neutral zone and at each end (*game-situation roles 1, 2, 3 and 4*).
- 2 Transition games where the attacking team gets support from teammates joining the play (*game-situation role 2*).
- 3 Transition games where the defending team gets support from back checkers (*game-situation role 4*).
- 4 Transition games where both the offensive and defensive teams have supporting players join the play (*game-situation roles 2 and 4*).

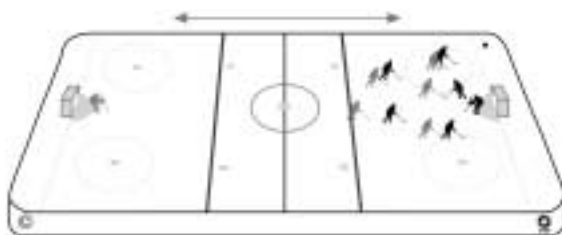
As the play continues their roles change from defensive to offensive or offensive to defensive responsibilities and all 3 playing situations: offense, defense and loose puck will be encountered.



CARD 233

LEVELS 5-6

LEARNING THE GAME



D, ORIENTATION

PRINCIPLES OF USING TRANSITION GAMES TO LEARN TO UNDERSTAND THE GAME

- All defend-attack-leave half-ice and full-ice games can isolate the defensive-zone team-play skills of 1-on-1 up to 5-on-6 as well as the penalty-killing skills.
- All attack-defend-leave half-ice, full-ice and cross-ice games can isolate the defensive-zone team-play concepts from the 1-on-1 up to 5-on-6.

- All continuous half-ice and full-ice games with both offensive and defensive support can be used to practice specific positions in all situations.

All full-, half- and cross-ice games where 1 defensive player waits outside of the defensive zone are good for practicing defensive skills in outnumbered situations, e.g., 5-on-5 full-ice game with 1 defensive forward staying in the neutral zone creates a 5-on-4 in the zone.

D-5/6001

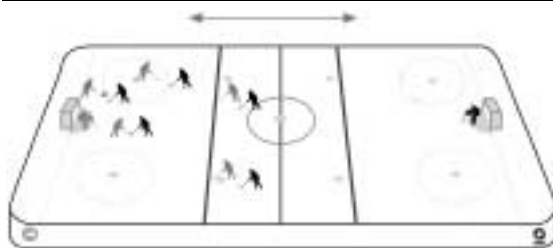
GAMES WITH PLAYERS WAITING FOR THE PUCK IN THE NEUTRAL ZONE

1. Transition games where players wait in the neutral zone for a break-out pass and the play goes towards the other end. This game isolates situations in the neutral zone and at each end (game-situation roles 1, 2, 3 and 4).

CARD 234

LEVELS 5-6

TRANSITION GAMES



C300

DEFENDING 3-ON-3, 2-ON-2, IN THE DEFENSIVE ZONE

Attack-Defend-Pass-Leave Sequence. In order to isolate offensive and defensive situations: play a full-ice game of 5-on-5 where each team leaves 2 players in the neutral zone when 1 team attacks 3-on-3 and 2 players from each team stay in the neutral zone as the opponent attacks the other goal 2-on-2. The game is organized in the following manner:

- 1 team attacks 3 versus 3 and when the defending team gets the puck they pass to the neutral zone and there will be a 2-on-2 situation at the other end.
- In the 3-on-3 situation, 1 line plays 2 defenseman and 1 forward as a backchecker while defending. The other 2 forwards attack 2-on-2 the other way.
- The other line has 3 forwards on offense and 2 defensemen for the 2-on-2 at the other end. Many other numerical situations can be practiced using this method. Have all forwards take turns being the backcheckers.
- Halfway through the game, change so the other team plays the 2-on-2 and 3-on-3 situations.
- The shifts can be timed or the players can change on the go after they have attacked and defended.
- * Any number of players from 1 to 5 can wait in the neutral zone.
- A modification of this game is to have the defensive team wait in the neutral zone and play against the team that is breaking out of their defensive zone.

C300-5/6002



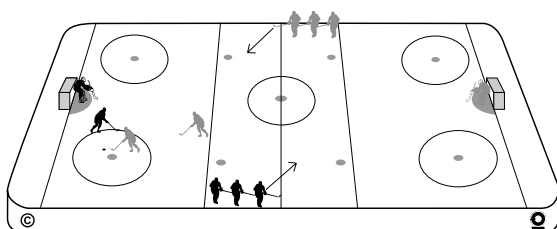
DEFEND- ATTACK GAMES

2. Transition games where the attacking team gets support from teammates joining the play (game-situation role 2).

CARD 235

LEVELS 5-6

TRANSITION GAMES



D100, FULL-ICE
DEFEND-ATTACK GAME

This game works on all situations up to a 3-on-3 but is especially good for teaching the 4 game-situation roles deep in the offensive and defensive zones.

In this game you line the players along the boards in the neutral zone.

- Start with a 1-on-1 situation with a player from the lineup supporting the attacking player at the point.

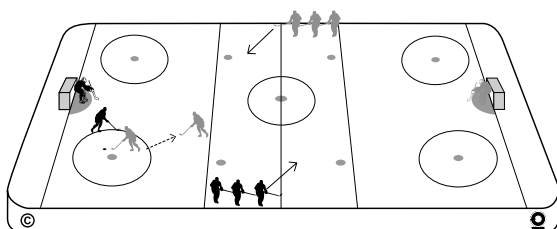
- * * The offensive player tries to score and the defensive player tries to regain the puck and attack the other way.

- After a goal, or when the defender regains the puck and crosses the blue line, he/she attacks the other way versus the new player at the point. The original defender goes to the back of the line.
- At advanced levels the coach can add more players and a regroup in the neutral zone with the original players follow the play until the puck crosses the offensive blue line.

CARD 236

LEVELS 5-6

TRANSITION GAMES



D100 FULL ICE DEFEND GAME
WITH A PASS TO THE POINT

This game works on all situations up to a 3-on-3 situation. The pass to the point creates a situation where the defender must keep the attacker from screening the goalie, getting a pass or scoring on a rebound.

- Start with a 1-on-1 and the attacker gets support from a teammate waiting in the neutral zone when the puck crosses the blue line.

- The attacker may pass to the point. The point man cannot walk in and shoot, but must pass or shoot within 2 seconds. This enables the defender to continue playing the 1-on-1 low. (This simulates that the point man is being covered.)

- After a goal or when the defender crosses the blue line, he/she attacks the other way versus the new player at the point. The original attacker goes to the end of the line in the neutral zone.

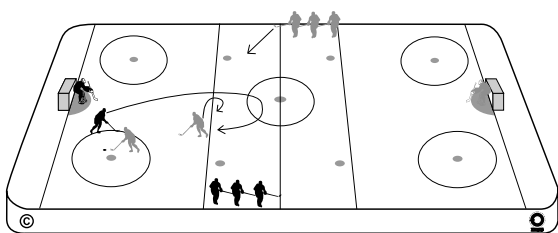
At advanced levels the coach can add more players and a regroup in the neutral zone with the original players not leaving until the puck crosses the offensive blue line. This is great for working on defensive gap control.



CARD 237

LEVELS 5-6

TRANSITION GAMES

**HALF-ICE DEFEND-ATTACK GAME WITH A PASS TO THE POINT**

- Start with a 1-on-1 and the attacker gets support from the lineup in the neutral zone when the puck crosses the blue line. The attacker may pass to the point. The point man cannot walk in and shoot, but must pass or shoot within 2 seconds.
- This enables the defender to continue playing the 1-on-1 low.

The pass to the point creates a situation where the defender must keep the attacker from screening the goalie, getting a pass or scoring on a rebound.

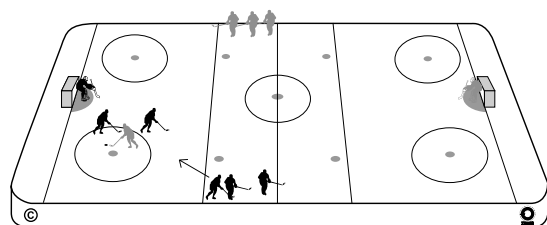
- After a goal or when the defender skates out to the red line with the puck, the point man mirrors him and turns, defending the original goal.
- When the defender crosses the blue line with the puck, the original attacker goes to the end of the line in the neutral zone.
- At advanced levels the coach can add more players and a regroup in the neutral zone. The new offensive player skates to the far blue line before turning back to attack.

ATTACK-DEFEND GAMES

3. Transition games where the defending team gets support from backcheckers (role 4).

CARD 238

LEVELS 5-6 ATTACK – DEFEND GAMES



D100

FULL-ICE ATTACK-DEFEND GAME

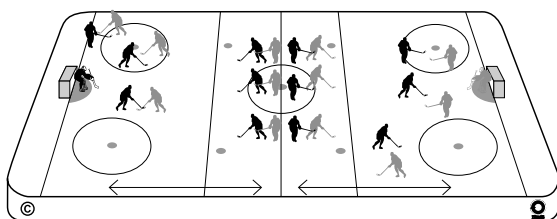
Use the D100 formation starting with a 1-on-1 game with the extra players waiting in the neutral zone.

- The defensive player gets support from a teammate when the puck crosses the defensive blue line.
- The 1-on-1 now becomes a 1-on-2 and the original defender concentrates on the attacker's body while the backchecker picks up the puck and attacks in the other direction while the original attacker backchecks.

- When the puck crosses the offensive blue line the defending player gets support from a teammate making it 1-on-2.
- On a goal, or when the defenders gain the puck, the new backchecker attacks the goal at the other end.
- When the puck is cleared over the defensive blue line the original defending player returns to the lineup on the boards.

This flow of, give defensive support, attack the opponent's net, and then defend, continues.

As many as 3 supporting players can join the play or the coach can send 1, 2 or 3 players to support in order to have the players recognize the game situation.

**CARD 239****LEVELS 5-6****TRANSITION GAMES**

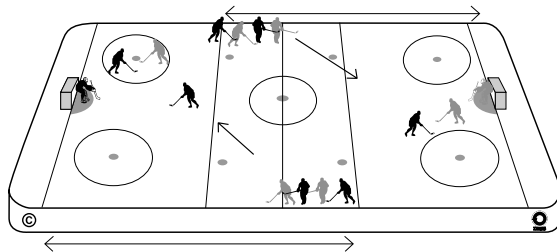
**HALF-ICE GAME OF D400 WITH
THE EXTRA PLAYERS WAITING AT
THE RED LINE**

Play either 1 or 2 D400 half-ice Attack-Defend games at once. Teams are organized into 2 lines of 1, 2 or 3 players each. 1 line attacks or defends while their teammates rest near the red line.

- When the defending team gets the puck they must break out over the blue line and pass to a waiting teammate at the red line. If the puck is simply dumped out then it is a loose puck and any one of the active players can get it.
- When a successful pass is made the passive players go onto offense and attack versus the players who were just on offense.
- When these new attackers lose the puck or are scored on, they must defend against the passive players who are waiting for a pass near the red line.

