



2003 IIHF International Coaching Symposium

Transition, training method On Ice

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Transition

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Playful drill method

Coach creates playing situations

In transition exercises, principally there is just 1 puck > just as in the real game

Players are always on the move. They must read the game well, recognize when and how changes occur.

All players must be concentrated at all times, especially when the coach introduces and changes various tasks.

With this drill method, the players train at a steady high speed, intensity and stress. (championship character, game with tasks).

This method drills at the same time the technical, tactical and conditional factors of the ice hockey game.

Possible variations: situations of 5:4 / 5:5 / 4:5

offensive / defensive or defensive / offensive - transitions

Simple method, coach can easily lead the drill and give various tasks > players have to think along

This drill method is also very interesting for the players.

- I use this method
- in preparation of the season
 - in summer practice (off-ice: handball, basketball)
 - good recovery drill after a game

This method offers a number of possibilities. The coach can create many different variations and tasks.

On-ice presentation: Transition, training method

HALF -ICE EXERCISES

EXERCISE 1

TRANSITION 1 ON 1

The players are lined up on both sides of the rink and play on one goal.
The forwards are in one line and the defencemen in other line.

1. Start 1 ON 1 .

2. Defenceman wins the puck, a quick pass to a new forward, who asks for a pass, skates to the red line, turns back to play 1 ON 1 the new defenceman, who leaves his line.

3. The original forward and the defenceman leave after the transition.

4. When the defenceman wins the puck, he passes quickly to a new forward and the new defenceman joins the play to play 1 ON 1.

EXERCISE 2

TRANSITION 2 ON 1

The same as exercise, but 2 ON 1.

The coach can give different tasks to his players.

The forwards can :

1. Cross

2. Shoot on the net -> rebound

3. Give a lateral pass to the far post

EXERCISE 3

TRANSITION 2 ON 1

The same as exercise 1 and 2, but now 3 ON 2.

The coach can give different task to his players.

FULL- ICE EXERCISES

A full- ice transition game, in which the players lined up on both sides of the rink. The forwards are at the blue lines, the defencemen in the middle zone.

EXERCISE 4

TRANSITION 1 ON 1

A full - ice transition game, in which the players are lined up on both sides of the rink .

1. Start 1ON 1
2. When a defeceman wins the puck, he gives a quick pass to a new forward, who asks for a pass and plays 1ON 1 the new defenceman
3. The forward asks for a pass by creating an opening for himself.
4. The original forward and defenceman leave after the transition.

EXERCISE 5

FULL -ICE EXERCISES

TRANSITION 2 ON 2

A full - ice transition game, in which the players are lined up on both sides of the rink .

The defencemen are at the blue lines, the forwards in the middle zone.

1. Start 1ON 1
2. Defeceman wins the puck, who has different passing options, such as:
 1. One high forward, one low
 2. Two high forwards
 3. Other combinations

6. TRANSITION 1 ON 1 + 1 ON 1

A full - ice transition game, in which the players are lined up on both sides of the rink .

1. Start 1 ON 1

2. When the defenceman wins the puck, after a quick pass and immediate support to the attacker.

3. After a turnover, a forward backchecks and make it 2 ON 2.

The players either defend-and -attack or attack-defend.

The exercise can be taken as a contest.

7. TRANSITION 3 ON 3 + 3 -> 3 ON 5 -> 3 ON 2

A full - ice transition game, in which the players are lined up on both sides of the rink .

1. Start 3 ON 2.

2. Three new forwards join the play to backcheck three attacking forwards creating a short handed 3 ON 5 situation for three attackers in their offensive zone.

3. When the defenceman wins the puck, he gives a quick pass to the backcheckers who now become the new attackers who play 3 ON 2 new defencemen to another end.

4. After losing the puck the original attackers become backcheckers who support two new defencemen by making 3 ON 2 and to 3 ON 5 in the defensive zone.

8. TRANSITION 1 ON 2 or 2 ON 3

A full - ice transition game, in which the players are lined up on both sides of the rink .

1. Start 1 ON 2.

2. One attacker tries to beat two defensive players.

3. When the defenceman wins the puck, a quick pass to a new player, who asks for a pass.

4. Two new defencemen join the play creating 1 ON 2.

Variation

After winning the puck the defenceman plays does not pass but plays 1 ON 2.

