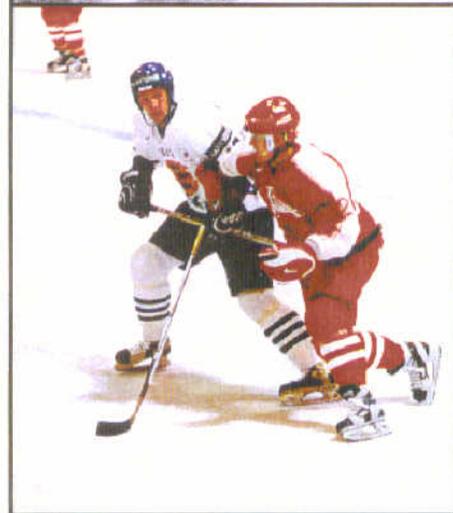




**Juhani
Wahlsten**

**Tom
Molloy**



Das **ABC** des internationalen Eishockey



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.

DT4 - Pass Low - Plays from Point-Dukla

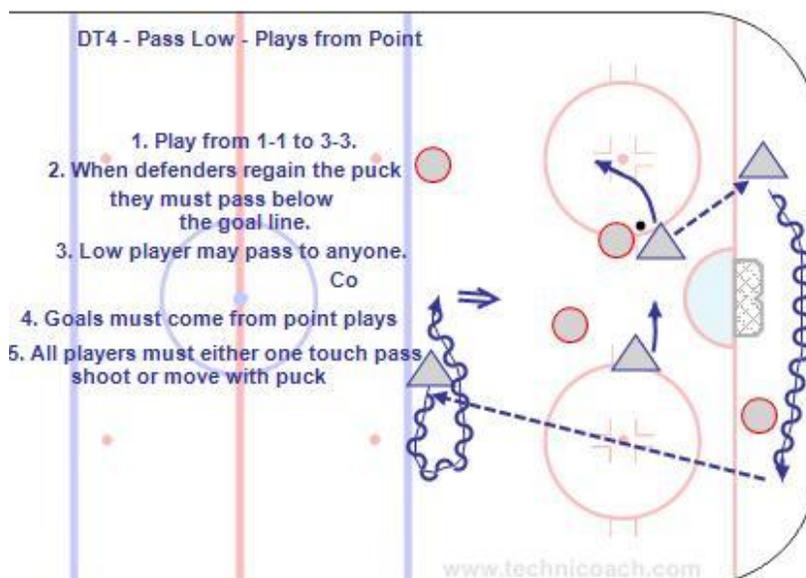
Key Points:

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.

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D4 Transition Defense to Offense

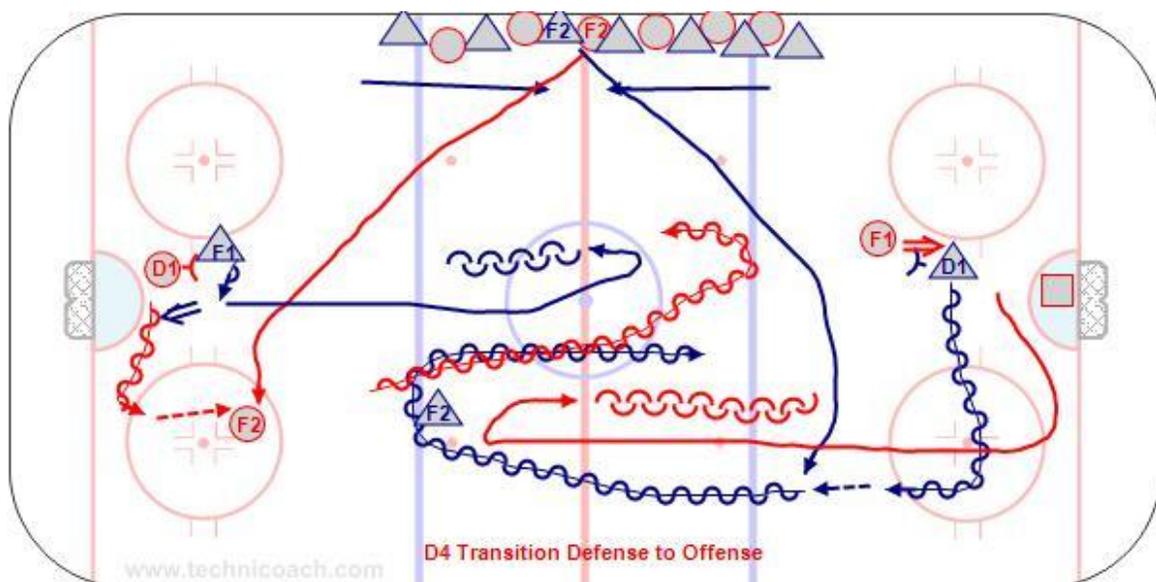
Key Points

Defending player stay on the defensive side. Supporting player give a target for the pass and get into an open lane.

Description

1. F1 attack D1 at each end.
2. Players line up on the boards with the first player in line D1 supporting the defense.
3. The coach can determine whether the supporting defender is passive or active.
4. On a turnover or a goal the breakout pass is made to the supporting defender from D1 to F2..
5. Carry the puck to the red line or if the team has a full ice practice, carry the puck to the far blue line.
6. F2 Attack vs. the original attacker F1.

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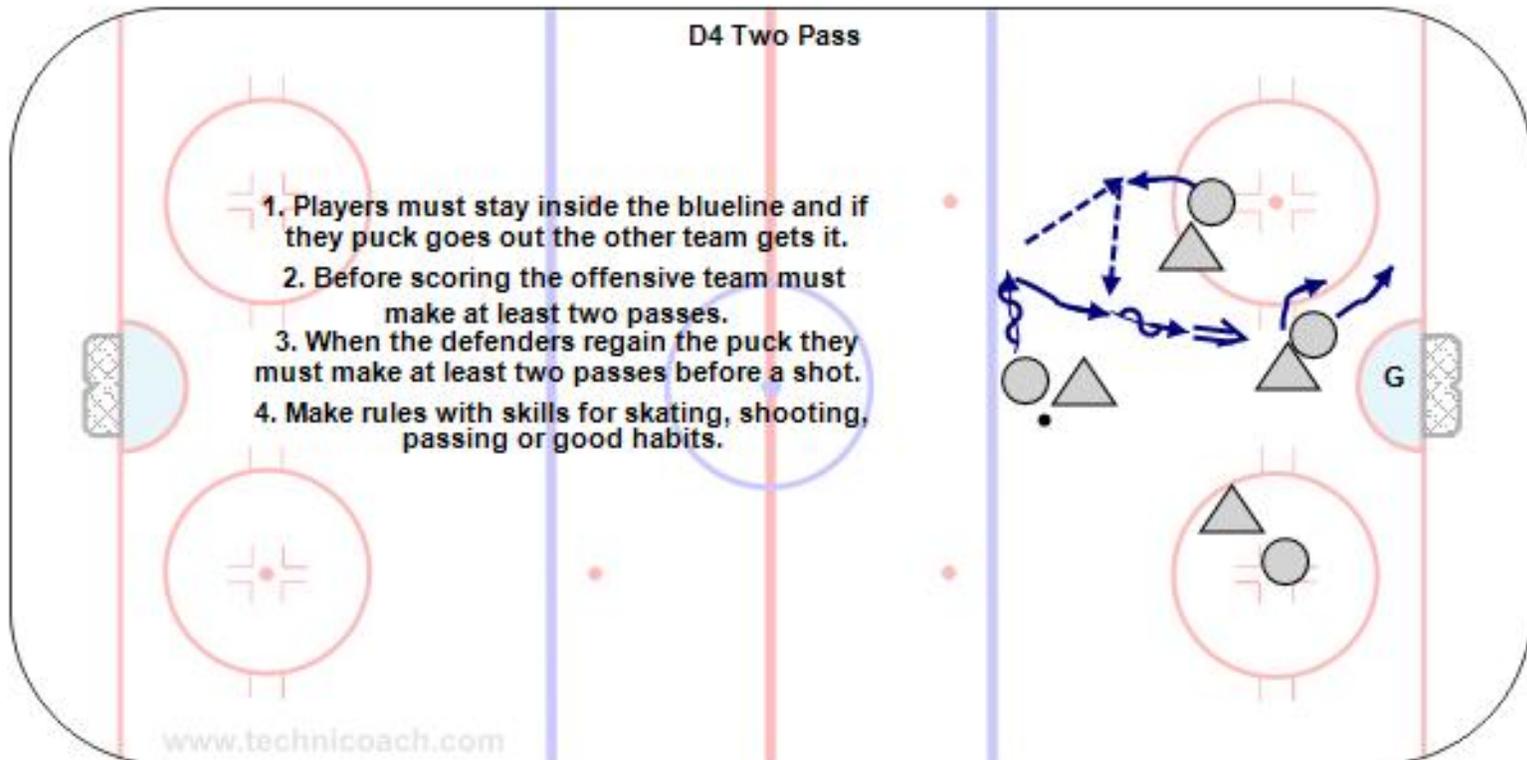
D4 Two Pass

Key Points:

My favorite game to warm up the players at the start of practice. The quicker they make the passes after regaining the puck the more scoring chances they produce. If you look on the video's my son and I are playing this game with Dany Heatley and Jamie Huart as they prepare to go to Europe for the World Championships.

Description:

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.



DT4-Jokers at Point and Below Goal Line-Dukla

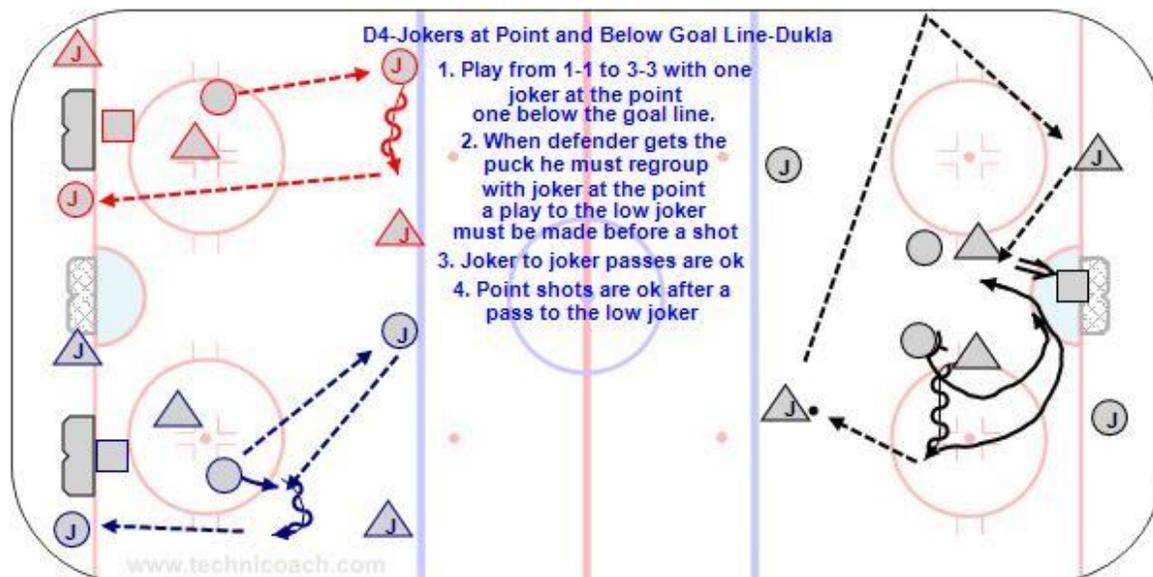
Key Points:

Regroup and get open. Defender go from role 3 to 4 and attacker from role 1 to 2.

Great game for transition between all 4 game playing roles.

Description:

1. Play from 1-1 to 3-3 with one joker at the point and one below the goal line.
2. When defender gets the puck he must regroup with joker at the point and a play to the low joker must be made before a shot can be taken.
3. Joker to joker passes are ok.
4. Point shots are ok after a pass to the low joker has been made.