This game works on all 4 game-situation playing roles and the 3 playing situations.

Play timed games or up to a certain score. Play tournaments and add modified rules that stipulate individual or team skills.

CARD 240**LEVELS 5-6****TRANSITION GAMES**

**HALF-ICE GAME OF BACKCHECK -
BREAKOUT - ATTACK - DEFEND -
REST**

In this game the extra players wait along the boards in the neutral zone and backcheck to support the defender when the puck crosses the blue line, making it a 1-on-2 situation.

- When the new defensive player gets the puck he/she skates to the far blue line before turning and attacking the original attacker.
- This flow continues when the puck crosses the blue line and the new defender gets support from a teammate.
- This transition game can be played at 1 or both ends at once. A regroup in the neutral zone can be added to practice keeping a tight gap.

SITUATION ROLES 1, 2, 3, 4

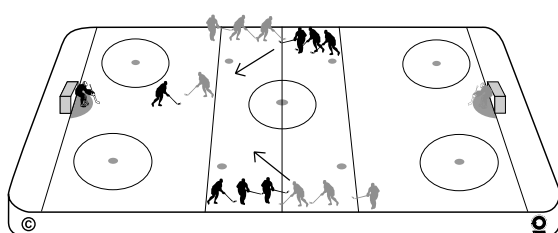
4. Transition games where both the offensive and defensive teams have supporting players join the play (game-situation role 2 and 4).



CARD 241

LEVELS 5-6

TRANSITION GAMES



D100

- This is the ultimate transition game to practice all possible play situations from 1-on-1 to 6-on-5.
- To learn the game, start playing 1-on-1 and when the puck crosses the offensive blue line both the attacker and defender get support from the teammates waiting along the boards in the neutral zone.
- The 1-on-1 situation becomes a 2-on-2 and the new supporting players must assume the responsibilities of game-situation roles 2 and 4.

VARIATIONS:

Create any numerical situation by adjusting how many players support the active players. To create even-numbered situations give support with as many defenders as attackers and as many attackers as defenders.

- That is, on a continuous 2-on-1, 2 players would support on defense and 1 would give offensive support.
- The 2-on-1 and 1-on-2 would become a 3-on-3 in the end zones and a 2-on-1 or 1-on-2 in the neutral zone. A 2-on-2 and 3-on-1 through the neutral zone becomes 4-on-4 in the end zones. A 3-on-2 or 2-on-3 through the neutral zone becomes 5-on-5 at each end.
- The supporting players can simply line up on 1 side of the ice and join the play according to the 1-2-3-4-5 principles of team play, or they can play their own position, i.e., as defensemen or forwards.

In the diagram the forwards are on 1 side and the defensemen on the other side.

- The forwards give support to their defense and the defense give support to their forwards when the puck crosses the blue line.
- In the 1-on-1 to 2-on-2 situation in the diagram the defenseman will support from the point and may jump into the play.
- The forward must cover the new defenseman and then get open for a breakout pass when the defender gets the puck, or go low and pick up a loose puck if the defender pins the attacker.

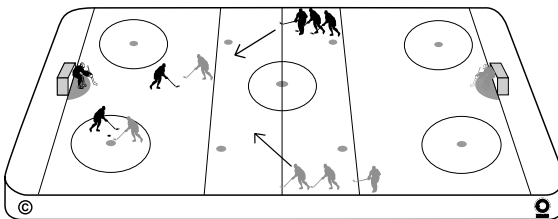
When you have a continuous 2-on-1 the first backchecking forward must give low support to the defender and the second backchecker must cover the new defenseman. By using this continuous game the coach can teach team-play concepts as well as work on individual techniques.

The coach can adjust the number of supporting players to create uneven situations, e.g., a 2-on-1 with only 1 backchecking forward and 1 supporting attacker would create a 3-on-2 in the end zone and a 1-on-1 in the neutral zone. When 2 forwards backcheck and 1 attacker joins the play, you have a 2-on-3 attack in the end zone and a 2-on-1 through the neutral zone. The situations are limited only by the imagination of the coach.

CARD 242

LEVEL 4

BASIC SITUATIONS



D400,

GAME-SITUATION ROLES 1, 2, 3, 4

A HALF-ICE TRANSITION GAME OF 1-ON-1 THEN 2-ON-2 IN THE DEFENSIVE ZONE

The team can practice various half-ice situations using this transition game. It is best to have the teams wearing only 2 colors.

- 1 player attack 1 versus 1.
- When the puck crosses the blue line 1 forward (F2), from the defending team and 1 defenseman (D2) from the attacking team follow the play into the zone.

- The backchecker must cover the new defenseman, who supports the attack.
- When the defenders regain the puck or a goal is scored, they break out as far as the red line and then turn back and attack 1-on-1, F2 versus D2.

Keep score and use this method to play games and tournaments. Other situations such as 2-on-1 to 3-on-3, 2-on-2 to 4-on-4, 3-on-1 to 4-on-4 and 3-on-2 to 5-on-5 can be played.

DT Transition Game Presentation

Key Points:

In a hockey game players are in constant transition from offense to defense to loose puck situations. On offense the player either has the puck or is supporting the puck carrier. On defense the player is either checking the puck carrier, double teaming or supporting away from the puck. Constant decisions have to be made concerning loose puck situations which happen about 30% of the time in a hockey game.

Transition games are the natural progression from game situation drills of 1-1 to 3-2. They simulate a real game situation because the player must go from offense to defense or from defense to offense and also battle for loose pucks.

Description:

Transition games only use ONE puck and there are no whistles during the play. This creates realistic situations that mimic the game. The games run themselves so the coach is free to isolate one individual or team play skill to focus on. Instead of stopping the game to give instruction the coach can talk with resting players to correct or compliment their performance.

This video gives an introduction to transition games. It begins with college women playing a full ice back checking game and progresses to a team of 85 born players when they were 12 (in the group is Ryan Duncan a Hobey Baker award winner and NHL, Mason Raymond NHL, Jeremy Colliton NHL, Aaron Lee European pro while the remaining players made at least Jr. A and many played NCAA and CIS.)

It then moves to Juhani Wahlsten (IIHF Hall of Fame Finnish Coach) and Vladimir Jusinov (IIHF Hall of Fame Russian coach, who are both former Olympic Team players) giving an on ice demonstration to coaches at a symposium in Europe.

Hockey Canada had Erkka Westerlund (Finnish pro coach, Olympic silver medal coach and former head of hockey development) prepare a video and book on Transition. It is worth ordering from them.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090725194239373> is the video link.

D100 2 on 2 with Regroup

Coaching Comment

This is a great transition game to work on all four game playing roles in all three zones. You can focus on the offense, the defense, the regroup, boxing out, cycling, tying up sticks, creating offensive 2 on 1's, defensive communication etc. etc. All players attack and defend. The jokers support and must pass or shoot within a second and can't walk in. When the puck crosses the blueline they follow the play for a regroup pass and then into the attacking zone.

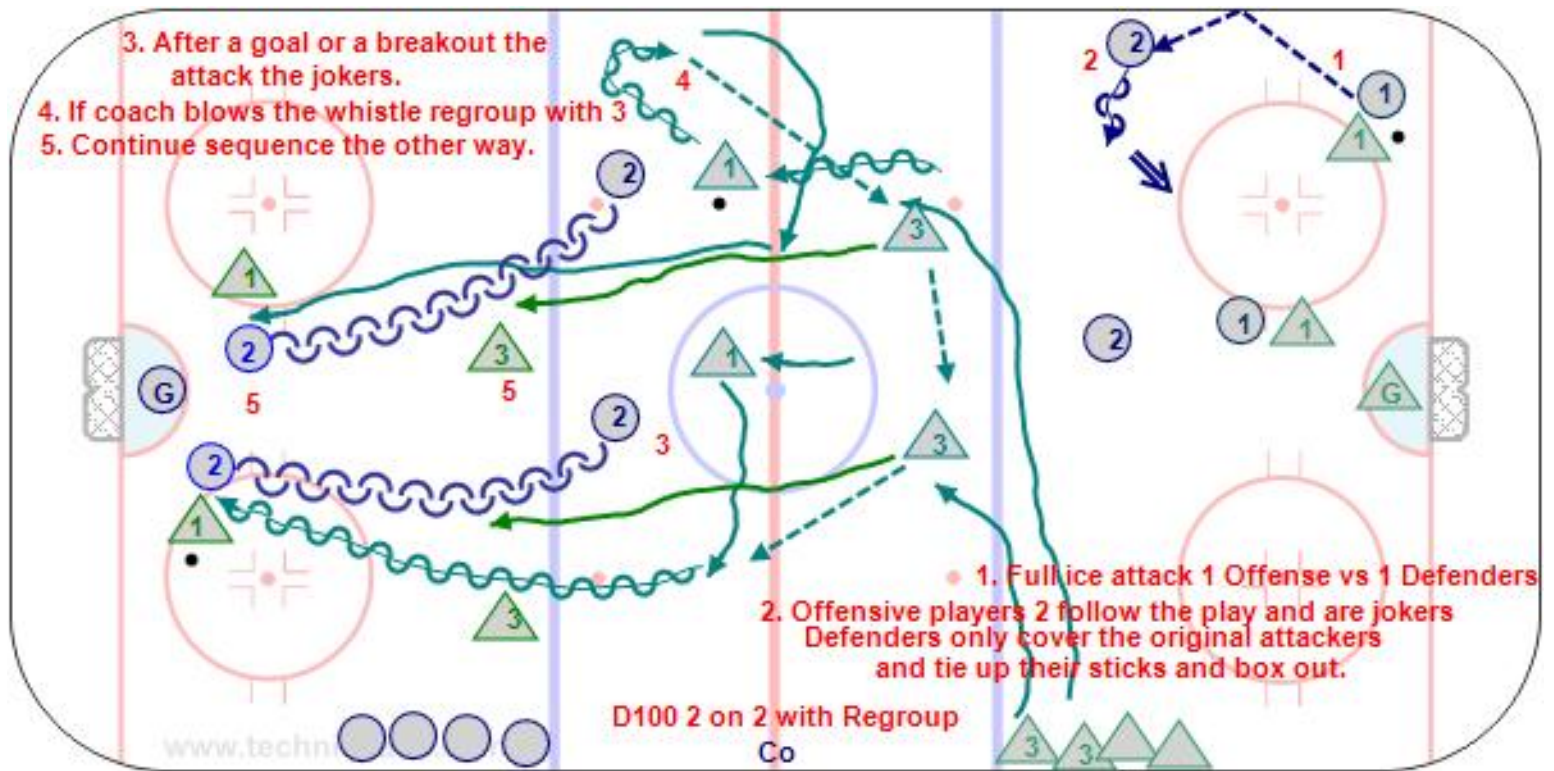
Key Points:

Move through the neutral zone quickly and create a 2 on 1. Defenders talk to identify coverage. Line up in D100 Formation along the boards behind the bluelines at each end. Continuous flow game. Keep score. Vary the situations 1-1 to 3-3.