9. TRANSITION 2 ON 2 Offence-Defence

A full - ice transition game, in which the players are lined up on both sides of the rink .

1. Start 2 ON 2.

2. After winning the puck two defenders become attackers.

3. Two new defenders join to play 2 ON 2

The player plays both defence and offence.

The same exercise 3 ON 3.

Varations

1. Shoot - rebound

2. Shoot-in + win the puck.

3. Other combinations

10. TRANSITION 5 ON 3

² BLOCK TRANSITION² -

A full - ice transition game, in which the players are lined up on both sides of the rink .

Different tasks

1. Shoot - rebound
2. Shoot - in
3. Constructive play forward
4. Second wave attack
5. Other playing options

11. TRANSITION 5 ON 1

A fast counter attack with a complete unit - Transition
Conditioning - Transition

12. TRANSITION 1 ON 1 CROSS ICE

Defend -Attack Game, also 2 ON 2.

1. Start 1 ON 1

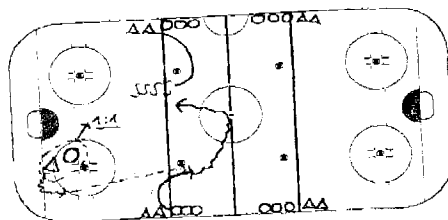
2. After winning the puck, pass to a new attacker, who plays a new defender.

Different tasks can be integrated.

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1/2-Feld-Übungen

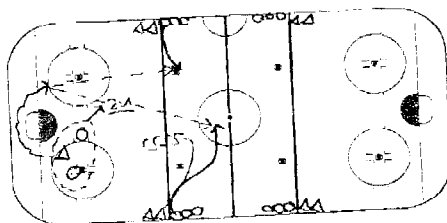
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**SPORT DEVELOPMENT PROGRAM**Transition 1:1 // 1/2-Feld1: Scheibengewinn
schneller Pass

O: anbieter

⇒ neues 1:1
(bis Ende)

⇒ immer weiter

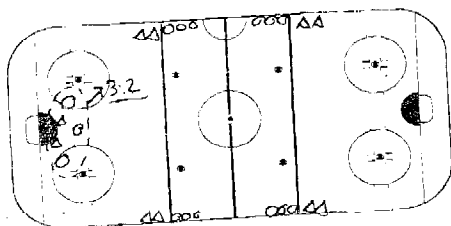
Transition 2:1 // 1/2-Feld

gleich Übung wie 1:1

aber 2:1

⇒ Trainer kann ver-
schiedene Aufgaben
stellen

- 1.) kreuzende Stürmer
- 2.) Schluss + Nachsetzen
- 3.) Quasipass / weiler Pfort

Transition 3:2 // 1/2-Feld

gleiche Übung wie 1:1/2

⇒ Trainer kann verschie-
dene Aufgaben stellen**"Partnership for Progress"**

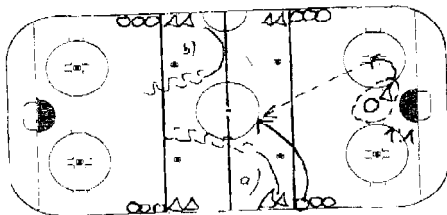
Ganzes-Feld-Übungen

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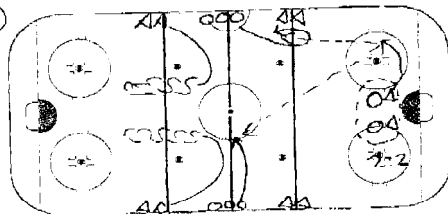


SPORT DEVELOPMENT PROGRAM

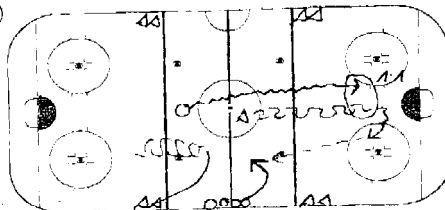
④

1:1 ~~1:1~~ - TransitionA: ScheiterngezwungO: anbieten1:1 gegen neuen
VerteidigerTrainer: Stimmerwechsel.
Pos. für sich anbieten
verlangen