D100 2 on 2 with Regroup

Coaching Comment

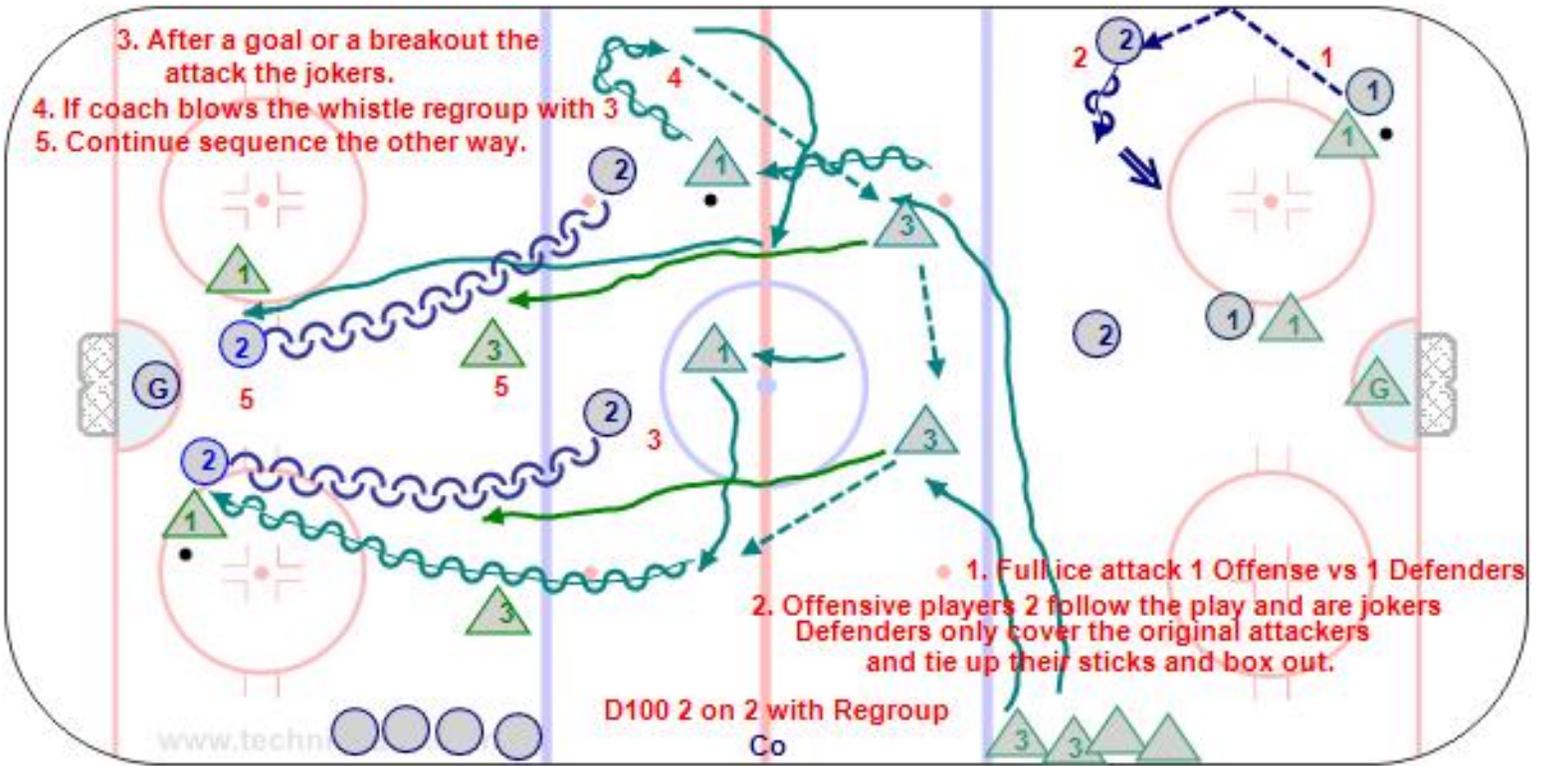
This is a great transition game to work on all four game playing roles in all three zones. You can focus on the offense, the defense, the regroup, boxing out, cycling, tying up sticks, creating offensive 2 on 1's, defensive communication etc. etc. All players attack and defend. The jokers support and 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 3-2 to 3-3 With Active and Passive Support

Key Points:

F1 supports the D1 and D2 to create a low 3-3 while F2 and F3 wait in the high slot for a breakout pass vs. D3 and D4.

F1 joins F2-F3 attacking 3 on 2 in the nzone.

Description:

1. In this transition game there is a 3-2 in the neutral zone.
2. One forward supports low to make it a 3-3 low.
3. 2 F on the defensive team and 2 D on the attacking team wait for a breakout pass to go the other way.
4. The low forward joins the attack.

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DT100 Game with F Backchecking x 2 Dukla

Key Points:

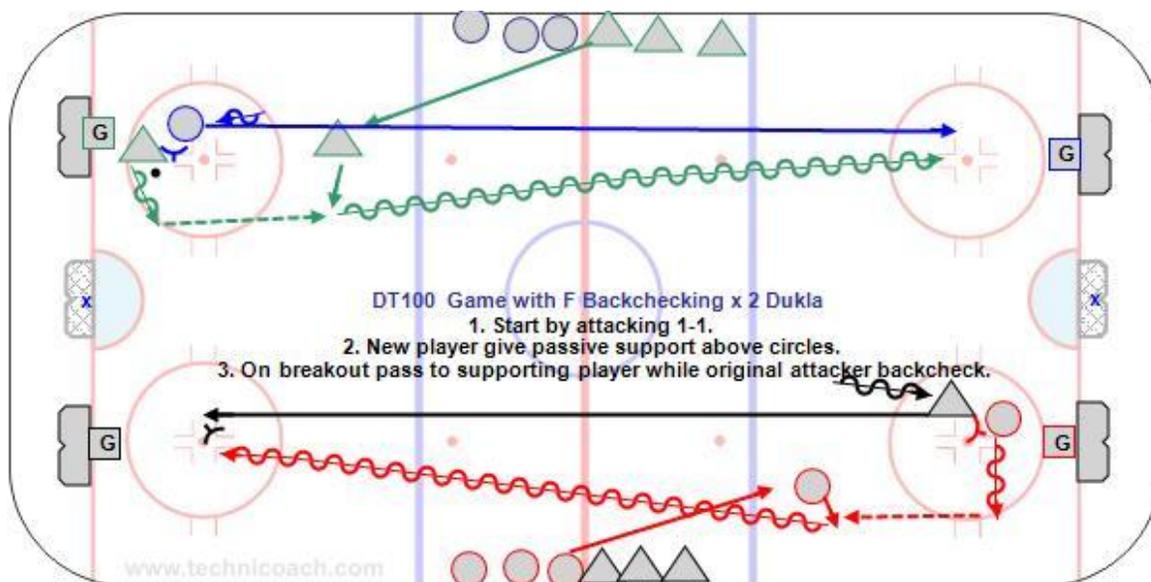
The original attacker backcheck and tie up the attacker stick if there is a shot.

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.

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DT100 Continuous 1-1

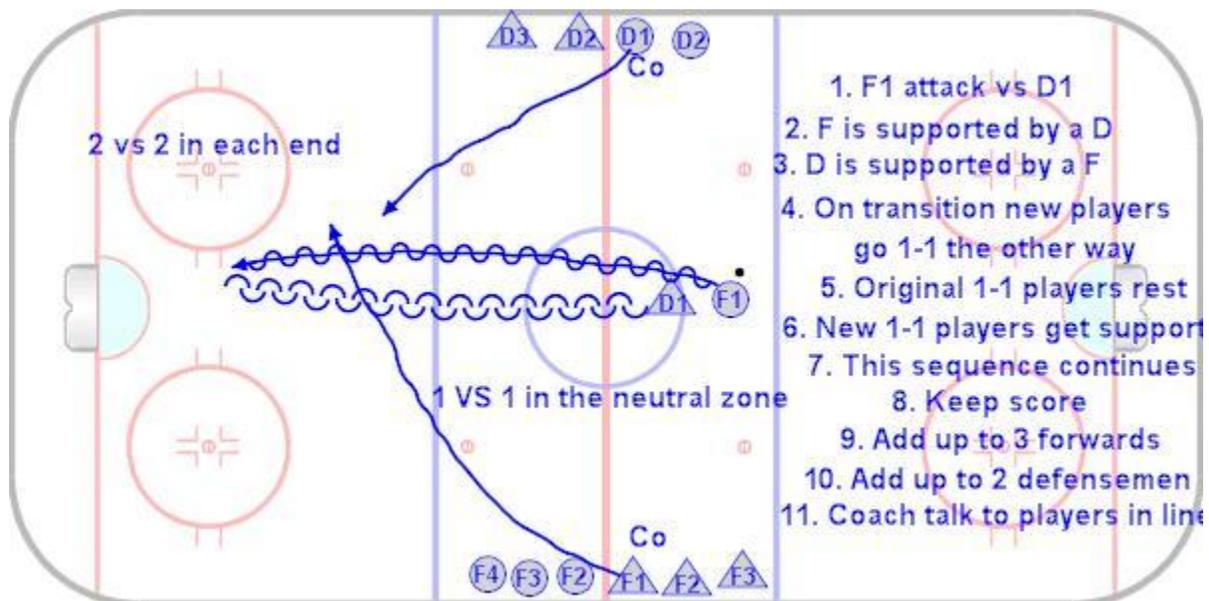
Key Points:

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.

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DT100 Continuous 2-1

Key Points:

New players don't leave the line-up until the puck enters the offensive zone.

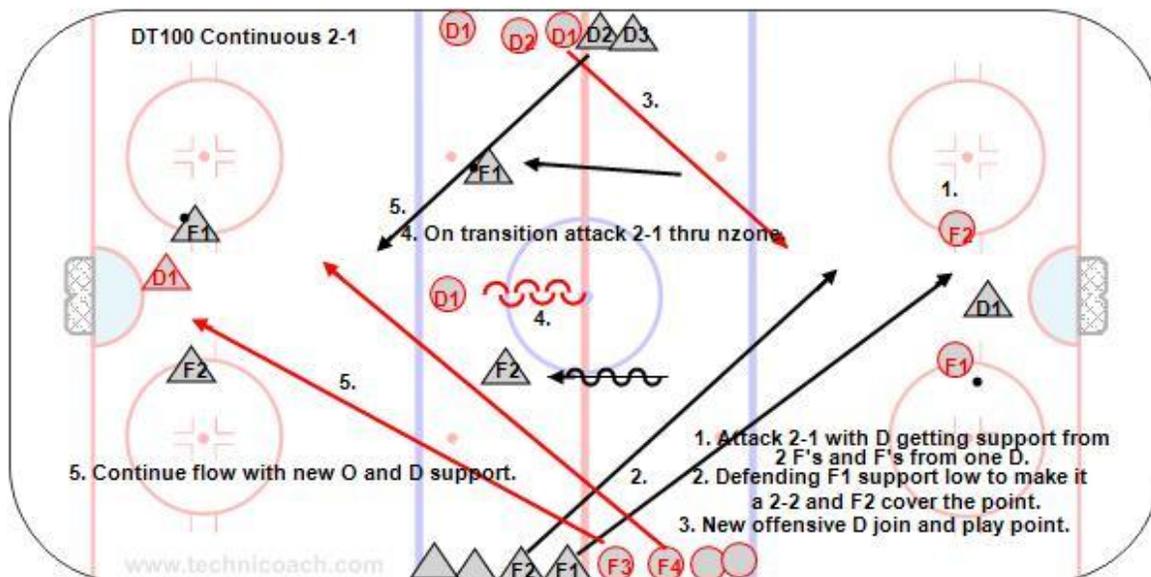
On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line.

Description:

1. Attack 2-1 with D getting support from 2 F's and F's from one D.
2. Defending F1 support low to make it a 2-2 and F2 cover the point.
3. New offensive D join and play point.
4. On transition attack 2-1 thru nzone.
5. Continue flow with new O and D support.

-Continue the flow of 2-1 in nzone and 3-3 at each end.

-Dump-ins and regroupings can be added.