Description:

1. Full ice attack 1 Offense vs 1 Defenders.
2. Offensive players 2 follow the play and are jokers who can't skate in but must pass or shoot within 1 second. Defenders only cover the original attackers and tie up their sticks and box out.
3. After a goal or a breakout the defenders 1 attack the jokers.
4. Create an offensive 2-1 on a wide defender. If coach blows the whistle regroup with 3 who follow the play thru the nzone.
5. 1 finish the attack and try to score while 3 follow the play and support.

*Coach can change the situation from 1-1, 1-2, 2-1, 3-2, 3-3 or add a dump in to work on the forecheck or rules like goals must come from plays below the goal line to work on the cycle or low coverage.



DT100 Game with F Backchecking x 2 Dukla

Key Points:

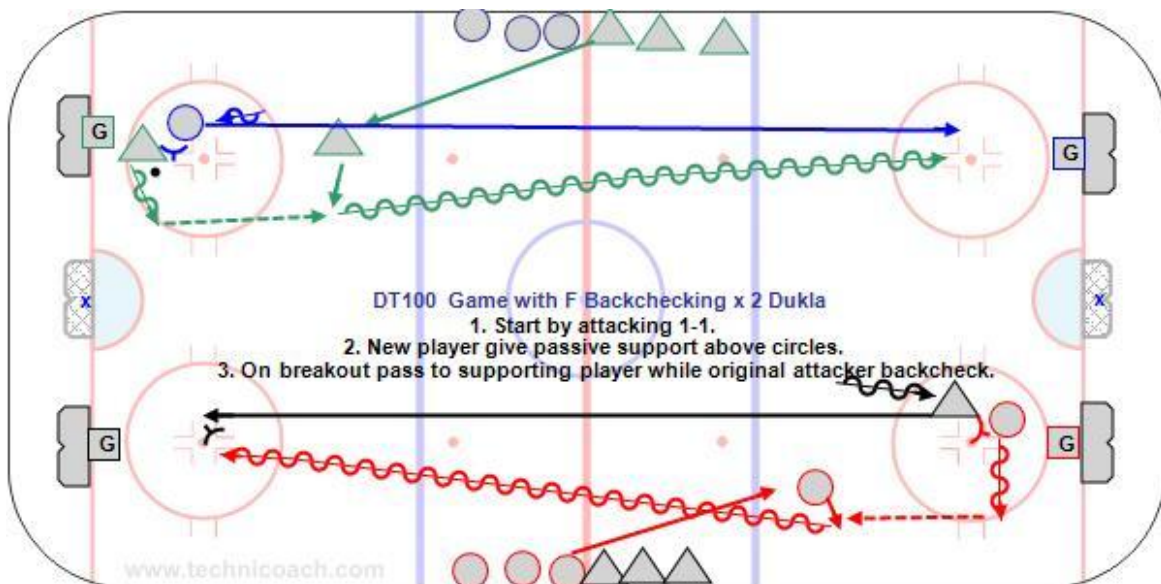
The original attacker backcheck and tie up the attacker stick if there is a shot.

Great game to work on speed in the attack and good defensive habits.

Description:

1. Start by attacking 1-1.
2. New player give passive support above circles.
3. On breakout pass to supporting player while original attacker backcheck.
4. Supporting player can take away the puck if it comes above the circles.
5. Backcheck hard and tie up the stick on rebounds.
7. Battle for loose pucks.
8. Backchecker make sure there is no second shot and goalie clear the rebound.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821114214589>



DT100 Backchecking Transition Game

Key Points:

Attack quickly and the defender tie up the stick on the rebound then look for the puck.

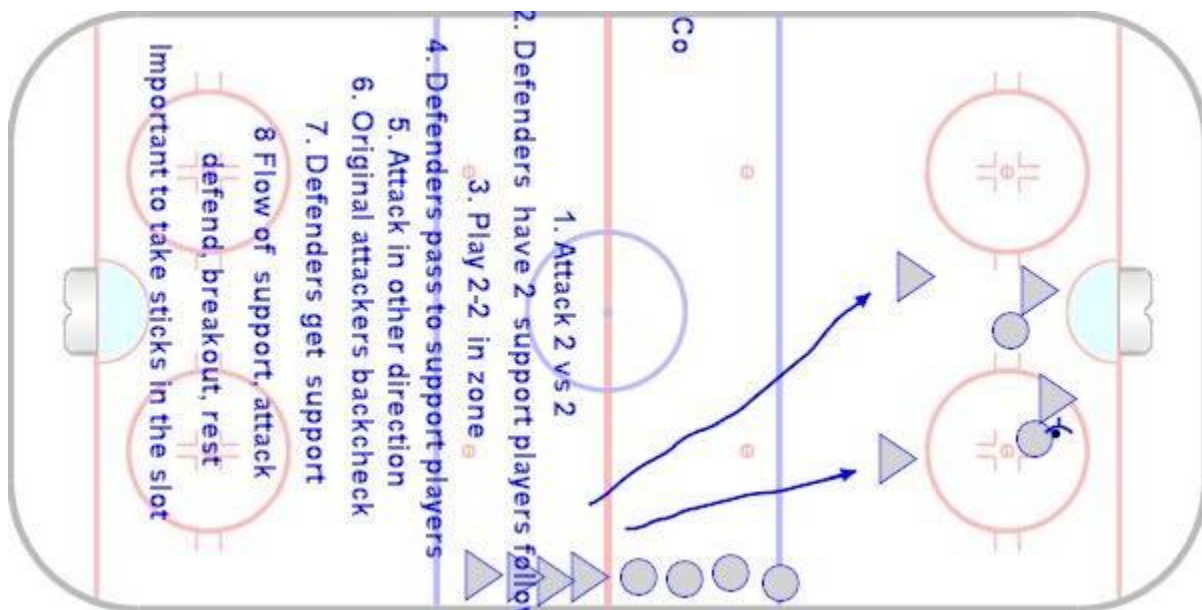
Description:

Full ice game with the defenders getting support. New attackers have to get the breakout pass inside their zone.

This works on quick passes and attack or the backchecker catches up. The backchecker must tie up sticks on the rebound and don't allow a second shot. The attacker must be quick and follow the shot.

Defender make a breakout pass to the supporting player in the high slot.

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DT100 Continuous 1-1

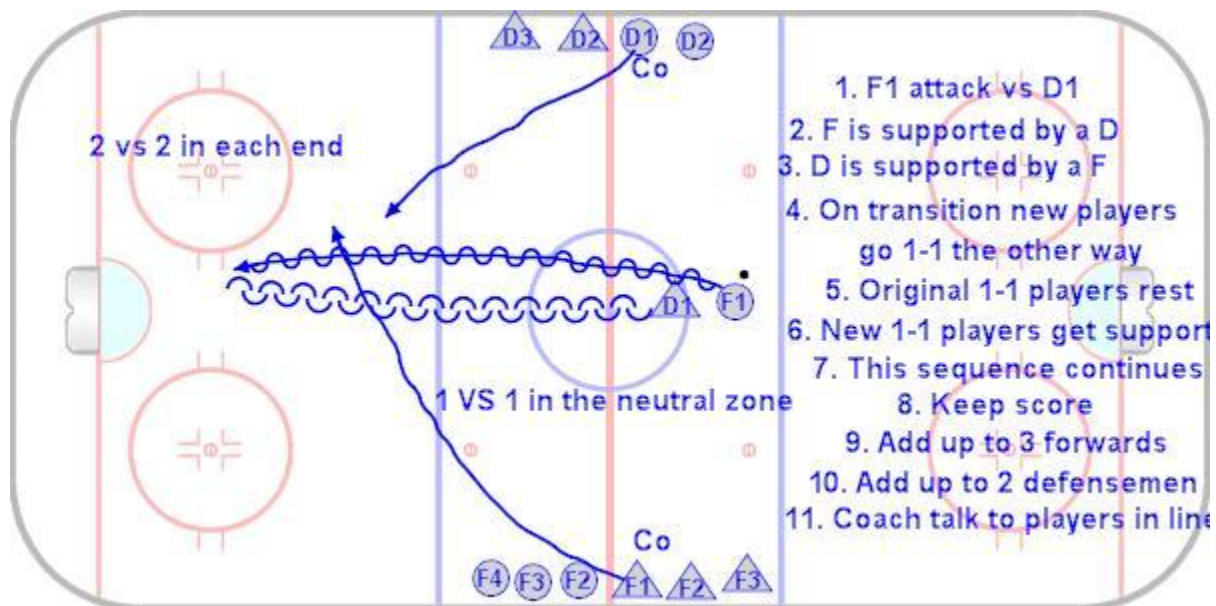
Key Points:

Forward gets support from a defenseman and the D gets support from a forward.

Description:

1. Forwards line up in the neutral zone on one side and D on the other on their offensive side of the red line.
2. Start with a 1-1 and the supporting players join the play when the puck enters the zone and play 2-2.
3. This is a game and not a drill, so no whistles. Original players leave when the puck is carried over the blue line and there is a 1-1 the other way with the players who supported.
4. If the puck is dumped out the players stay on and regroup.
5. Situations up to a 3-2 each way can be practiced with this flow.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821121211421>



D100 Total Hockey 1-1 to a 3-2

Key Points:

The support can be either passive or active.

Once the new players are in the neutral zone the original players go back to line; unless a regroup is added.

Description:

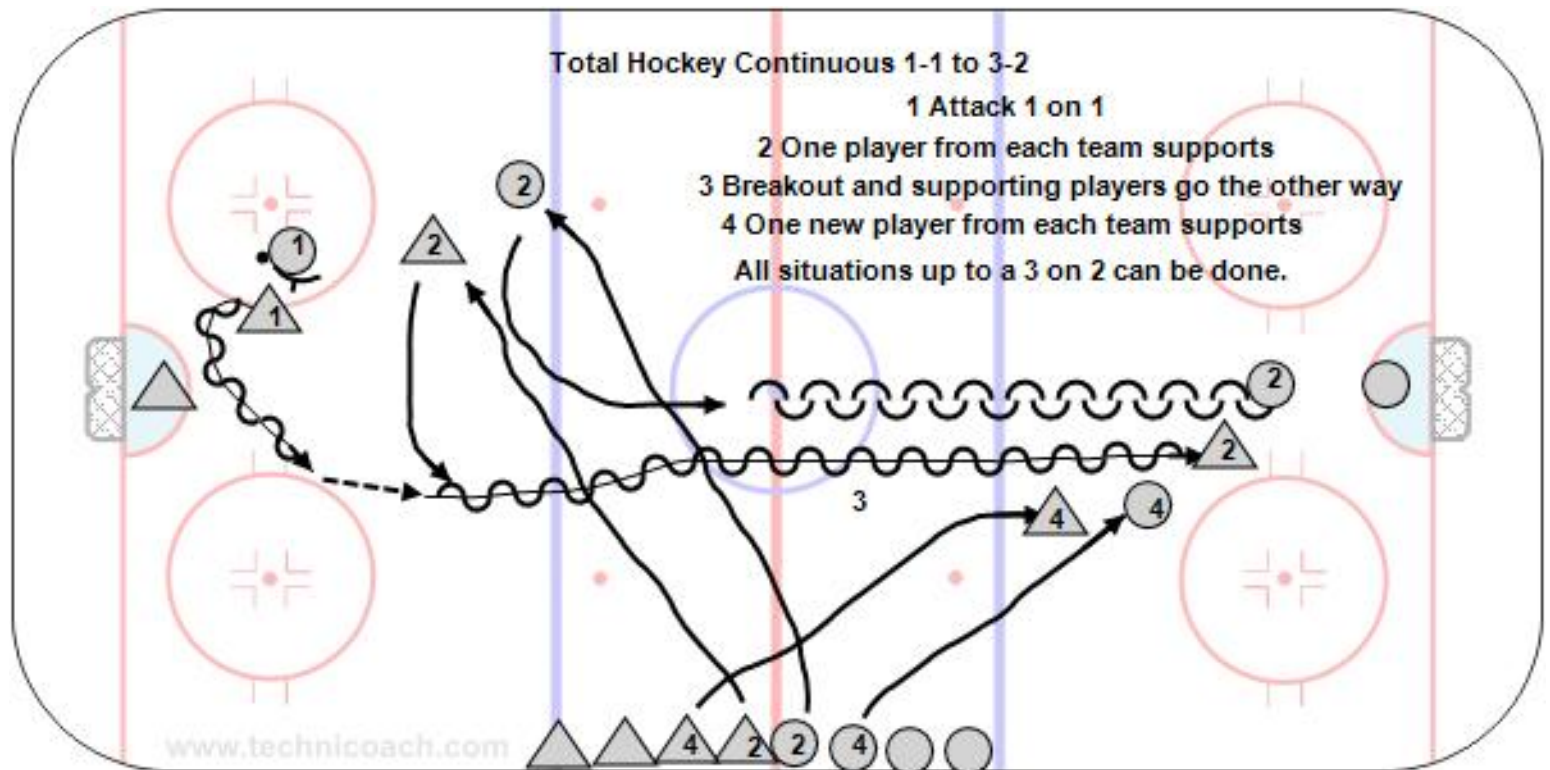
D100 formation along the boards in the nzone.

Start with a 1-1 and when the puck crosses the blue line each player gets support from the lineup on the boards.

Various situation up to a 3-2. i.e. A 2-1 thru the nzone with the defender getting 2 and attacker 1 supporting player makes a 2-1 in nzone and 3-3 at each end. Change the supporting players to create various situations.

Players learn to play in all situations offensive and defensive situations.

The game can also be played using designated positions.



D100 Transition Game of Defend-Attack with Regroups

Key Points:

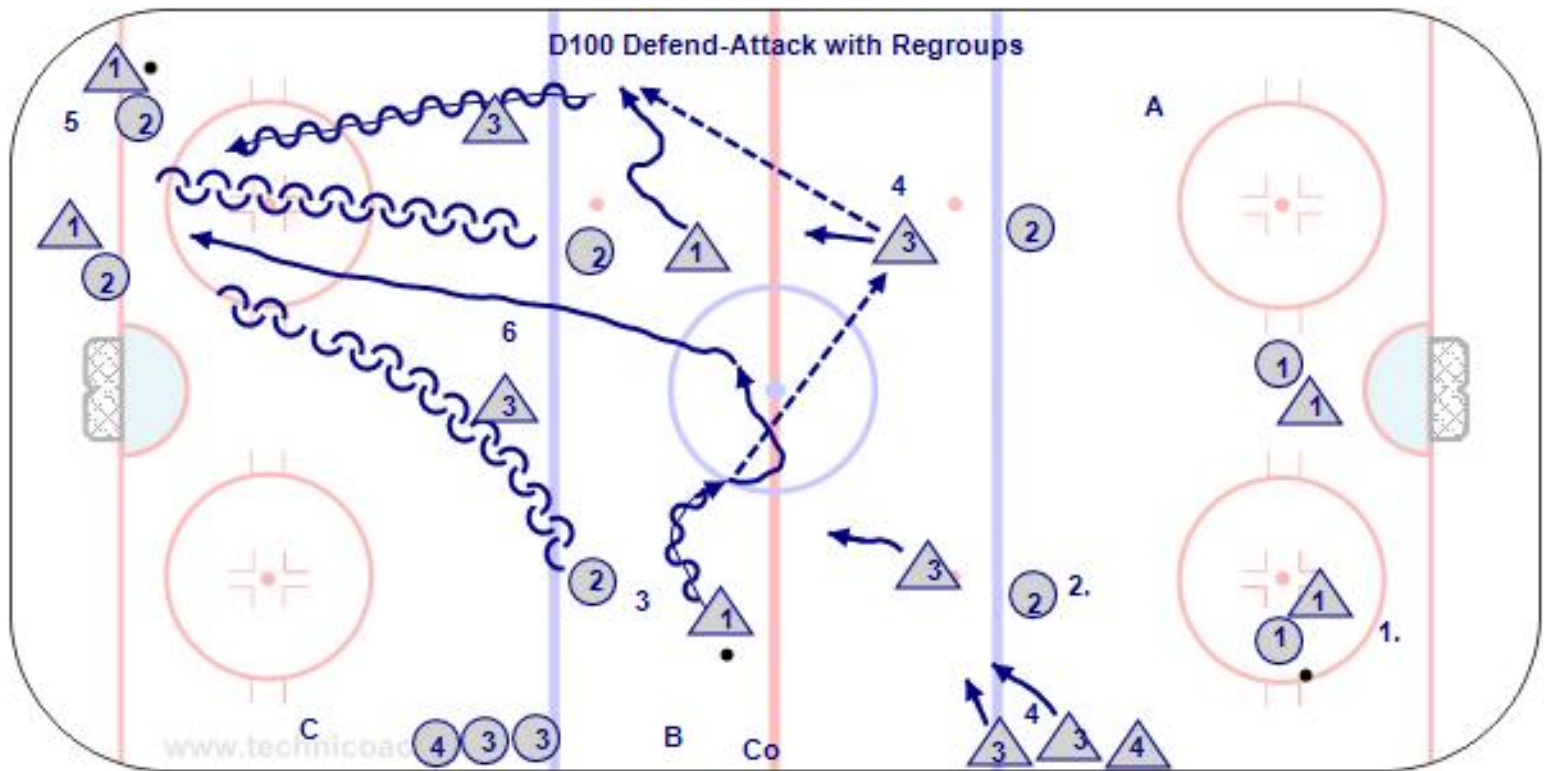
This is a great progression from the original transition game. The coach may blow the whistle to indicate a regroup. The offensive players pass back to the supporting players. They now line up behind the blue instead of red line. They may do a D to D or pass to the original players who should be on the wall and in the middle or maybe switching. Defenders must keep tight gaps instead of simply backing in.

If there is a turnover the defenders attack the other way vs the new supporting players.

Attacking team regroup with the new supporting players on the coaches whistle. Supporting point men stay at the point and only get the puck for one second before passing or shooting. they defend the breakout. Coach may or may not whistle.

Description:

1. #1 offense attack vs# 2 on defense.
 2. Attackers get support from teammates 2.
 3. Breakout and attack 2-2 vs supporting point men.
 4. If the coach blows the whistle regroup with 3 who follow the play.
- Continue with 2 new players supporting each rush.
6. #3 follow the play and supports from the blueline.
 7. Try to score vs 2 the original pointmen.



D100 Transition Game of Support, Defend, Attack, Rest

Key Points:

This is a great full ice transition game to practice offense and defense in all three zones. I have done this the last 2 practices with my team and my skills group. The coach can decide what to focus on each time you do it. Instead of stopping the game talk to the players when they come back to the line. You can do this from 1-1 to a 3-3. I will put a modification that adds other nuances to the game at another date.

Point men only get one second with the puck to shoot or pass. Defenders cover the low players and ignore the pointmen.

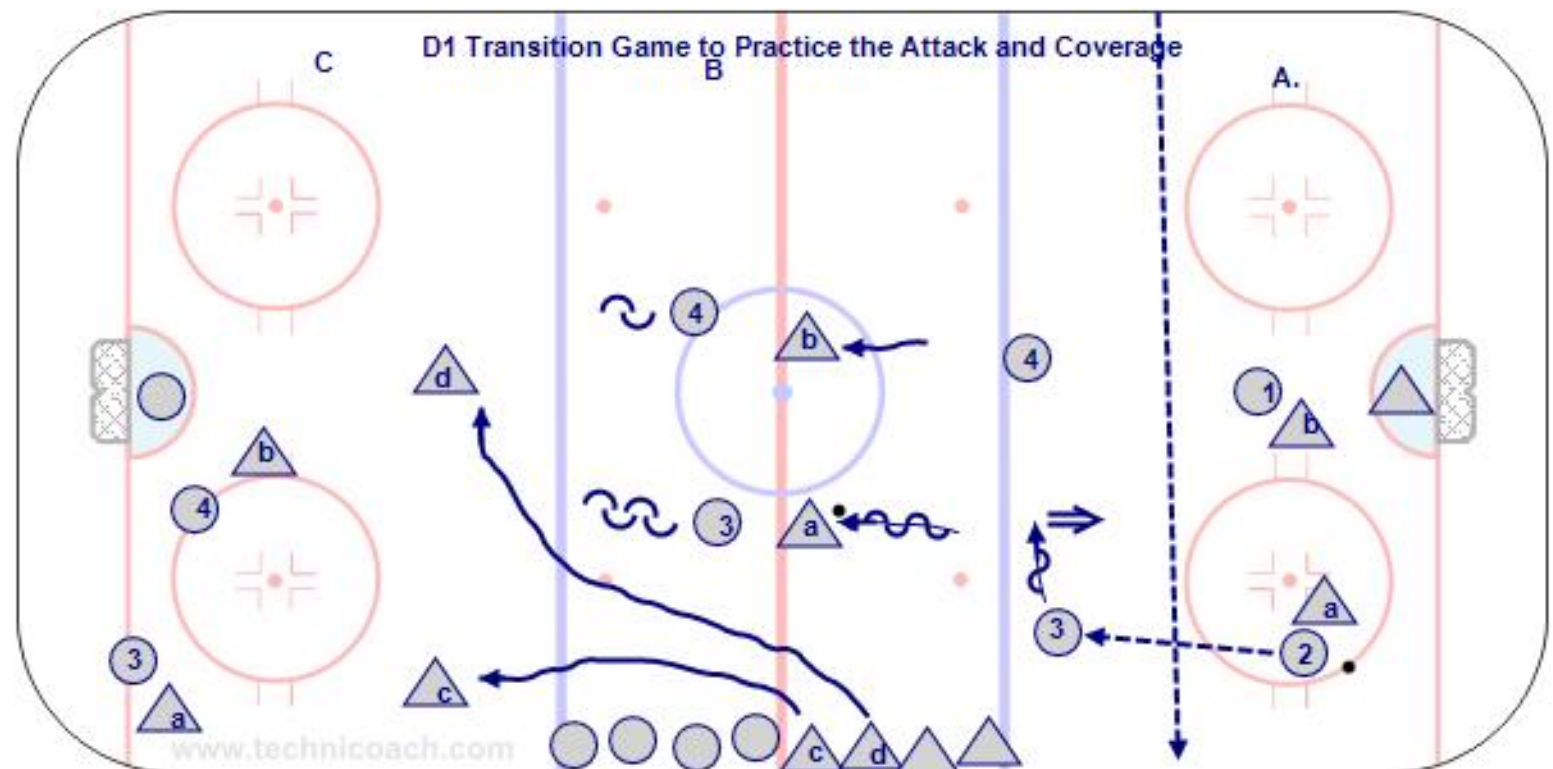
Description:

A. 1 and 2 attack vs a and b and are supported on the blue line by 3 and 4. The pointmen cannot go farther than the top of the circle. When the puck goes to the point a and b control the sticks of 1 and 2.