⑤

2:2 - Transitionwie 1:1Var.: 1.) 1 Stimmer hoch
1 tief anbieten
2.) beide Stimmer
hoch anbieten
3.) andere Aufgaben

⑥

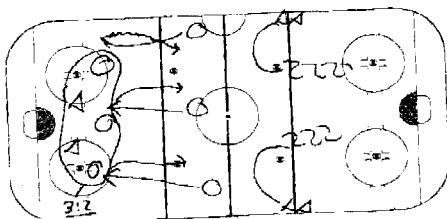
1:1 + 1:1 - TransitionA: nach Pass sofort
Unterstützung offensiv
O: nach Scheitern verlust
sofort BC=> 2:2A -> def. -> off.O -> off. -> def.Bsp: als Wettkampf

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SPORT DEVELOPMENT PROGRAM

1

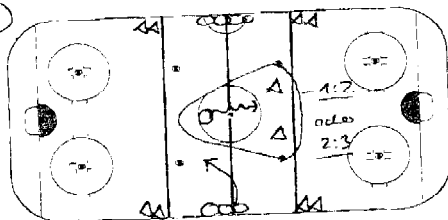


3:2 +3 → 3:5 → 3:2

Ausübung hin und zurück

3:2 // 3 Stürmer defensiv in eigene Zone → 3:5 // Scheibengewinn // schnell nach vorne passen // 3:2 in andere Richtung - Stürmer, welche Puck verloren haben → BC zurück

8



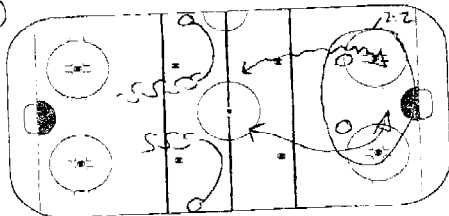
1:2 oder 2:3 - Trans

O in Unterzahl, muss versuchen, sich durchzusetzen

1. Scheibengewinn, schneller Pass nach vorne

2. var. selber laufen 1:2 nach Scheibengewinn (ohne Pass)

9



2:2 defensiv - offensiv

defensives Duo gewinnt Puck → selber umschalten auf offensiv

1. Aufgabe defensiv

2. Aufgabe offensiv

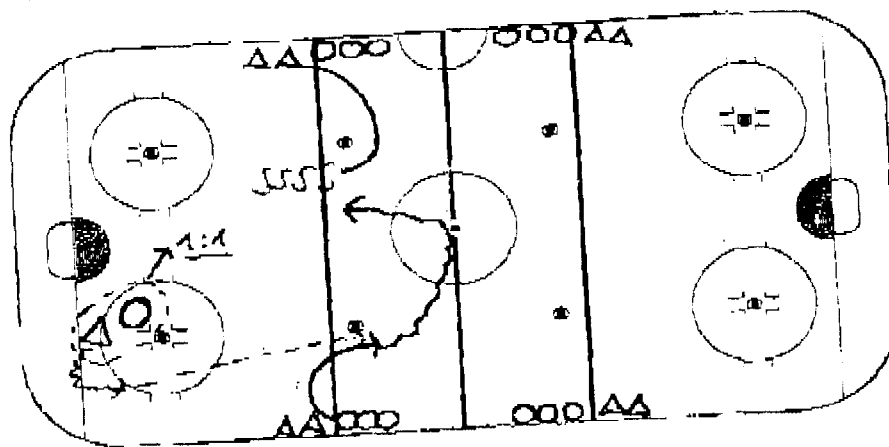
gleiche Übung: 3-3 mit verschiedenen Aufgaben