DT100 Continuous 2 on 2

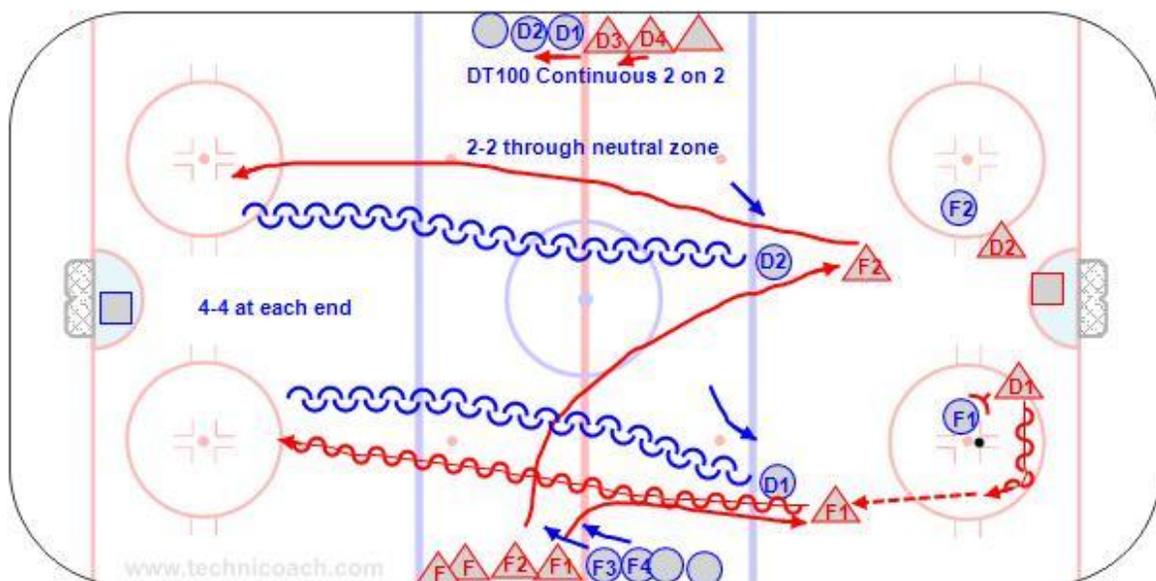
Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles. Defenders play tight gaps and attackers create 2 on 1's on the rush.

Description:

1. Forwards line up on one side and defense on the other.
2. Start with a 2 on 2 attack F1 and F2 vs D1 and D2.
3. When the puck enters the zone defensive F1 and F2 support D and attacking team D1 and D2 support F's.
4. Play 4 on 4 in the zone.
5. If the puck is dumped out with no possession the offensive team regroup and attack again.
6. The supporting players who joined the play now go 2 on 2 in the other direction.
7. F2 - F3 support D1 and D2 and D3 and D4 support attacking F1 and F2.

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DT100 Continuous 3-2

Key Points:

New players don't leave the line-up until the puck enters the offensive zone.

On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line.

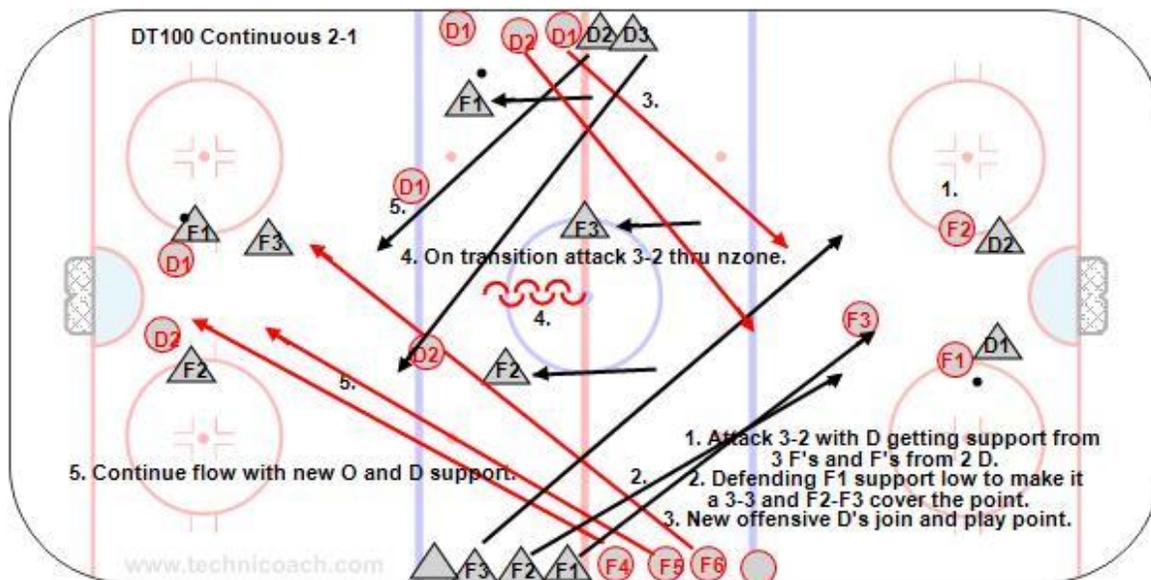
Description:

1. Attack 3-2 with D getting support from 3 F's and F's from 2 D.
2. Defending F1 support low to make it a 3-3 and F2-F3 cover the point.
3. New offensive D's join and play point.
4. On transition attack 3-2 thru nzone.
5. Continue flow with new O and D support.

-Continue the flow of 3-2 in nzone and 5-5 at each end.

-Dump-ins and regroupings can be added.

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DT100 Erkka Continuous 2-1 with Passive Support

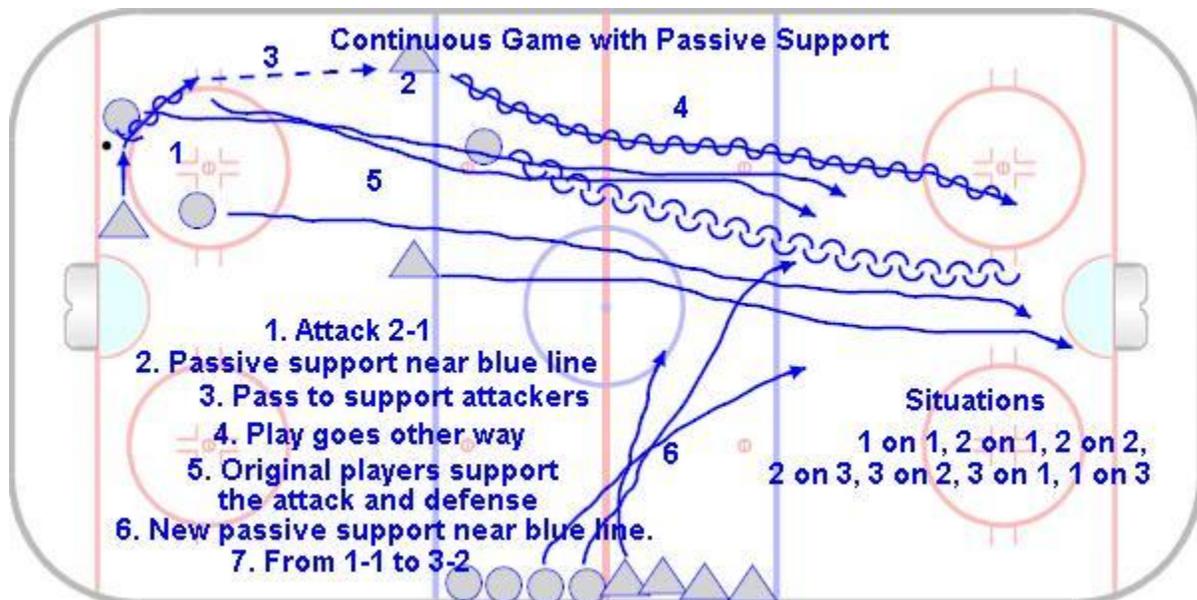
Key Points:

Erkka Westerlund has coached the Finnish Olympic Team and been director of Finnish Hockey development. He is more or less the Father of Transition Games. They are now the logical progression from Flow Situation drills from 1-1 to 3-2.

Description:

1. Two white F's attack one black D 2-1.
2. When the puck enters the offensive zone 2 black F's and one white D follow the play and passively support from above the circles.
3. After a goal, frozen puck or turnover and breakout pass the new 2 F's attack the new D the other way.
4. This flow continues. It can be played from a 1-1 to a 3-2 with passive, active or a combination of passive and active support.

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DT100 Erkka Continuous 2-1 with Passive Support

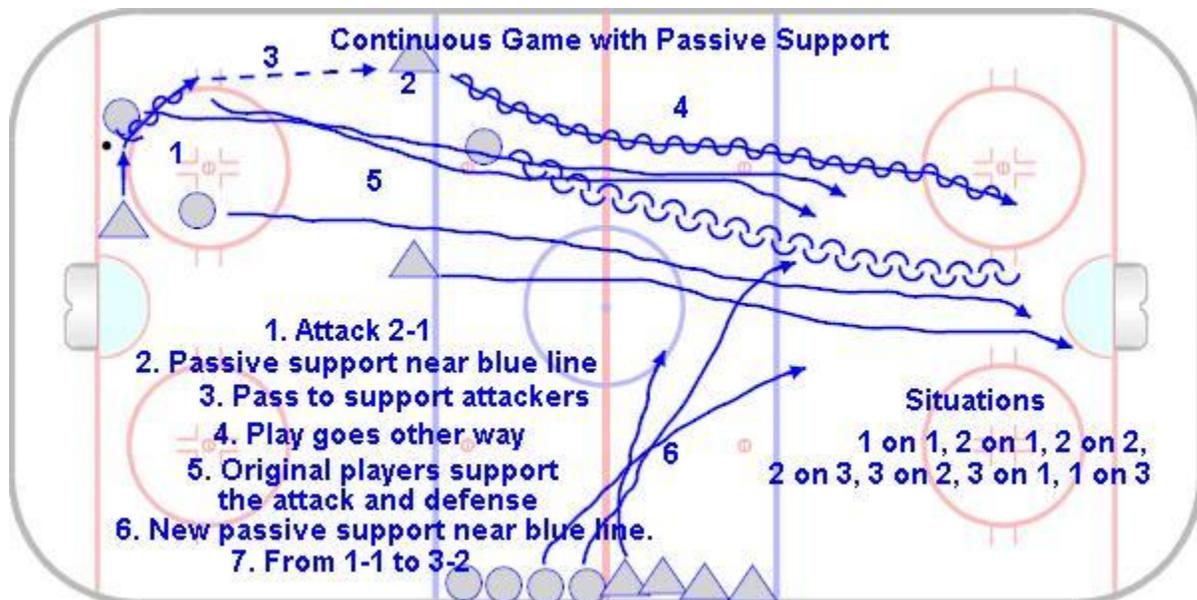
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<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101007164507476>



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:

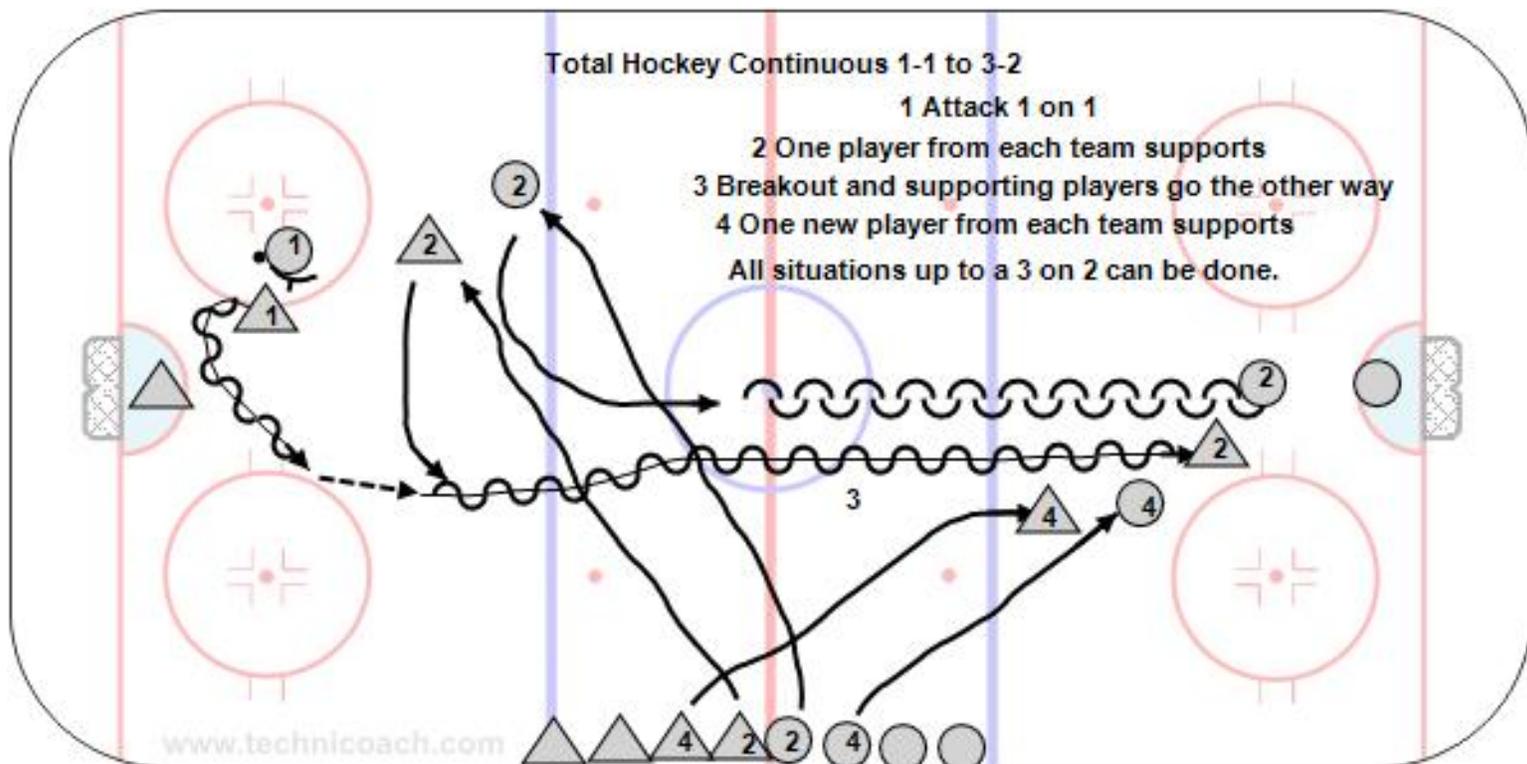
D100 formation along the boards in the nzone.

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 Total Hockey 1-1 to a 3-2

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The support can be either passive or active.

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Description:

D100 formation along the boards in the nzone.

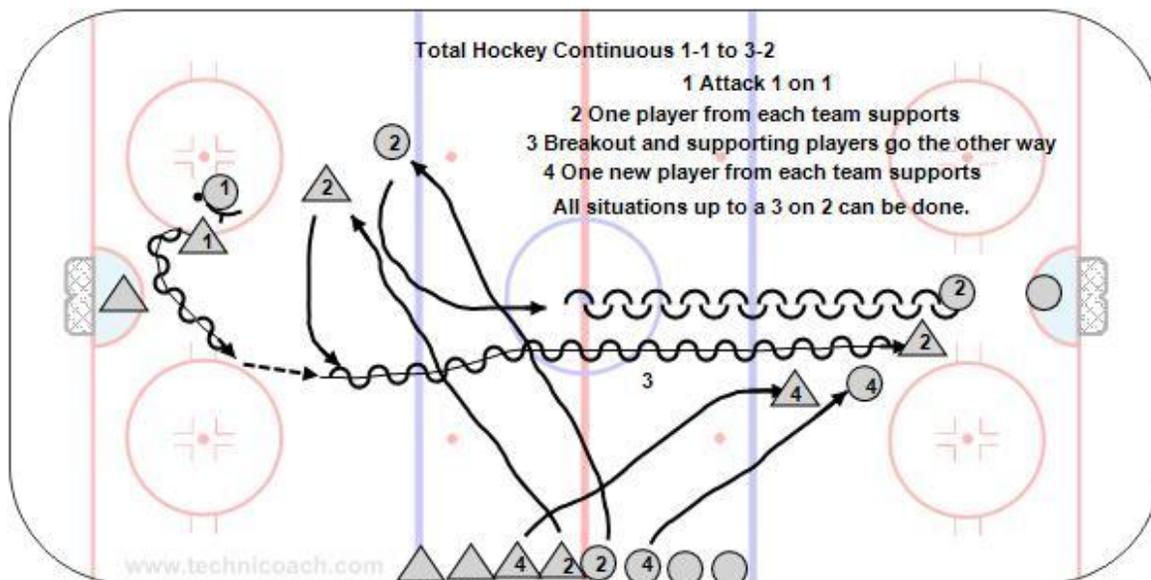
Start with a 1-1 and when the puck crosses the blue line each player gets support from the lineup on the boards. Various situation up to a 3-2. i.e. A 2-1 thru the nzone with the defender getting 2 and attacker 1 supporting player makes a 2-1 in nzone and 3-3 at each end.

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.

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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 blueline 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 te 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 blueline 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 blueline 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.*

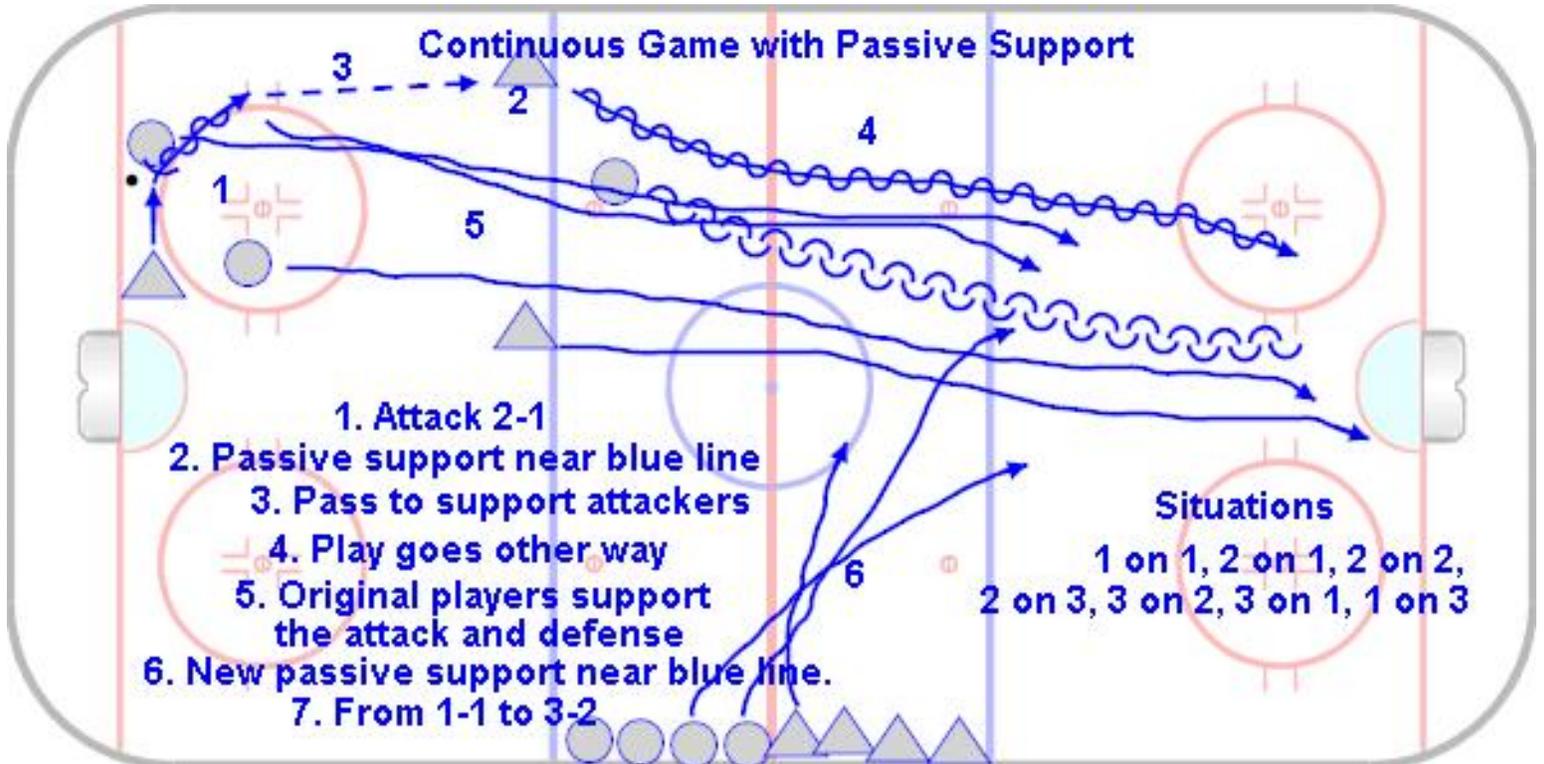
Description:

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)

- a. #2 goes 1 on 1 vs #1
- b. #3 and #4 support from the side boards.
- c. #1 gains the puck and passes to #3
- d. #3 attacks vs #4 and #1 supports
- e. #5 and #6 join the play from the side boards

Full Ice Transition Game of 1-1 with Defenseman Jumping Into the Attack



D100 Transition Game with Forward Backchecking

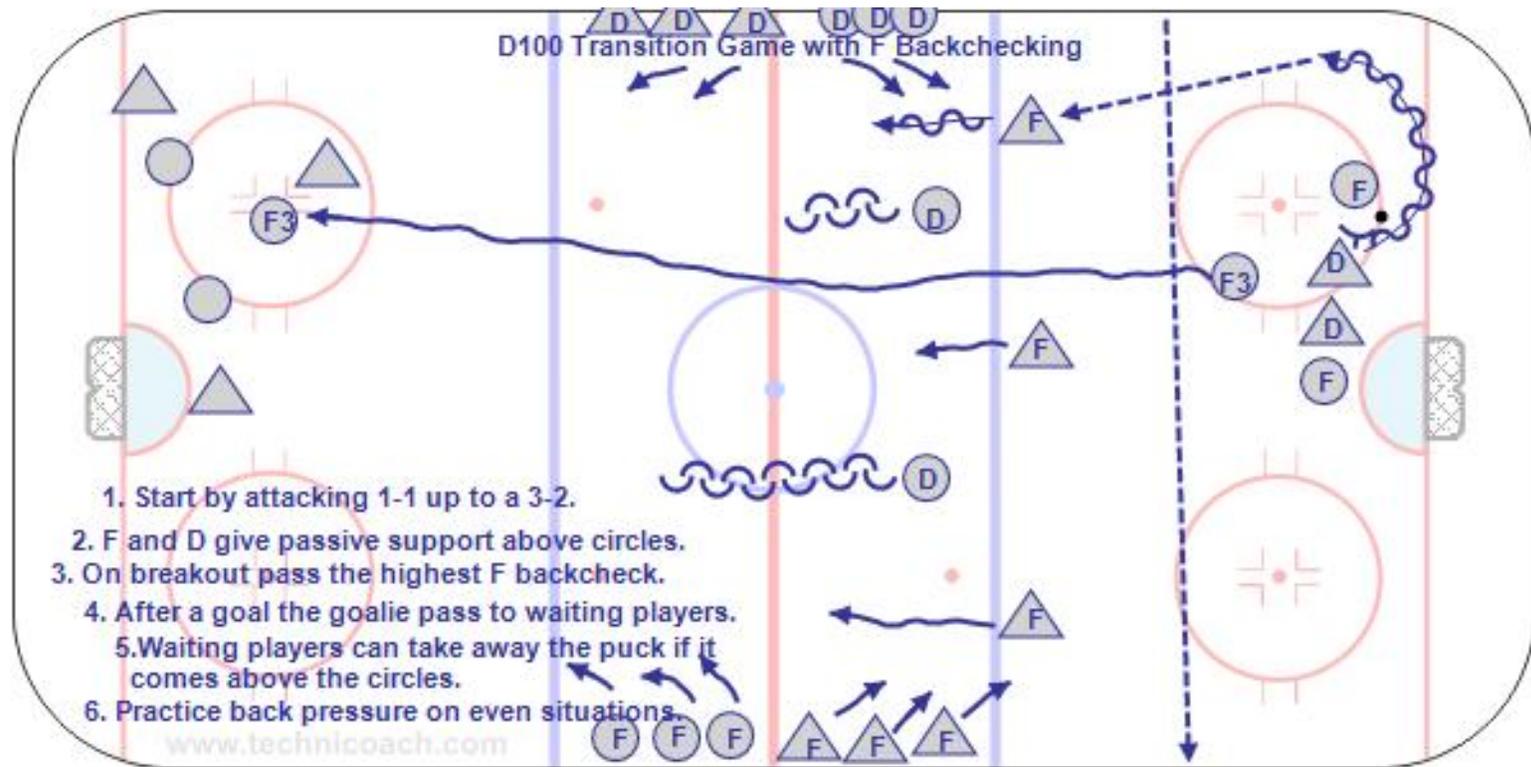
Key Points:

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.

