

# 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 DT100 and DT400 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 examples below will show DT100, full-ice games and DT400 half-ice games that show:

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*).

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

Transition games where the defending team gets support from back checkers (*game-situation role 4*).

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

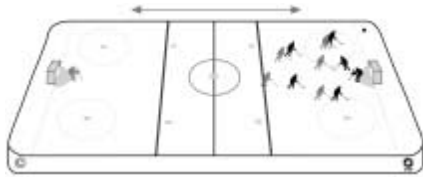
As the play continues their roles change from defensive to offensive or offensive to defensive responsibilities and all 3 playing situations: offense, defense and loose puck will be encountered.

## **DT , ORIENTATION – Learning the Game**

### **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 crossice games can isolate the defensive-zone teamplay 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.



### **DT100 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.



### **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.



### **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.**



### **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).

### 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.



### 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.

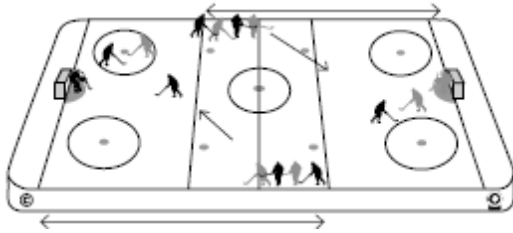
Play timed games or up to a certain score. Play tournaments and add modified rules that stipulate individual or team skills.



## 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).**

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.



### **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.



### **DT100 Full Ice Transition Games – Video Examples**

DT100 Continuous 2-2 With Regroup - Flames

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120805092902101>

### **DT100 Continuous 2-2 Flames**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120722101726758>

### **DT100 x 2 Backchecking Transition – Dukla**

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

**DT100 Transition Game with Passive and Active Support**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090803190601255>

**DT100 Transition Game with both F and D joining the play**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090726093546253>

**DT100 Transition Game 3-2 to 3-3**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090902091317423>

**DT100 Swedish Transition Game of 1-1**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100418084335301>

**DT100 Game of 2-2 with Offensive Support**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111028075900881>

**DT100 Explanation of Continuous 1 on 1 Transition Game**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719153344585>

**DT100 Examples of sequence from 1-1 to 3-2 Situations- MRC Women**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090726102316489>

**DT100 Erkka Continuous 2-1**

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

**DT100 D Join Attack - F Backcheck**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111102073454815>

**DT100 Continuous Transition Game of 2 on 2 to 4 on 4.**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719141210845>

**DT100 Continuous 3 on 2 HC Dukla U20**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821122112111>

**DT100 Continuous 2-1, 2-2-Detroit**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101208083750407>

**DT100 Continuous 2-1 HC Dukla U20**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821121443520>



## **DT100 Continuous 2-1**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090726085539822>

## **DT100 Continuous 1-1 with 85er's**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090726085538618>

## **DT100 Continuous 1-1 HC Dukla U20**

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

## **DT100 Backchecking Transition Game**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719141212210>

## **DT100 Backchecking Game**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111102073308428>

## **DT Transition Game Presentation**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090725194239373>

**Games in one Zone usually using only one zone and usually on one net.**

Transition Game Explanation

<mediagallery/video.php?n=20090726085540163>

DT400 - Regroup with Jokers Behind Net

<mediagallery/video.php?n=20120927102225533>

DT4 Joker cover Joker at Point - Pass to Point

<mediagallery/video.php?n=20120926092048847>

D400 2-2 One Joker Below Hash-Flames

<mediagallery/video.php?n=20120722101349241>

DT400 Active Jokers at Point

<mediagallery/video.php?n=20120603101824103>

DT400 Game of Quick Transition

<mediagallery/video.php?n=20120416092419455>

DT400 2 on 2 with Passive Support

<mediagallery/video.php?n=20120224091730987>

DT400 Continuous Game with Back Pressure

<mediagallery/video.php?n=20111029094402757>

DT400 Perry Pearn Rotation 4-4

<mediagallery/video.php?n=20111004080131252>

<mediagallery/video.php?n=20090726102318992>  
<mediagallery/video.php?n=20090726093548924>

DT400 Krusel Low Battles - Point Support

<mediagallery/video.php?n=20111004075900564>  
<mediagallery/video.php?n=20090726102317243>  
<mediagallery/video.php?n=20090726093549750>

DT400, 4 on 2 with Two Nets

<mediagallery/video.php?n=20101222074135633>

DT400 1-1, 2-1, 2-2 Transition Game using 2/3 ice

<mediagallery/video.php?n=20090726104059741>  
<mediagallery/video.php?n=20090726102315873>  
<mediagallery/video.php?n=2009072609354752>