1/2-Feld-Übungen

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SPORT DEVELOPMENT PROGRAM



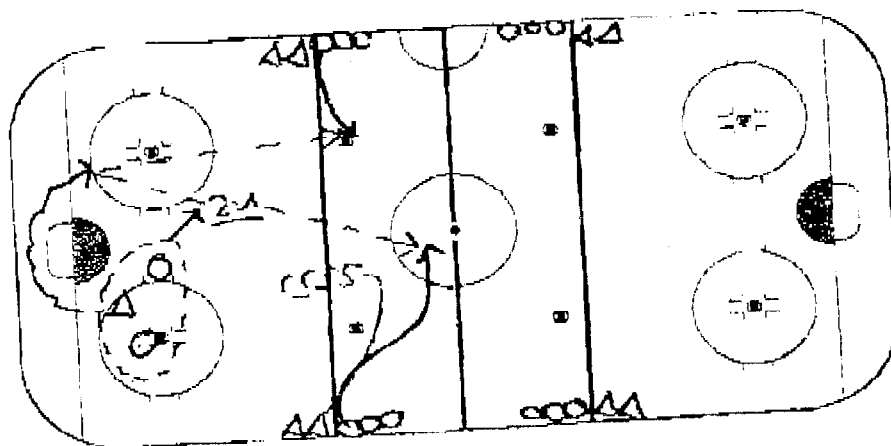
Transition 1:1 // 1/2-Feld

A: Scheibengewinn
Schneller Pass

O: anbietet

⇒ neues 1:1
(bis Ende)

⇒ immer weiter



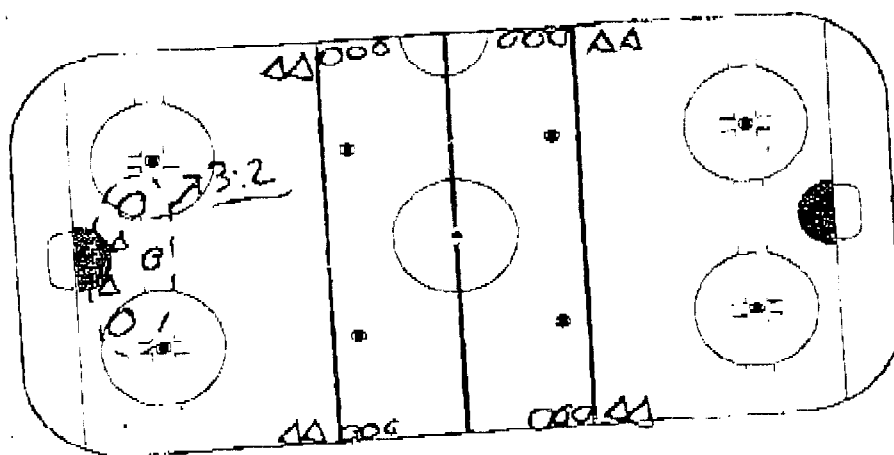
Transition 2:1 // 1/2-Feld

gleich Übung wie 1:1

aber 2:1

⇒ Trainer kann verschiedene Aufgaben stellen

- 1.) kreuzende Störmar
- 2.) Schluss + Nachsetzen
- 3.) Querpas / weiter Pforte



Transition 3:2 // 1/2-Feld

gleiche Übung wie 1:1/2

⇒ Trainer kann verschiedene Aufgaben stellen

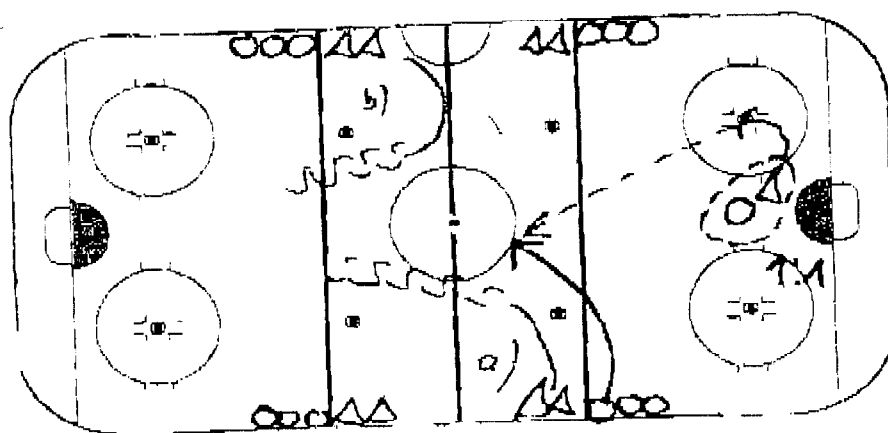
"Partnership for Progress"