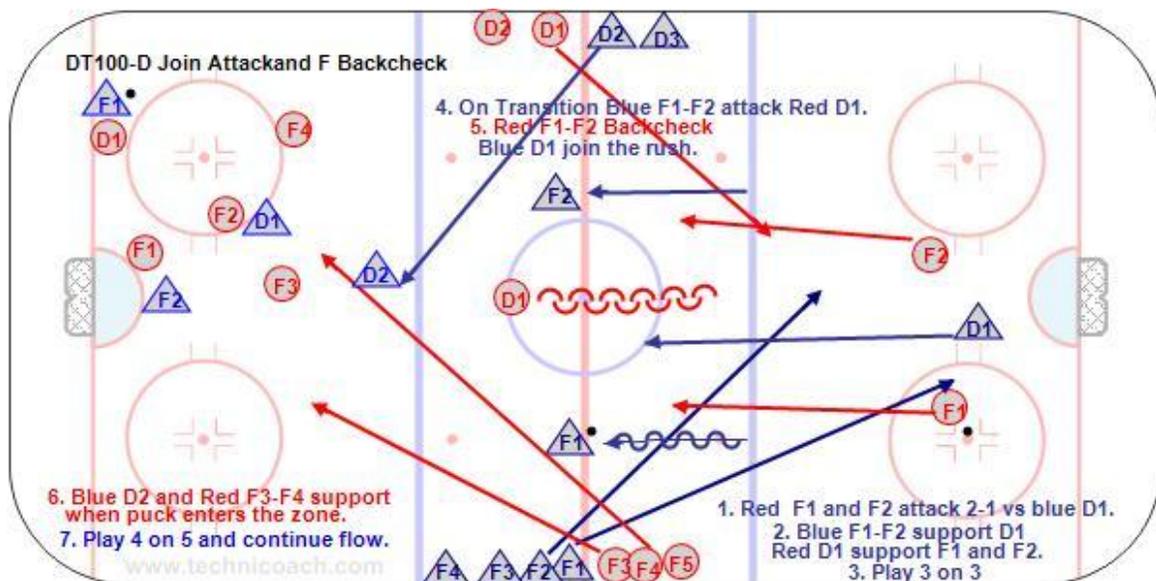
Defense support from the point, defend and then join the attack.

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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D200 With Jokers at Both Ends

Key Points:

Regroups and give and goes are stressed.

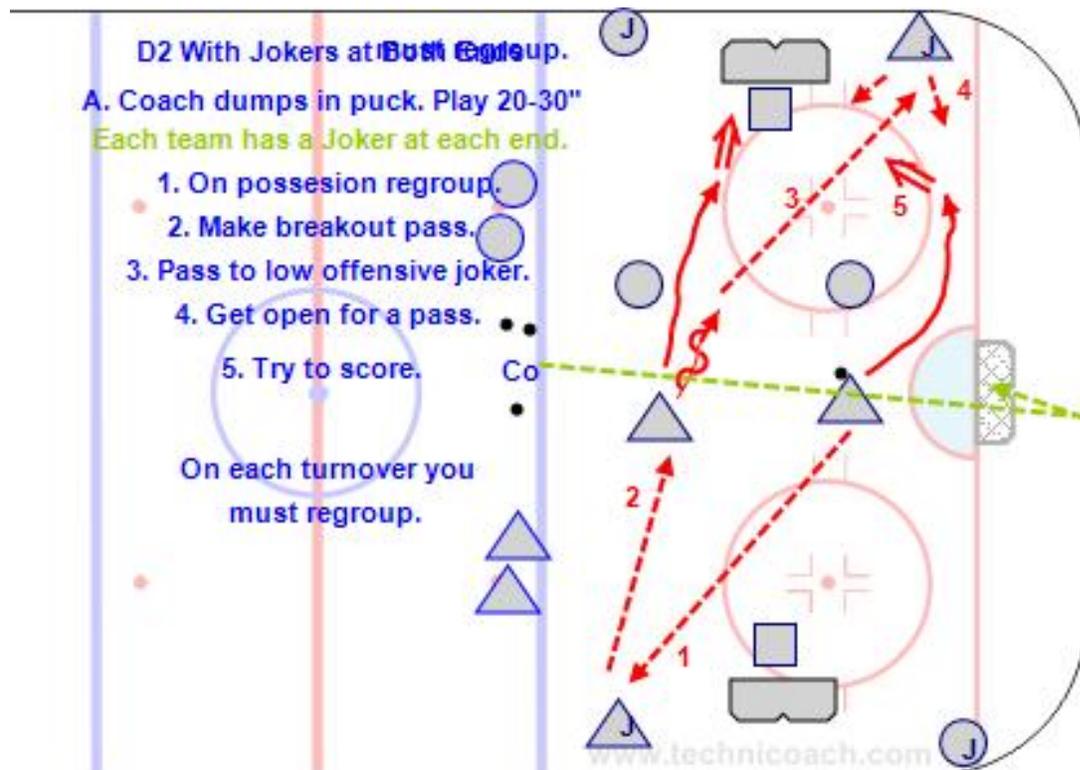
Description:

Each team has a Joker at each end. You must regroup with your defensive joker when you gain possession on the puck and pass to the offensive joker before shooting.

A. Coach dumps in puck. Play 20-30"

1. On possession regroup.
2. Make breakout pass.
3. Pass to low offensive joker.
4. Get open for a pass.
5. Try to score.

On each turnover you must regroup.



DT400 2 on 2 Support from Point 6 Players

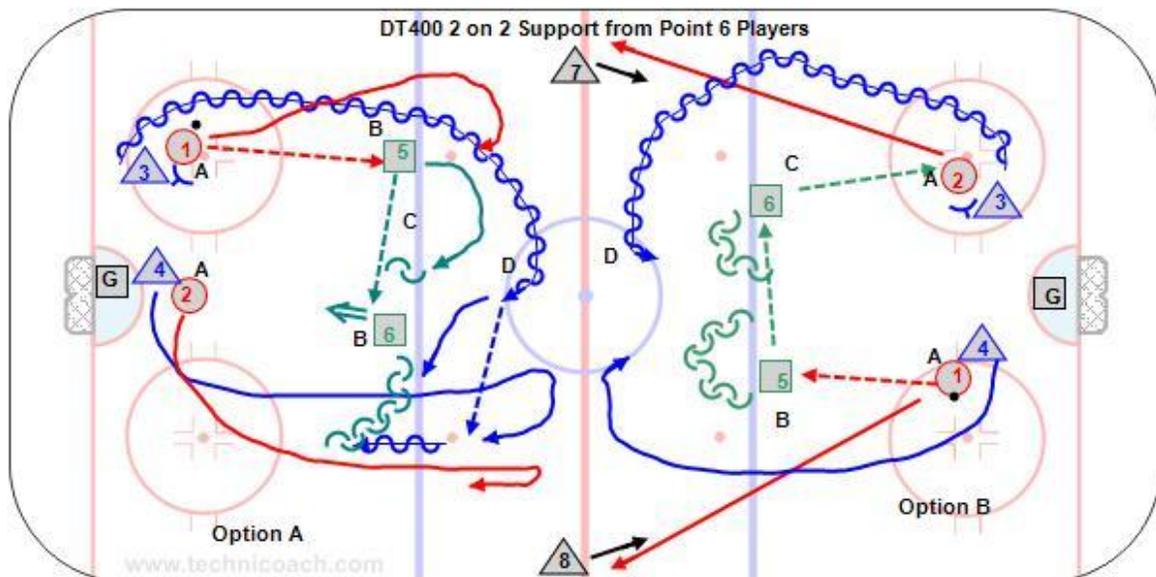
Key Points:

Attackers create 2 on 1's, get open, screen, give target. Defenders stay D side, box out and tie up sticks on rebounds.

Point players can't jump in and only get one second with the puck and can only make one D to D pass.

Description:

- A. 1 and 2 attack vs 3 and 4.
- B. 5 and 6 support attackers from point.
- C. 5 and 6 can make one pass and only have the puck one second.
- D. On goal, frozen puck or transition 3 and 4 regroup thru middle dot and attack vs 5 and 6.
- E. Option A. 1 and 2 support attack from the point.
- F. Option B. 7 and 8 support and 1 and 2 rest.