Attackers cycle, screen, tip, drive the net. Defenders work on low coverage and B.O.

B. When a and b breakout over the blue line 1 and 2 are finished and there is a 2 on 2 in the nzone with a and b attacking 3 and 4.

C. After the puck crosses the blue line c and d support a and b from the point.



D100 Transition Game with D Joining the Attack and F Backchecking

Key Points:

Many coaches have a 2 on 1 at one end and then another starts the other way with a new puck and the original players skate up the ice and join the play on offense and defense. This can be done in a transition game.

* It is like the continuous 1-1 to 3-2 but the players get to be on both offense and defense.*

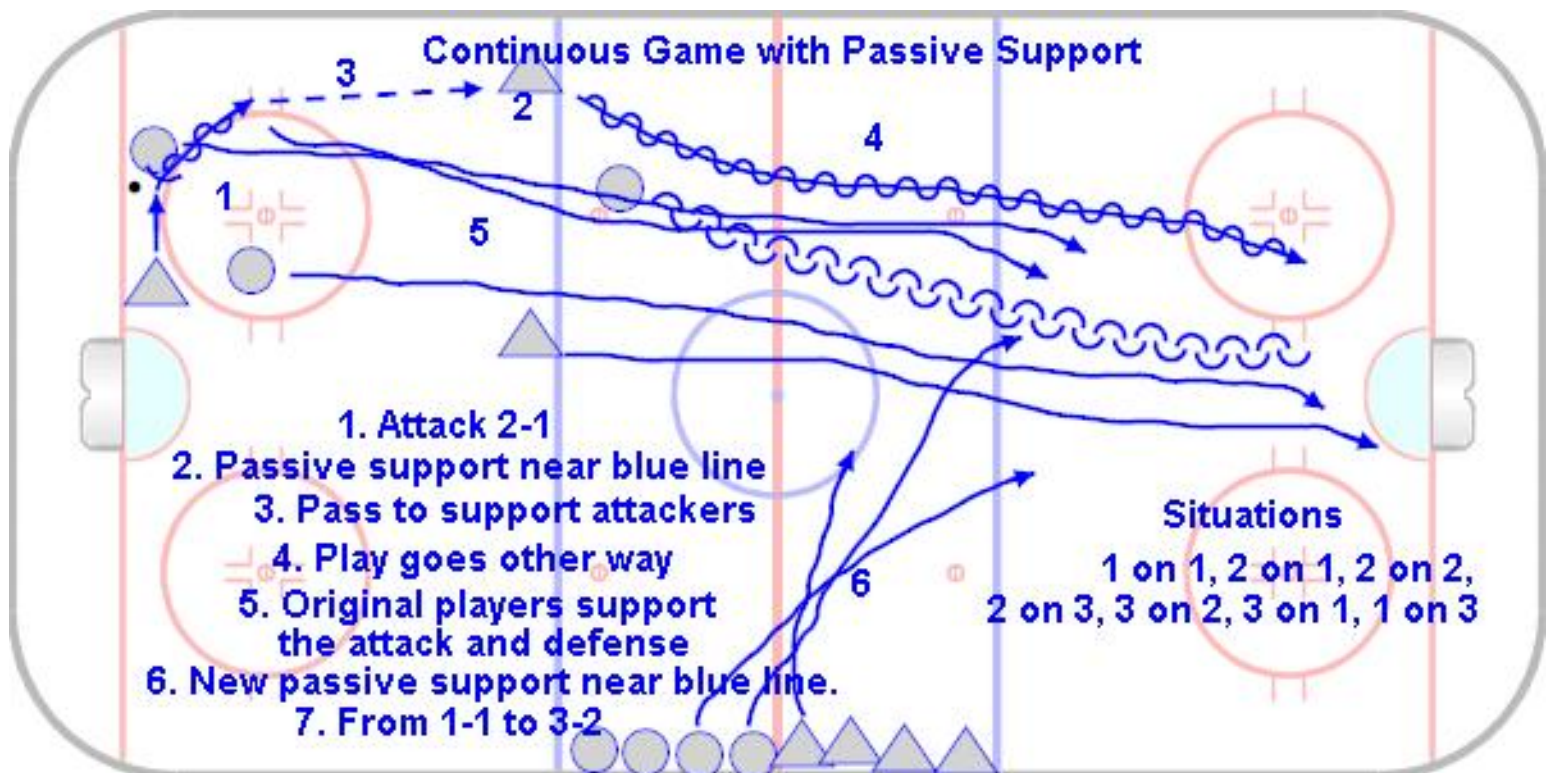
Description:

Use one puck and have the new players on offense at the blue line and the new D a little farther back then they can attack when passed to.

2. The players who just were on O now backcheck and the players on D join the rush.

3. When they enter the zone the new players skate to the blue and are passive until they get the puck.

4. The players who have only gone down the ice once now reverse game playing roles and join the play at the other end.



D100 Transition Game with Defense Joining the Attack

Key Points:

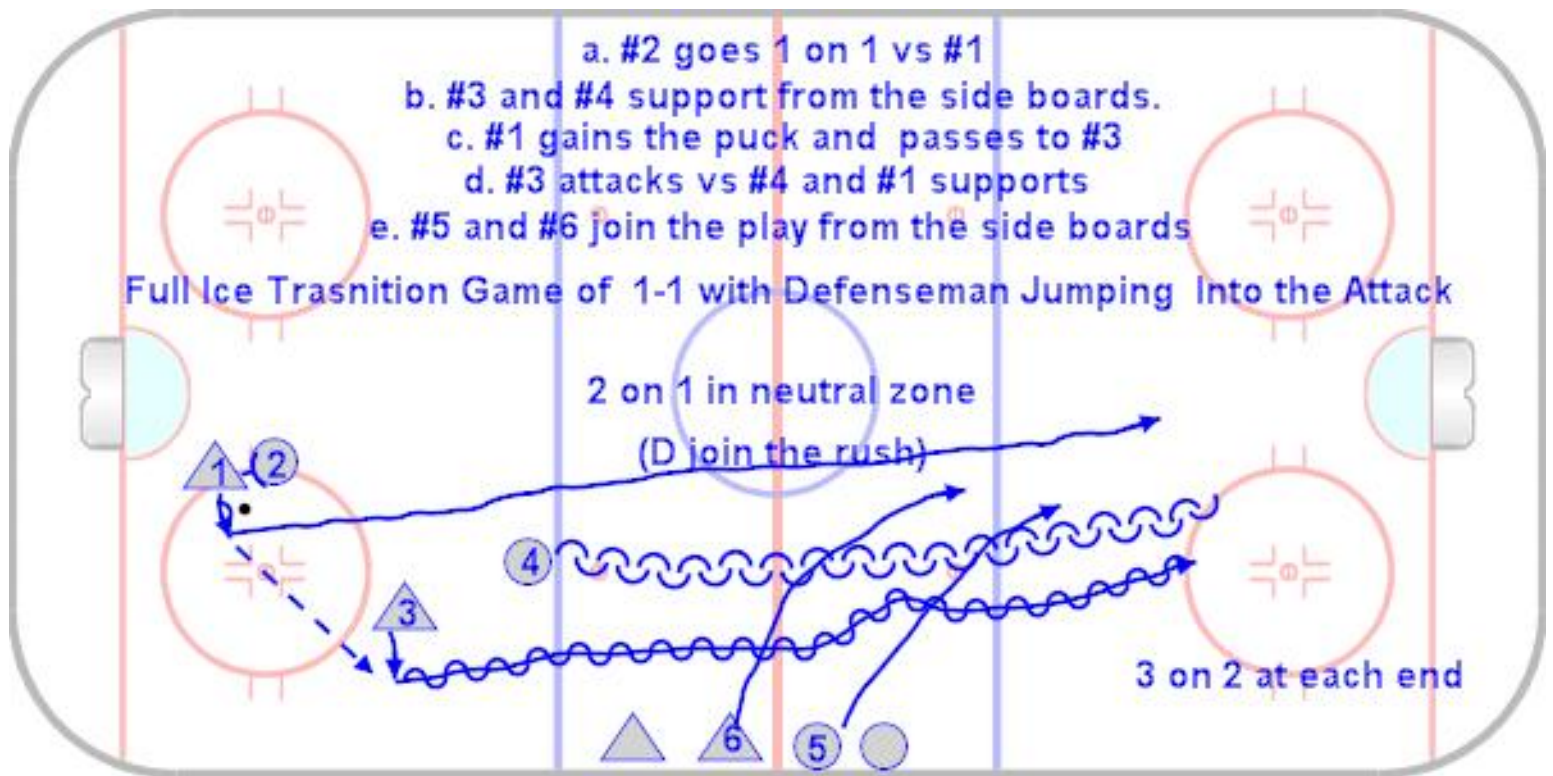
The defender make a pass and jump into the play right away. The new defender has to realize that it is a late developing 2-1 and the attackers must make a play early before the defenders get support.

Description;

- a. Start with #2 attacking vs #1.
 - b. #3 support on defense and #4 support the attack.
 - c. After a goal or a defensive breakout #3 attack vs #4.
 - d. The original defender #1 join the attack (#2 return to the lineup when the puck crosses the blue line.) This creates a 2-1 in the neutral zone.
 - e. #5 and 6 join the play after the attack crosses the blue line and actively play a 3-2. #6 play the offensive point position.
 - f. After a goal or breakout continue the flow with 5 vs 6 and 4 joining the rush.
- You can run this game with all players playing F and D or if you have D joining the F could line up on one side and the D on the other side in the nzone.

Starting with a 2-1 and two players supporting the D and one the attack would make a 3-3 on the original attack and a 3-1 in the nzone and a 4-3 in the offensive zone.