Ganzes - Feld - Übungen

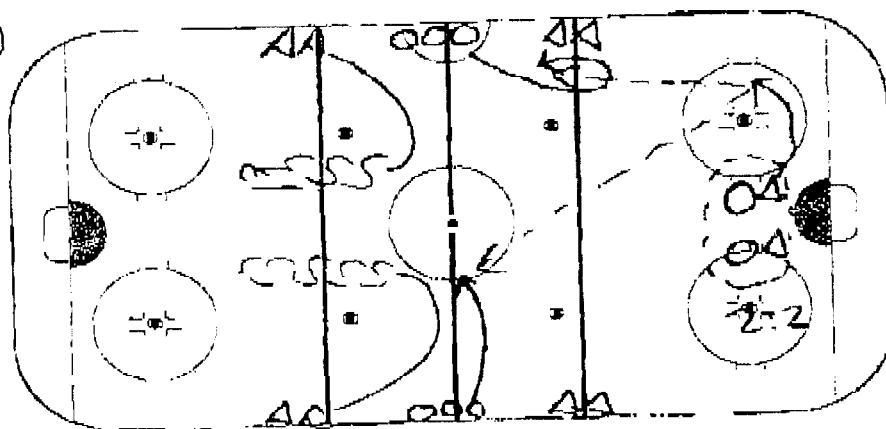
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**SPORT DEVELOPMENT PROGRAM**

④

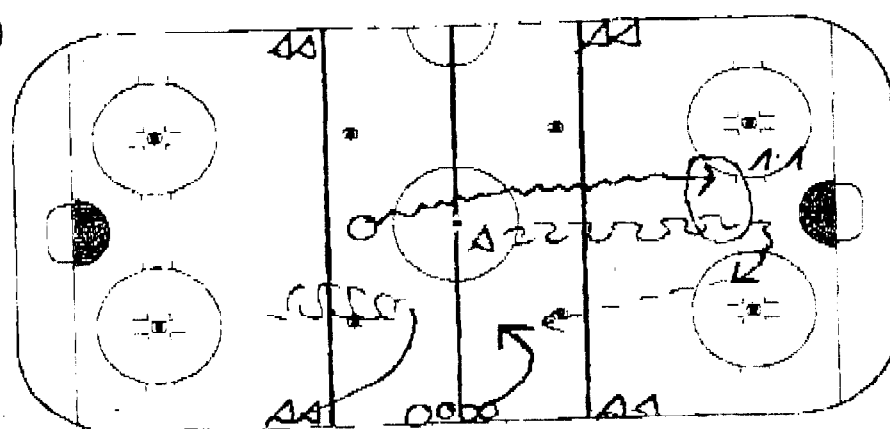
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VerteidigerTrainer: Stürmer versuch.
Pos. für sich anbieten
verlangen

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Var.: 1.) 1 Stürmer hoch
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hoch anbieten
3.) andere Aufgaben

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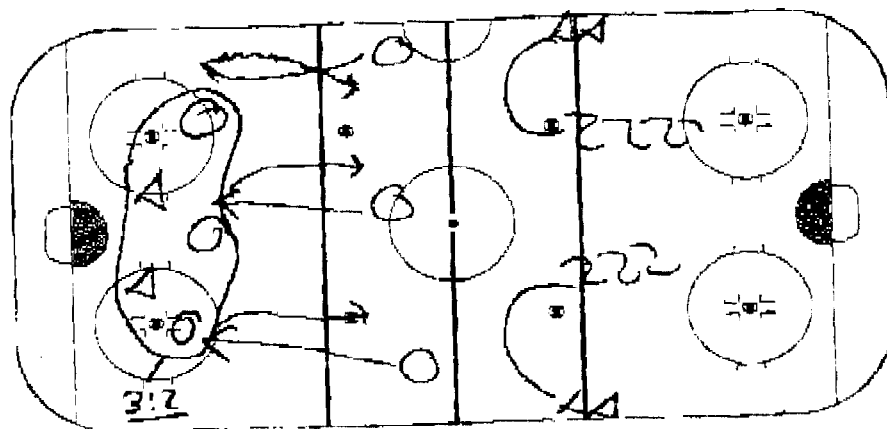
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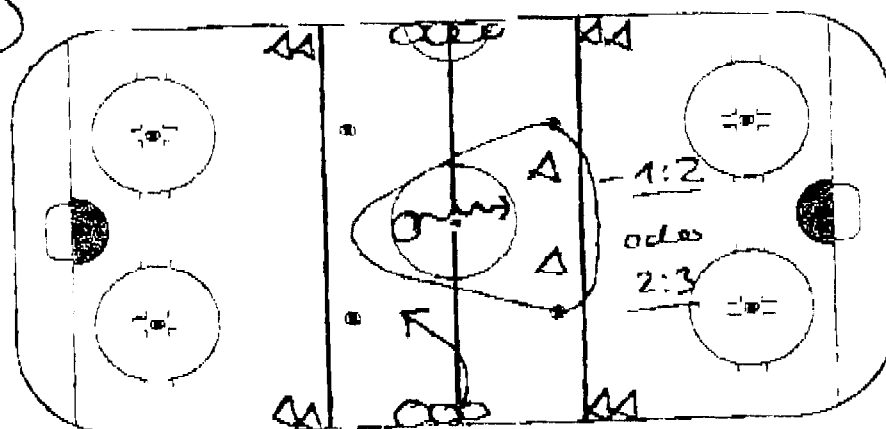
SPORT DEVELOPMENT PROGRAM