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

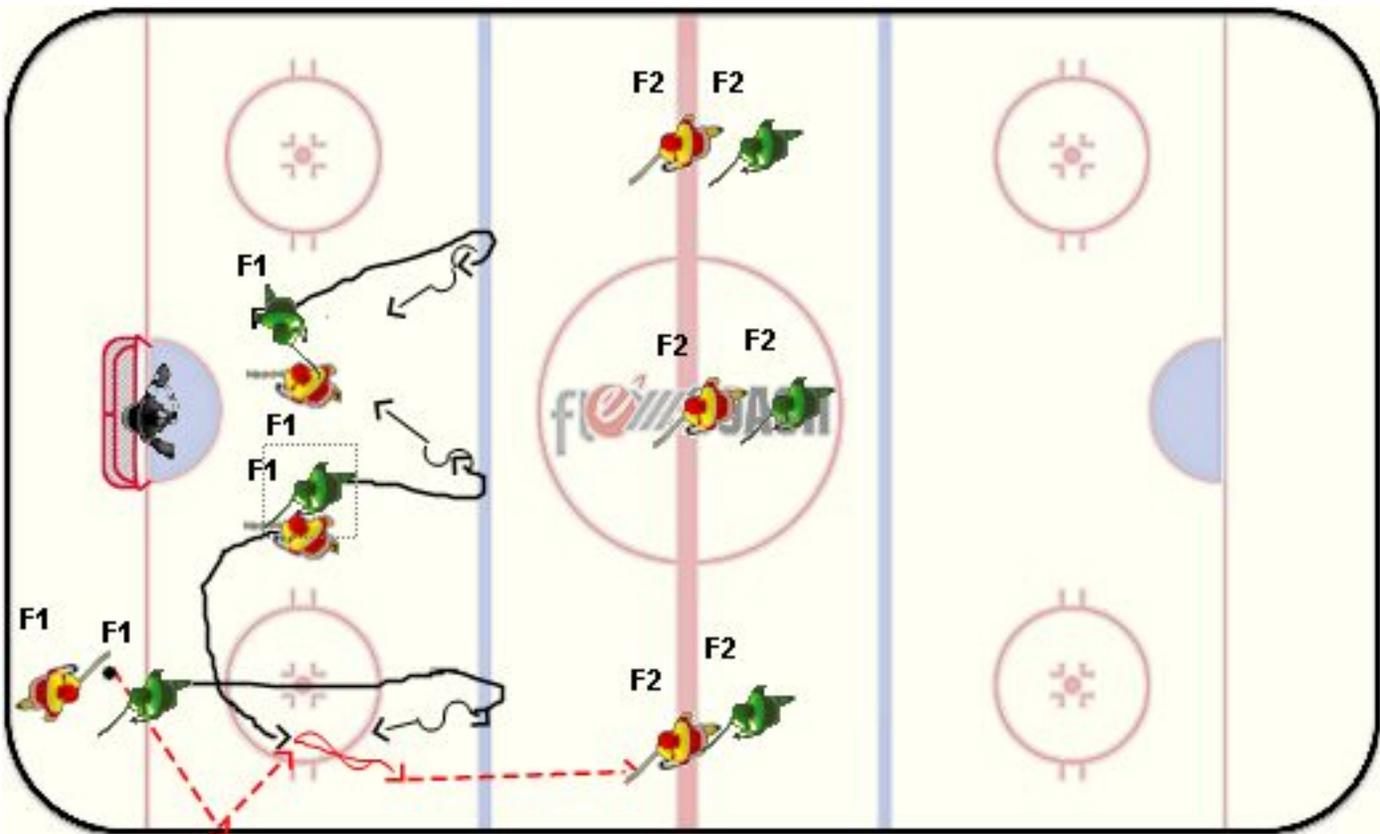
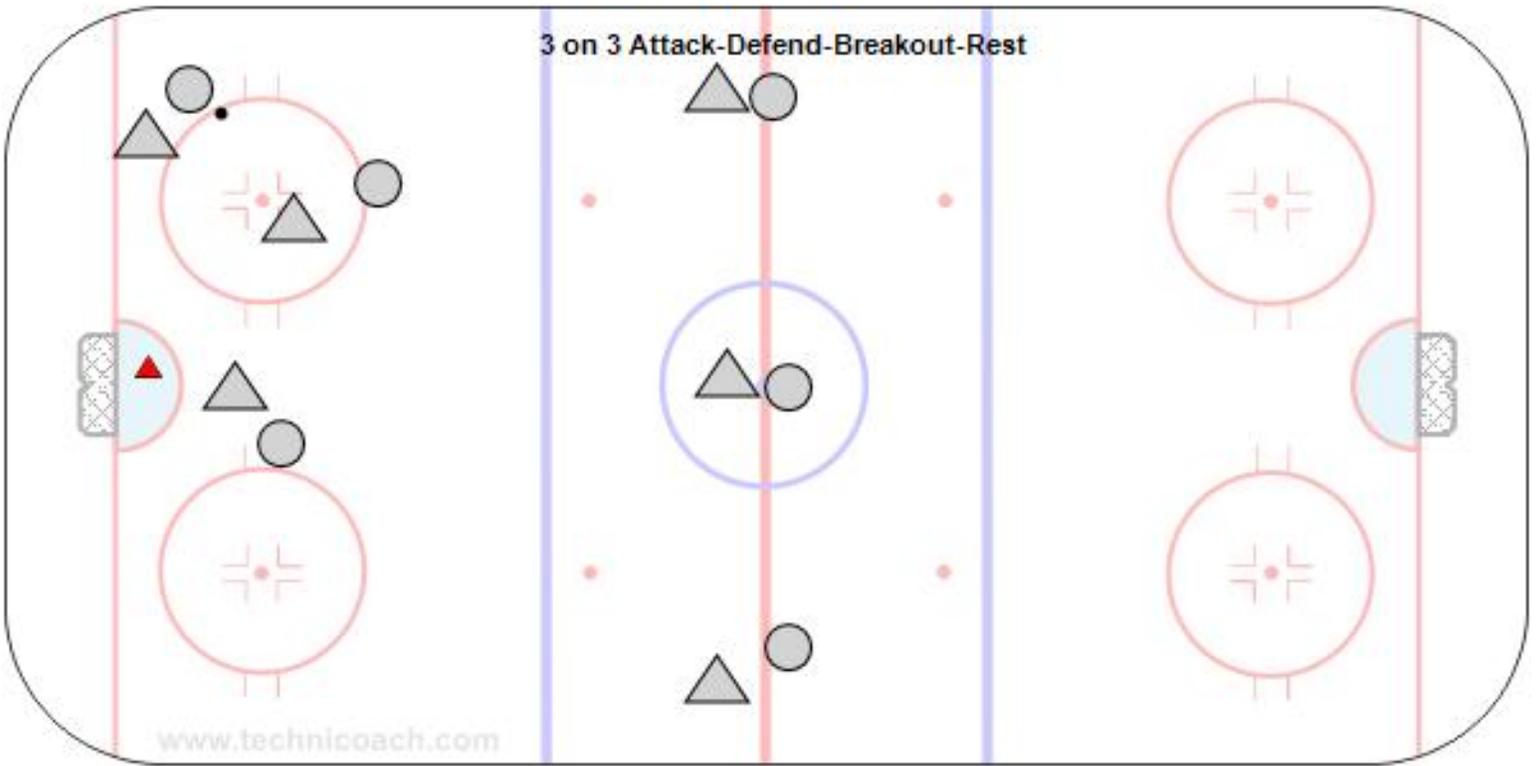
Key Points:

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.



DT400 Game with Two Nets

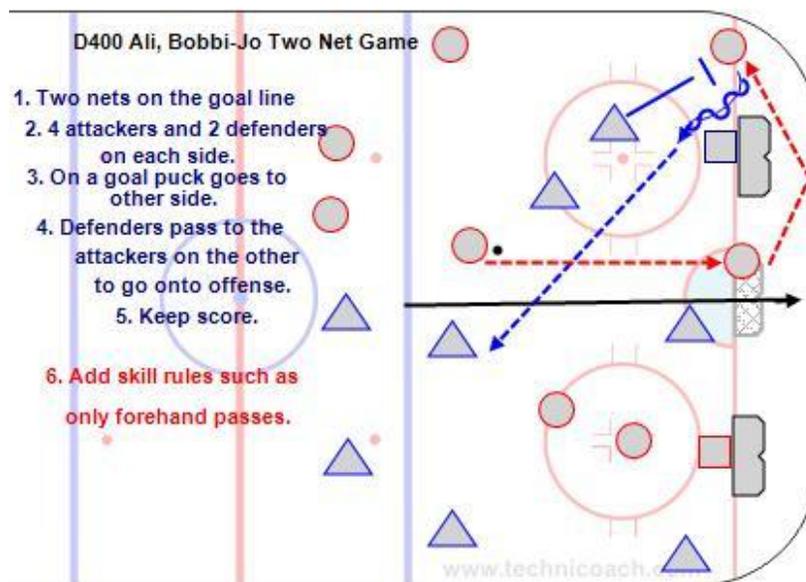
Key Points:

Attackers either skate or move the puck right away when they get it. Defenders have one on the puck and one in front of the net with sticks in the passing lanes. Rotate every 45 seconds.

Description:

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 side to go onto offense.
6. Add skill rules such as only forehand passes.

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DT400 - 2 on 2 Passive Support 6 Players

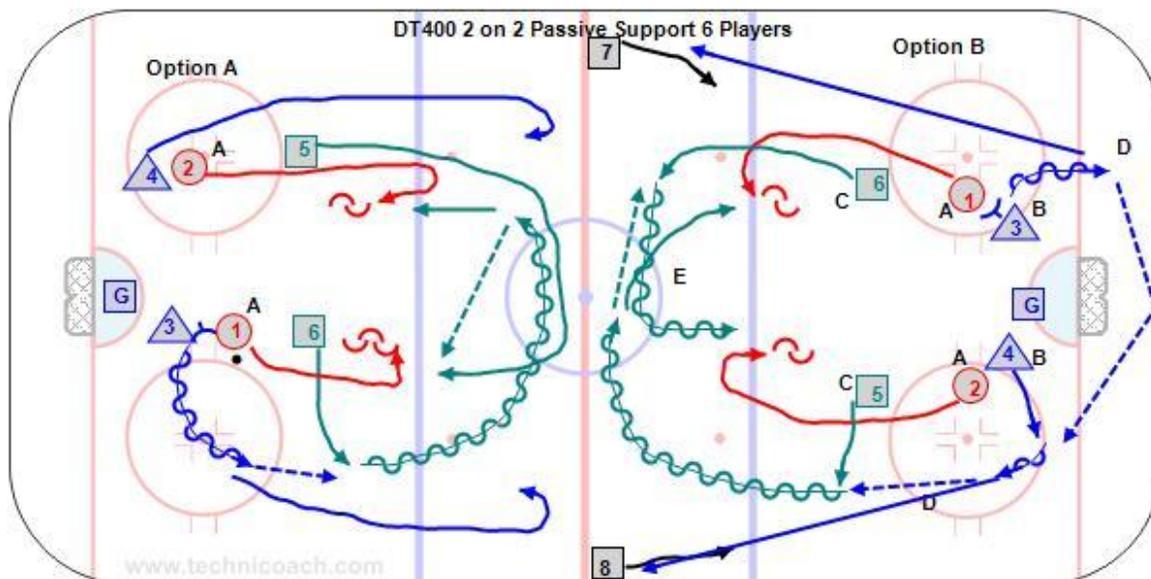
Key Points:

Players support from the top of the slot as if they are wingers and can steal the puck if the attackers go too high. Strong side support be on the boards and facing the passer and weak side cut across the ice giving a target

Create offensive 2 on 1's.

Description:

- A. 1 and 2 attack vs 3 and 4.
- B. 3 and 4 defend.
- C. 5 and 6 follow and support from top of circles.
- D. On a goal, frozen puck or transition 3 or 4 pass to 5 or 6.
- E. 3 and 4 support defensive 1 and 2 from the top of the circles.
- F. Option A. Repeat this rotation if only 6 players.
- G. Option B. 7 and 8 support defense and 3 and 4 would rest. With 8 or more players have two teams.



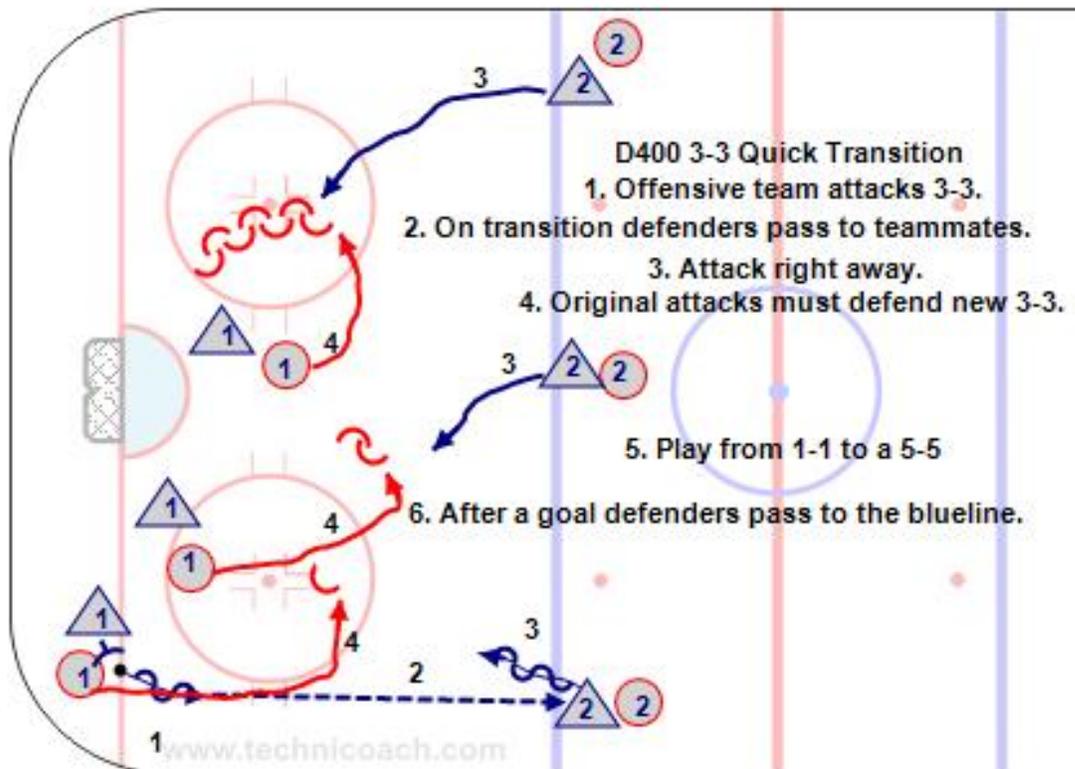
D400 - 3 on 3 Quick Transition Game

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 2/3 Ice Attack-Defend-Breakout-Rest