Starting with a 2-2 attack and the offense getting support from 2 D and the defense from 2 F it would make a 4-4 on the original attack. One D joining the rush makes a 3-2 in the nzone and a 5-4 at each end. (D stay up on the attack)



D100 Transition Game with Forward Backchecking

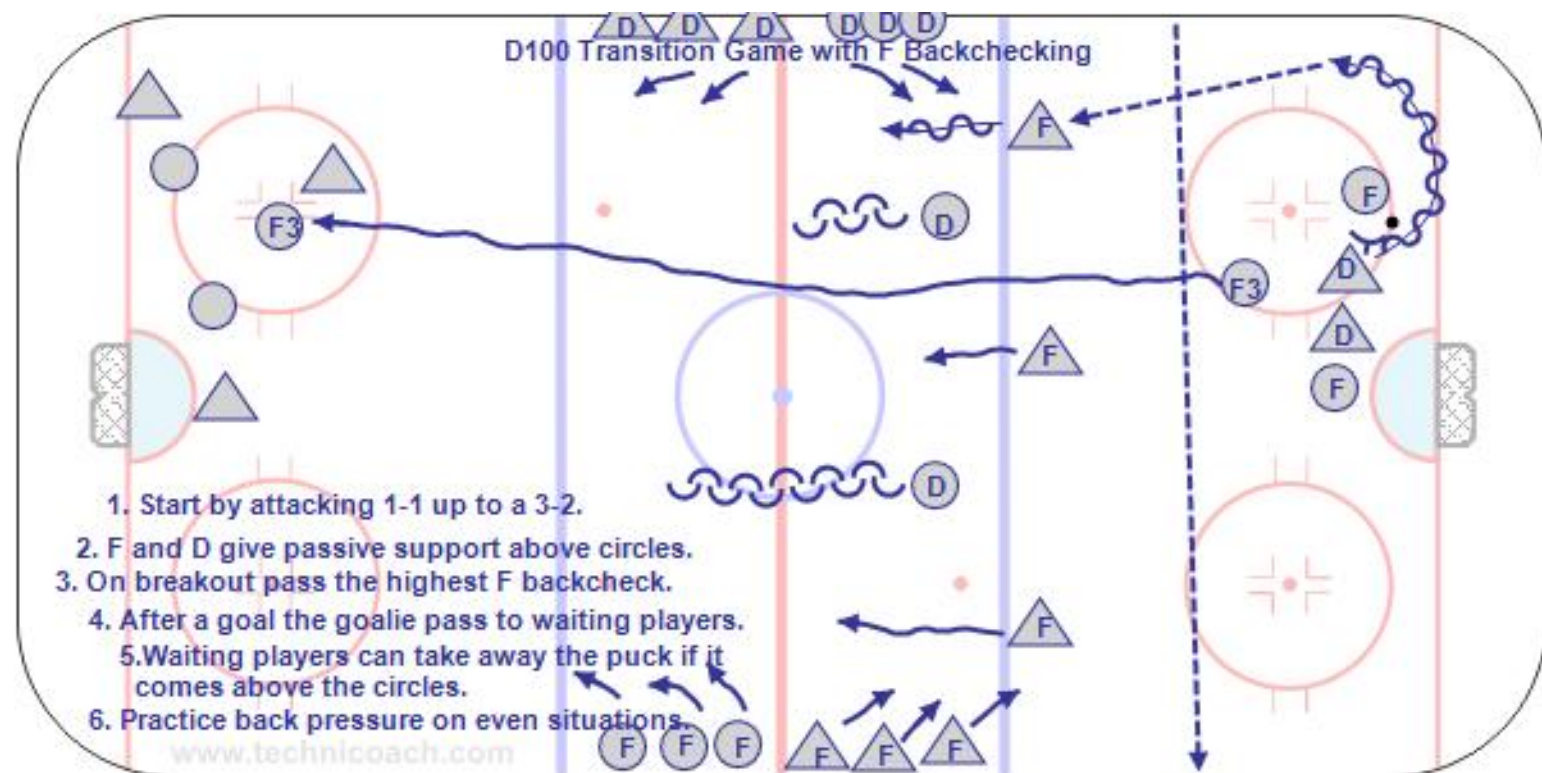
Key Points:

The highest attacking F backcheck and backpressure the puck thru the nzone.

Description:

D100 Full Ice

1. Start by attacking 1-1 up to a 3-2.
2. F and D give passive support above circles.
3. On breakout pass the highest F backcheck.
5. Waiting players can take away the puck if it comes above the circles.
6. Practice back pressure on even situations.



DT100-D Join Attack and F Backcheck

Key Points:

This is a continuous 2-1 transition game using only one puck and no whistles. It practices situations in the nzone, teaches players who to cover in the dzone and how to support the attack.

Forwards enter the zone to support the defense and then attack and backcheck.

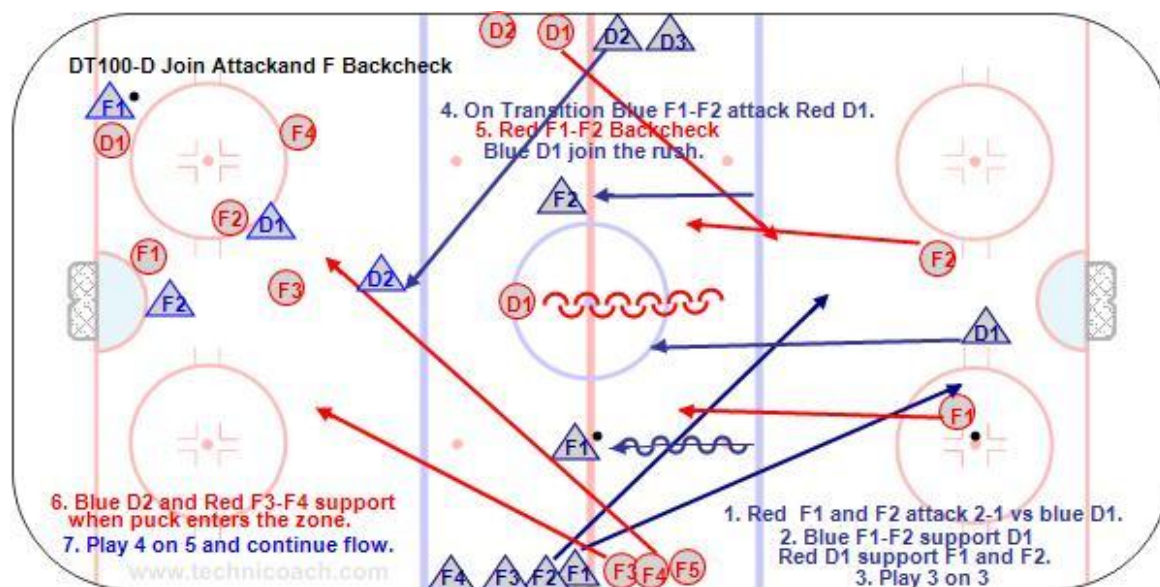
Defense support from the point, defend and then join the attack.

Coach can vary the number of F or D to create different situations in each zone.

Description:

1. Red F1 and F2 attack 2-1 vs blue D1.
2. Blue F1-F2 support D1, Red D1 support F1 and F2.
3. Play 3 on 3
4. On Transition Blue F1-F2 attack Red D1.
5. Red F1-F2 Backcheck and Blue D1 join the rush.
6. Blue D2 and Red F3-F4 support when puck enters the zone.
7. Play 4 on 5 and continue flow.

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D400 3 on 3 Transition Game of Attack-Defend-Breakout-Rest

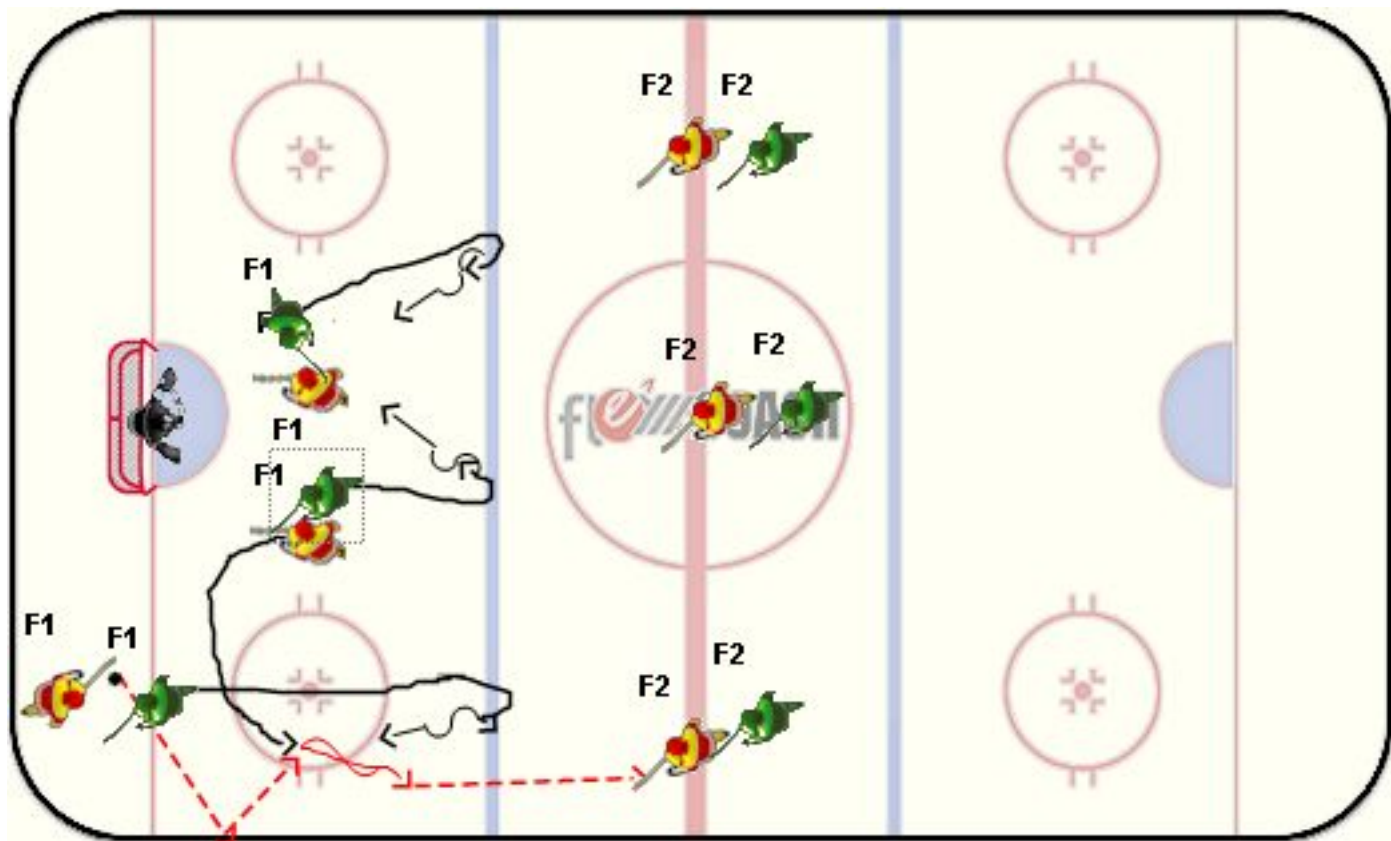
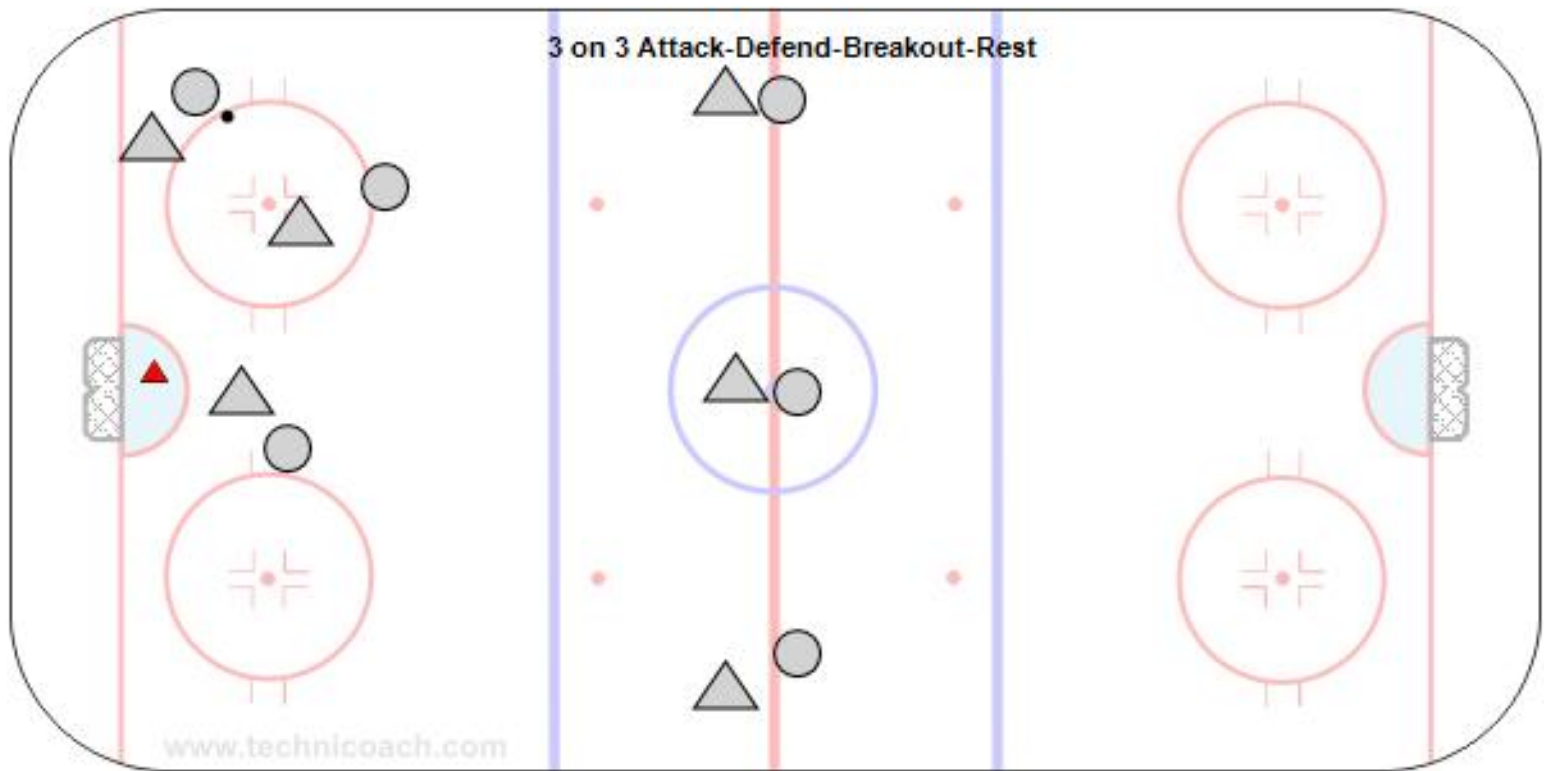
Key Points:

