

DT100 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.

<http://hockeycoachingabcs.com/mediagallery/media.php?s=20090726093546253>