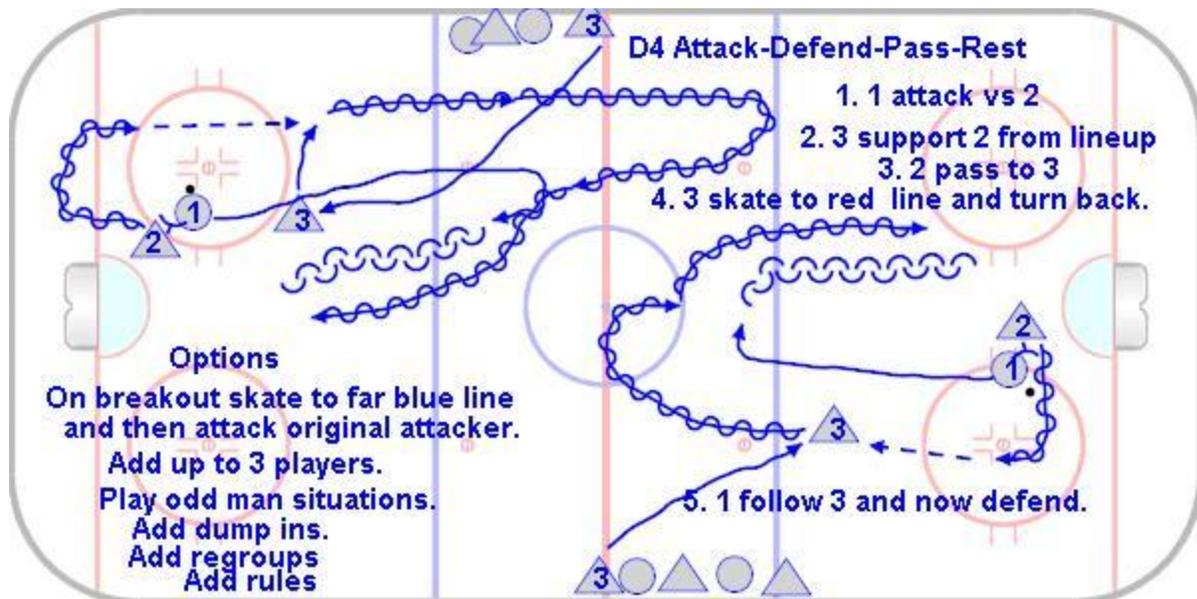
Key Points:

Defender play a tight gap and backchecker back pressure the puck carrier to create a defensive 2 on 1. Fight for rebounds. Defender tie up the stick of the attacker and attacker fight to keep stick free to shoot. Do from both sides of the ice.

Description

1. Number 1 attack vs number 2 on both sides of the ice.
2. Number 3 support defender number 2 from the lineup.
3. Number 2 breakout with number 2.
4. Number 3 skate with the puck to either the red line or far blue line and then turn back and attack vs number 2.
5. Continue with number 3 attacking number 2 and getting support from number 4 at the front of the line.

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DT400 Attack-Defend-Breakout-Rest

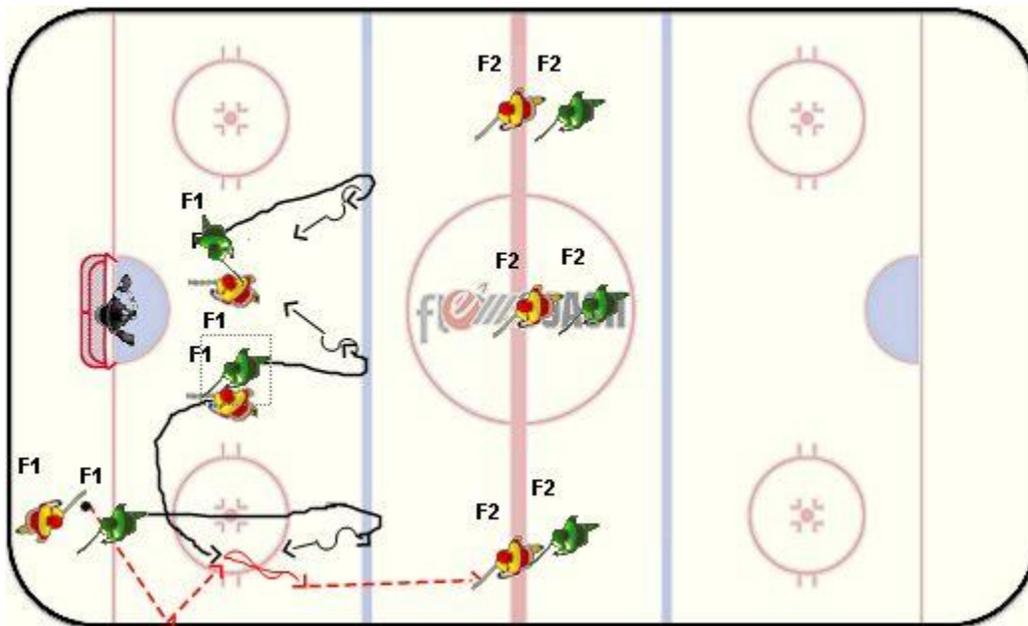
Key Points:

The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line. Left handed player in black sweats and hat is Dany Heatley just after he won NHL Rookie of the Year.

Description:

1. Players line up within a stick length of the red line if you have 2 groups or only ½ ice; otherwise behind the red or far blue line.
2. Three players attack three defenders.
3. Defenders must carry the puck out of the zone before passing to team waiting team mates.
4. Three new players attack vs the original offensive players.
5. Keep score, implement skill (only forehand passes) or team play rules (goals originate from below the goal line).

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D400 Games of 1-1 to 2-2 with Multiple Nets

Key Points:

Sometimes you have many goalies. Here is a game that you can use up to 3 nets and work on the offensive and defensive principles and skills of 1-1, 2-1, 1-2, 2-2. I have used this formation with up to 4 nets in hockey schools, team tryouts and situations like I have now with 3 goalies.

Description:

Players line up along the boards with the defensive teams player being first in line and the offensive player next.

1. Offensive player attacks 1-1 vs the defensive player.
2. New defensive player follows the attack and gives support (either active or passive depending on how long you want the original 1-1 to last)
3. On a turnover or a goal the supporting defender gets a pass or takes the puck out of the zone and turns back at the red line and attacks vs the original attacker. When the puck is out of the zone the original defender rests at the end of the line.
4. When the new attacker crosses the defender gets support from a teammate at the front of the line. Repeat.

This is a great game to progress from instructing how to play a defensive or offensive 1-1 and then putting it into a game situation. The rotation can even be used to practice team play with larger numbers when you only have a half ice practice. . i.e. a 3-2 and 3 new players support, one goes low to make it a 3-3 low while the other two are passive at the top of the circles. Breakout and turn back vs the original attacker 3-3 and have 2 support, next 3 support.



DT400 Low Battles With a Pass to the Point

Key Points:

Transition happens when the defending team passes to their team mate at the point. The players must go from offense to defense when the puck is passed to the point and give support on both offense and defense.

Description:

1. Players line up behind the blue line in teams.
2. Coach shoots the puck in and any number from 1 to 3 players on each team battle for possession.
3. The team that gains possession of the puck is on offense and tries to score.
4. The defending team must pass to their player at the point to be on offense.
5. Player at the point must shoot or pass within one second. He can't skate in and shoot.
6. Play shifts of 30" and pass to the coach and hustle outside the blue line on the coaches whistle.
7. The coach dumps a new puck in for the next group.

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DT400 Perry Pearn Game Rotation

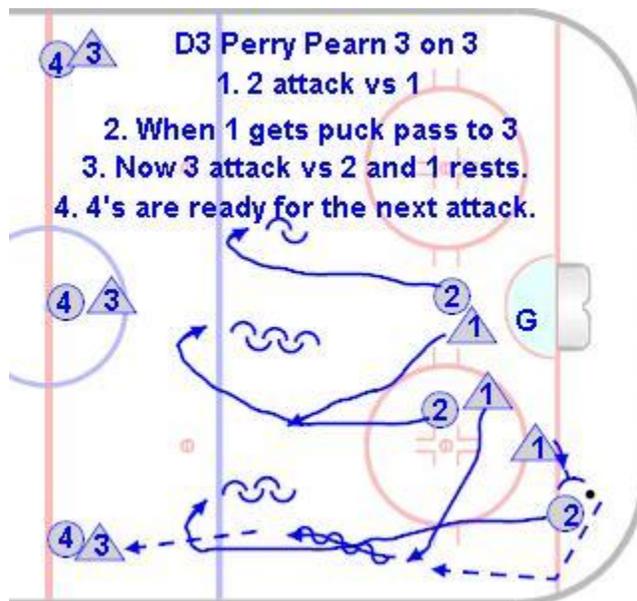
Key Points:

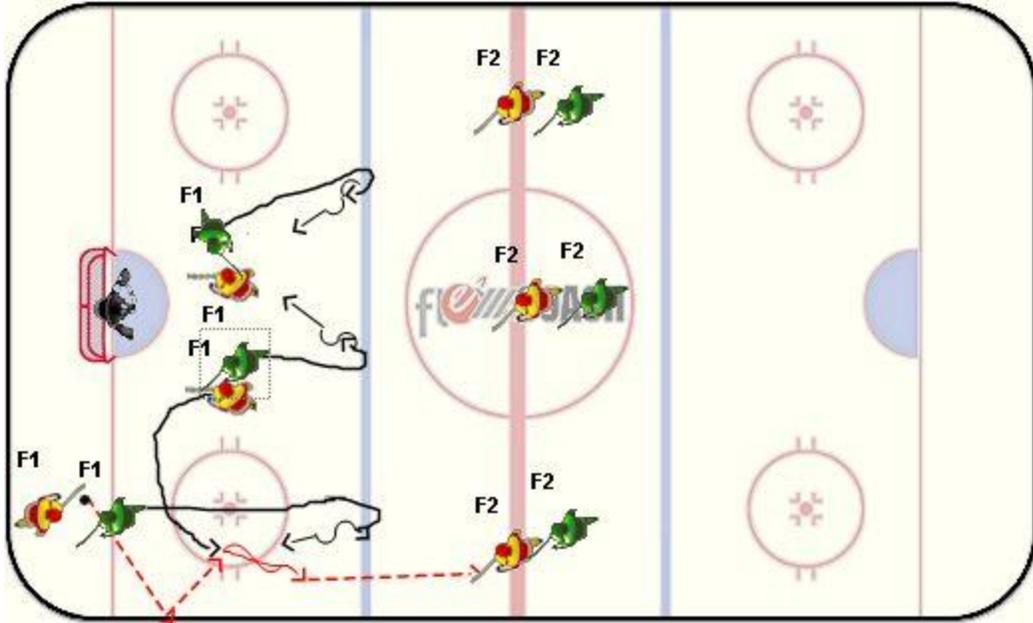
This game allows the coach to focus on the attack or defending deep in the zone. You can play this game in situations from 1-1 to 5-5. It is a great rotation to practice specialty teams if you have 3 lines because it gives the players some rest and they alternate between pp and pk (one F would leave the zone) The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line.

Description:

1. Players line up within a stick length of the red line if you have 2 groups or only ½ ice; otherwise behind the red or far blue line.
2. Three players attack three defenders.
3. Defenders must carry the puck out of the zone before passing to team waiting team mates.
4. Three new players attack vs the original offensive players.
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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.