This is a great transition game to practice cycling, low zone coverage and use all of the individual offensive and defensive skills of hockey.

Create offense by cycling, crossing etc. and play man to man defense. To add more intensity play a timed game and keep score or play to a certain amount of goals. i.e. first team to 3 wins.

Description:

- 3 players attack and 3 defend (it could be any number or odd man situations)
- The attacking team tries to score and the defending team must get it over the blue line in complete possession or the attack continues.
- If the puck is dumped out it is a loose puck and the offense can regain it or defense make the pass.
Offsides are called and the other team gets the puck.
- The players on the defending team wait for the puck in the neutral .zone. If there is one game going on wait behind the red line. If two games or a half ice practice then wait within a stick length of the red line.
- *Rule modifications can be added in order to create situations. i.e. dump and chase, only forehand passes, only one timers etc.



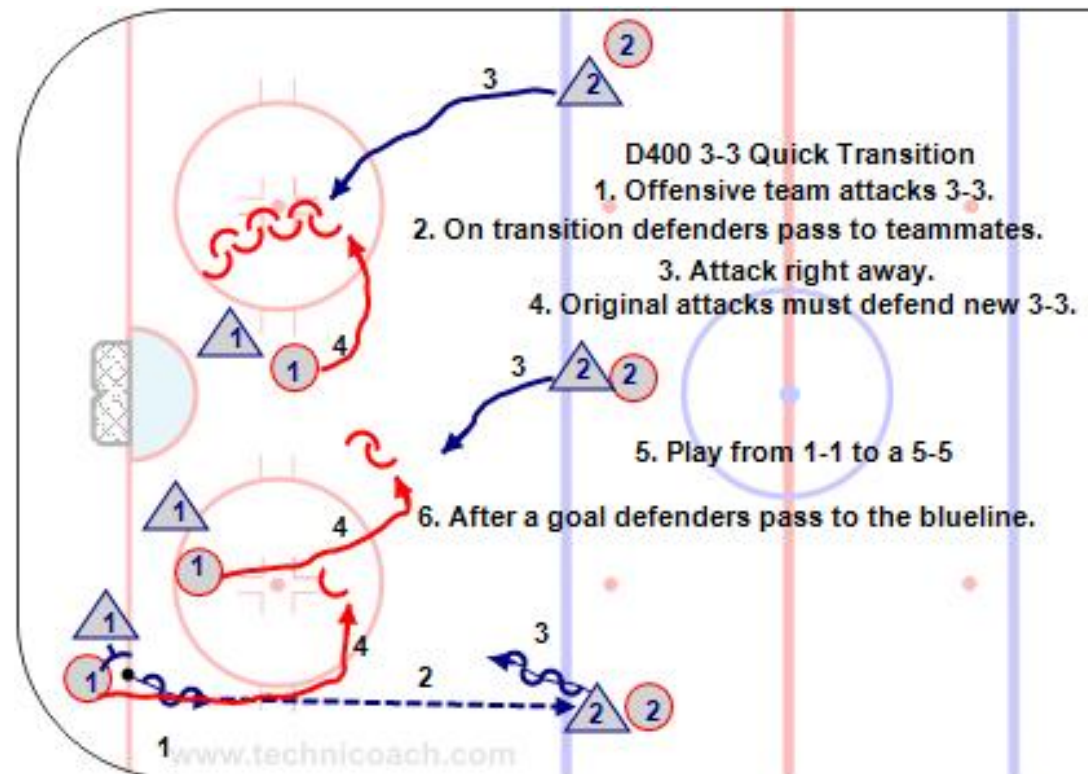
D400 - 3 on 3 Quick Transition Game

Key Points:

The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

Description:

1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Upt to 5-5 is possible.
2. On transition to offense the defenders pass to their teammates waiting behind the blue line.
3. Attack right away (don't have to wait for teammates to get onside in this game.)
4. Original attackers now defend and communicate with each other on how to stop the attack.
5. After a goal the defenders is allowed to pass to the new attackers.



D400 Regroup Transition Game

Key Points:

This transition game works on all 4 playing roles. It is a great way to teach the nzone regroup if the players regroup with the coach. Progress to regrouping with the players who follow the play into the zone. Insist on facing the puck, giving a target and making the breakout easy for the defenders. In the zone you can focus on the attack or defending principals. This is a great game when you only have one goalie. If two goalies they can alternate defending.

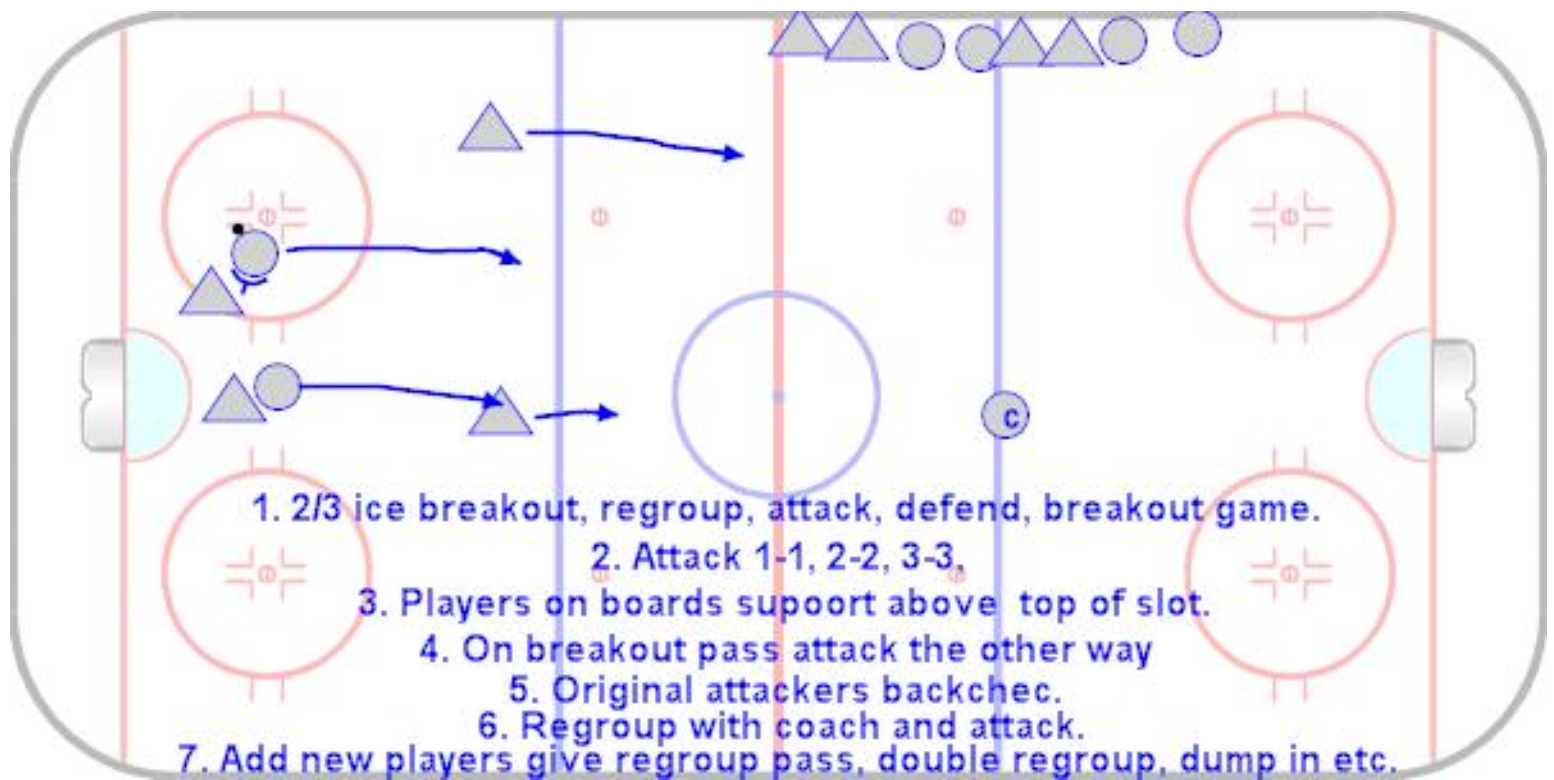
Description:

The players can be lined up in the order they go or better in the C3 formation with one team on each side behind the blueline.