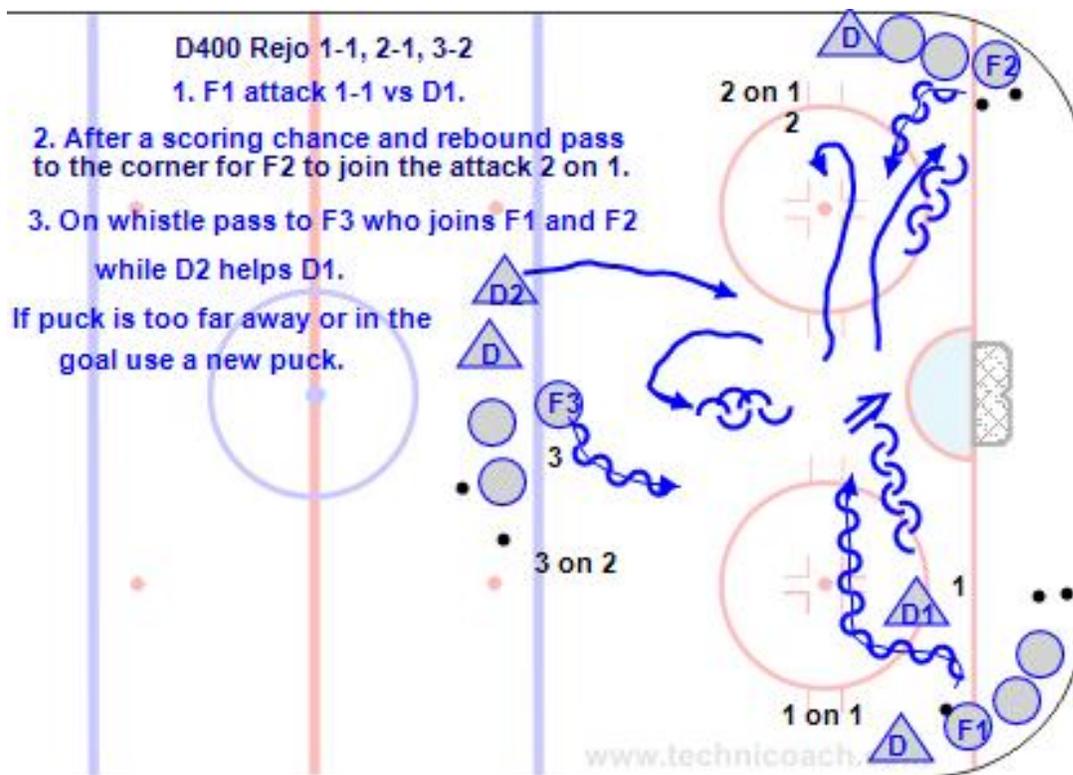
D400 Rejo 1-1, 2-1, 3-2

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.



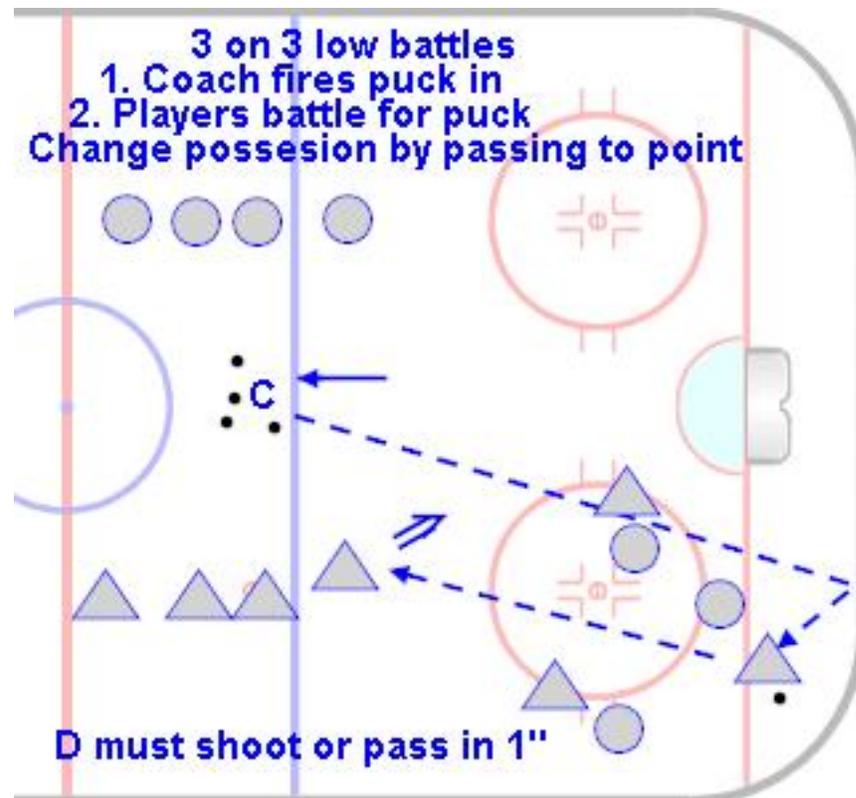
D400 Transition Game of Low Battles with Point Support

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.



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DT400 2/3 Ice Games of Attack-Defend-Breakout

Key Points:

Attacker make quick moves and go to the net. Defender play a tight gap and stay on the defensive side always. Backchecker come hard to create a defensive 2-1 and get open for a breakout pass. Goalie fight to find the puck if there is a screen.

Description:

This is a half or 2/3 ice transition game. It can be played 1-1 or 2-1 or 2-2. The defender gets support from the line in the nzone when the puck crosses the blueline. In this example there are 2 games at one end and one game at the other. It is a college women tryout and there are 3 goalies.

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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:

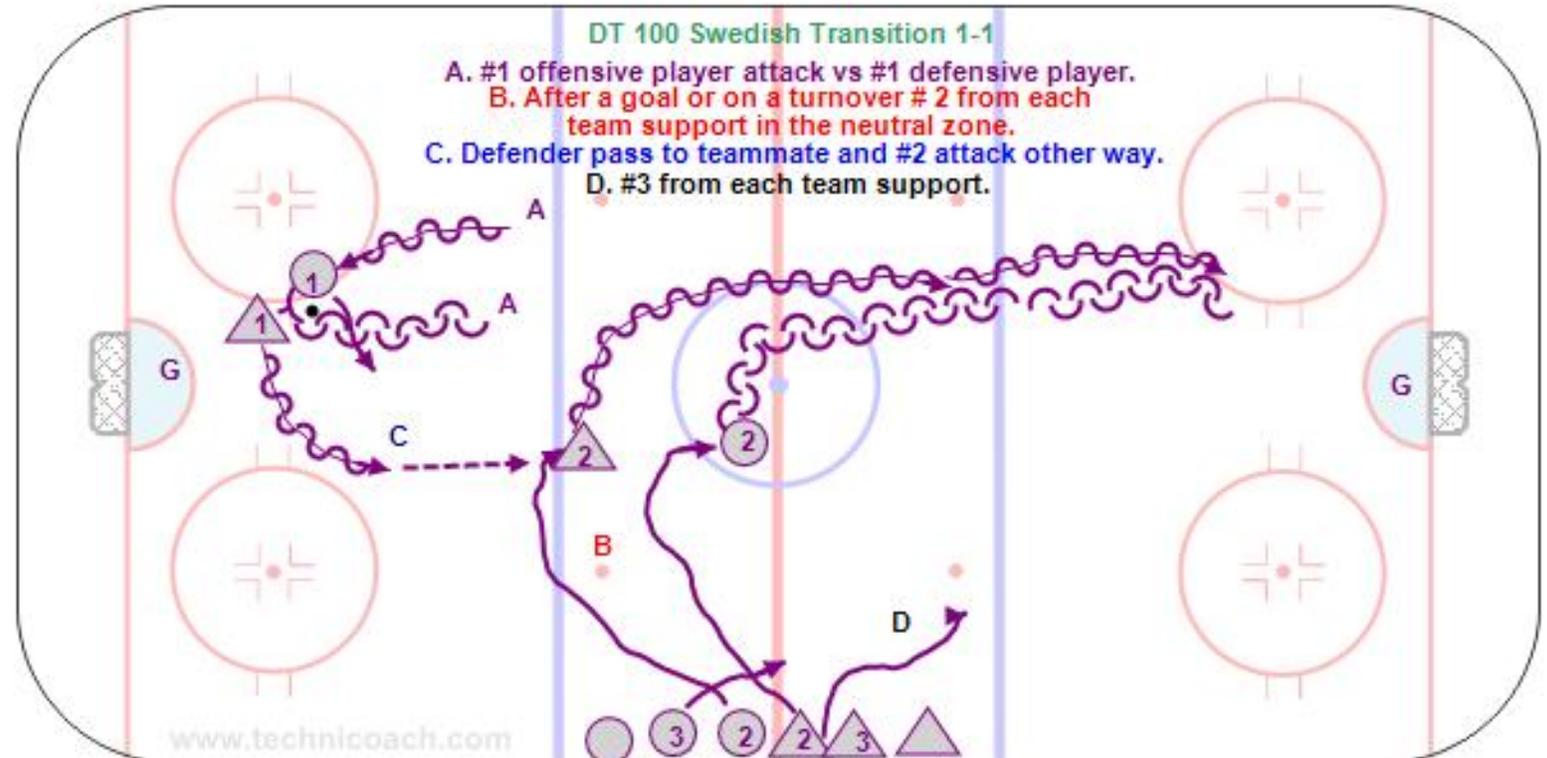
A. #1 offensive player attack vs #1 defensive player.

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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DT 400 Game with Attack-Defend-Rest Rotation

Key Points:

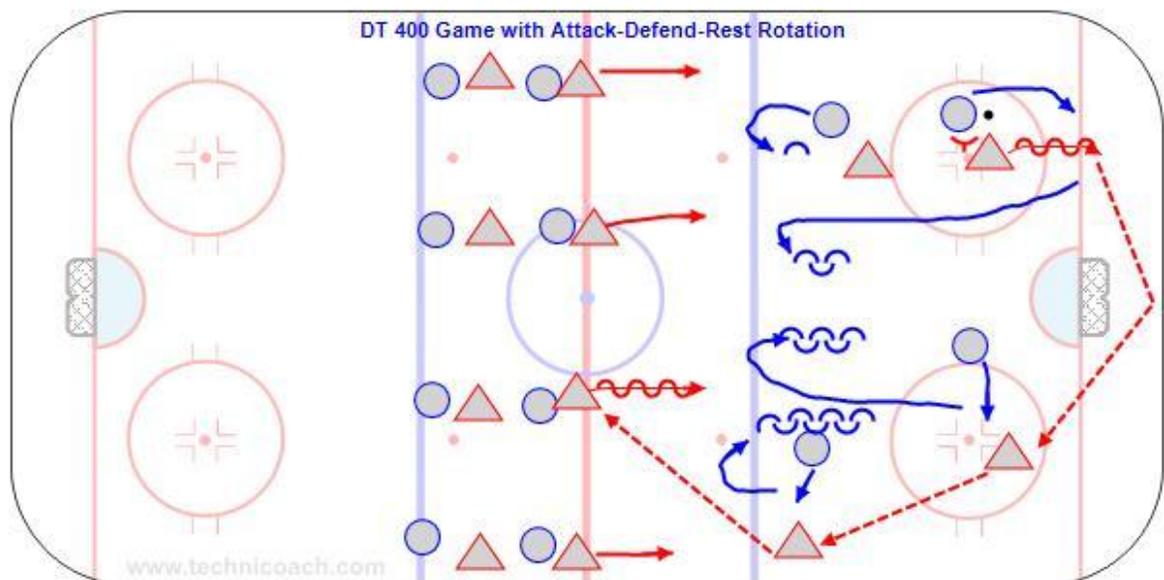
Mike Johnston demonstrates a quick 3 on 3 transition game. It is similar to the Perry Pearn game but the emphasis is on quick transition and the offside rule and gaining the blue line first isn't stressed. This rotation can be used from 1-1, 1-2, 2-2, 3-2, 2-3 3-3, 4-3, 3-4, 4-5, 5-4, 5-5, 6-5 to practice team play, especially if you have 15 or less skaters.

Mike explains the benefits of using transition games and suggests that only two colours be used at practice to enable more game like drills and games. Put half the D and half the F in one colour each. You can have more than two groups per team.

Description:

1. Players line up behind the red line with the defending team at the front of the line. Use two colours, i.e. white and blue.
 2. Three whites attack vs. Three blue defenders.
 3. After a goal, a puck frozen by the goalie or the defense gains possession pass to blue team mates at the red line.
 4. Original white attackers defend vs the three new blue players and the original three blue defenders rest at the back of the line.
- *This is a great rotation to practice team play.

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D5 Nets back to back with jokers

Key Points:

Jokers can only have the puck 1 second and then must pass or shoot. You can add that they must move sideways or back when they get the puck.

Description:

Place the nets back to back at the red line.

-Half the team play and half are jokers. Shifts 30".

-When the team gets the puck on defense they must pass to a joker before they can score. Jokers can move around on the perimeter.

If you have only one goalie then it is a great conditioning - skating drill for the goalie to play for both teams and skate around to the other goal.