1. 2/3 ice game of Attack-Defend-Breakout.
2. Attack 1-1, 2-2, 3-3 or in an odd number situation.
3. Player in line follow the play and give passive support above the circles to the defending team.
4. Attackers try to score and defenders defend. On a goal or after a breakout is made to the supporting players they go in the other direction.
5. Original players backcheck through the nzone and prepare to defend.
6. Regroup with one or two coaches and give good support filling each lane.
7. Coach pass to the regrouping players who now attack the original end vs the original attacking players. The original defenders go back to the lineup.

Options:

- regroup a second time.
- to practice the forecheck dump the puck in.
- next supporting players take the regroup pass instead of the coaches and pass to the other team and then follow the play.
- practice the full ice breakout by dumping the puck in instead of passing to the coach or players.
- odd man situations.



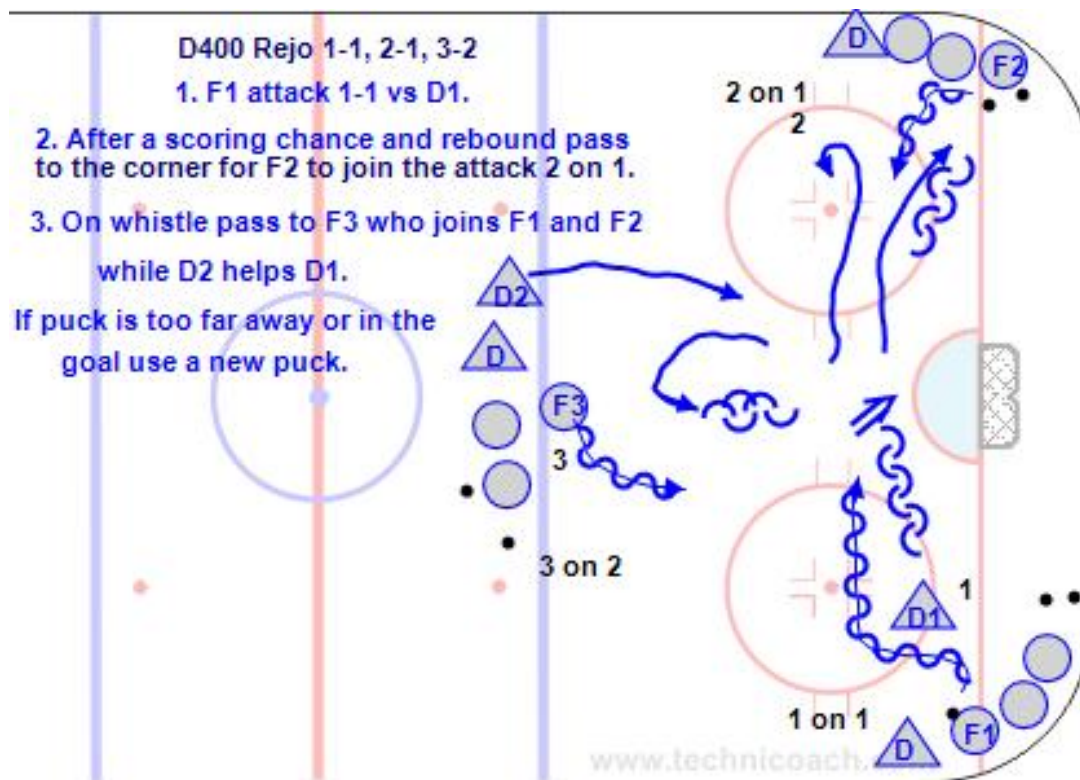
D400 Rejo 1-1, 2-1, 3-2

Key Points:

Play tight gaps and talk on defense.

Description:

1. F1 attack 1-1 vs D1.
 2. After a scoring chance and rebound pass to the corner for F2 to join the attack 2 on 1.
 3. On whistle pass to F3 who joins F1 and F2 while D2 helps D1.
- If puck is too far away or in the goal use a new puck.



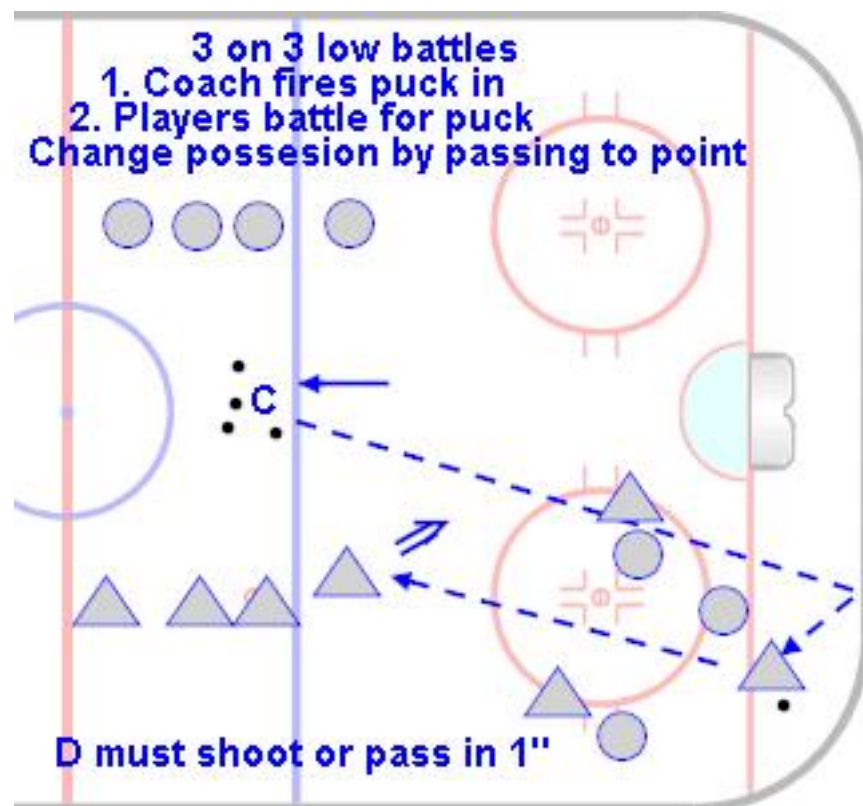
D400 Transition Game of Low Battles with Point Support

Key Points:

Great game to practice cycling, going to the net, screening, tipping, point shots, shot pass, one timers on offense. On defense you have the low zone coverage and communication skills. As well as individual techniques like sealing the stick to the outside, tying up sticks, boxing out, switching, all from the defensive side.

Description:

1. One team is lined up behind each faceoff dot. From one to three players leave at a time.
2. The next player in line plays the joker at the point and must pass or shoot within a second. Defenders do not check the joker as he can't go in and score.
3. The coach dumps the puck in or shoots on net and the teams race for the puck. Whoever gets the puck can shoot right away.
4. When the defending team gets the puck they must pass to their joker at the point to transition to offense.
5. If the puck is shot out of the zone the coach passes to the non offending joker.
6. Play 20-30" and on the whistle the players pass to the coach and skate hard out of the zone before the coach shoots a new puck in.



DT 100 Swedish Transition 1-1

Key Points:

Players lined up in the neutral zone give passive support.

Practice making good moves to beat the defender. Defender stay on the defensive side all of the time.

Description:

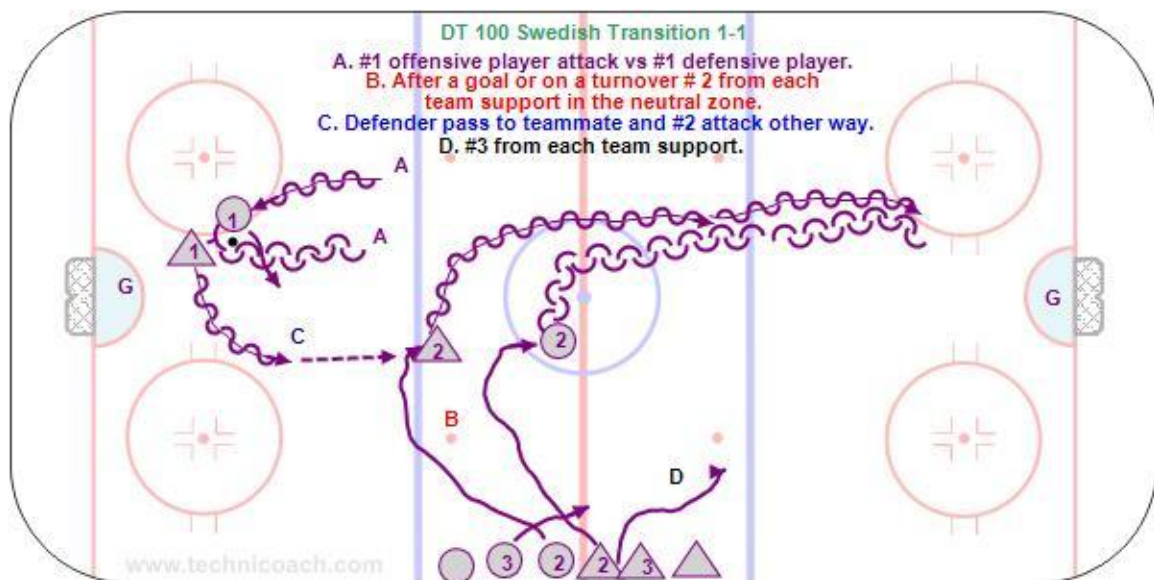
A. #1 offensive player attack vs #1 defensive player.

B. After a goal or on a turnover # 2 from each team support in the neutral zone.

C. Defender pass to teammate and #2 attack other way.

D. #3 from each team support.

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DT4 - Pass Low - Plays from Point-Dukla

Key Points:

Pass to low man on transition and goals must originate from the point. Tips, screens shots, one timers. All players must move when they get the puck.

Description:

1. Play from 1-1 to 3-3.
2. When defenders regain the puck they must pass below the goal line.
3. Low player may pass to anyone.
4. Goals must come from point plays like shots or passes.
5. All players must either one touch pass or shoot or else move when they get the puck. i.e. no standing for 2" then passing.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821120758557>