7

3:2 + 3 → 3:5 ⇒ 3:2Ausübung hin und zurück

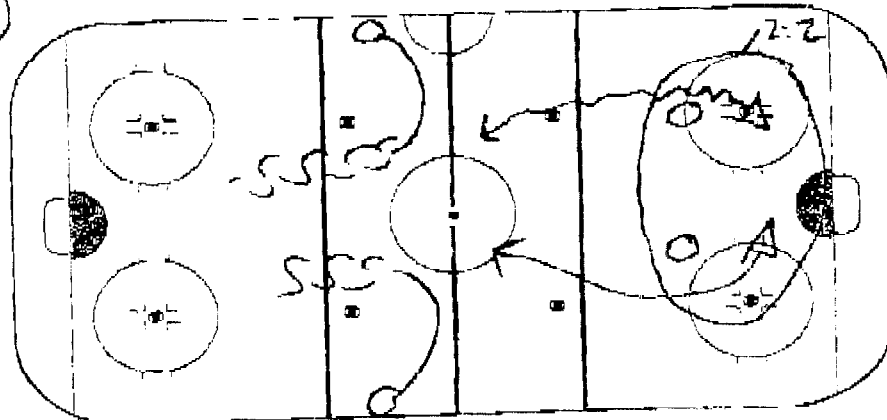
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1:2 oder 2:3 - TransO in Unterzahl, muss versuchen, sich durchzusetzen

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2:2 defensiv - offensiv

defensives Duo gewinnt Puck → selber umschalten auf offensiv

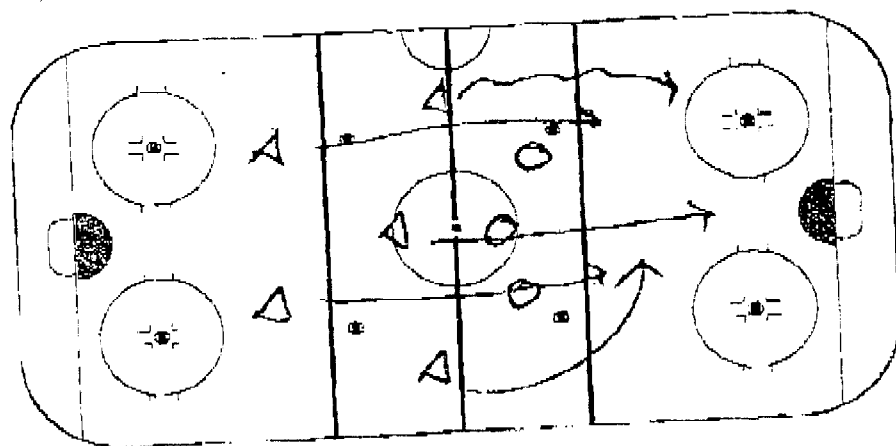
1. Aufgabe defensiv
2. Aufgabe offensiv

gleiche Übung: 3-3 mit verschiedenen Aufgaben

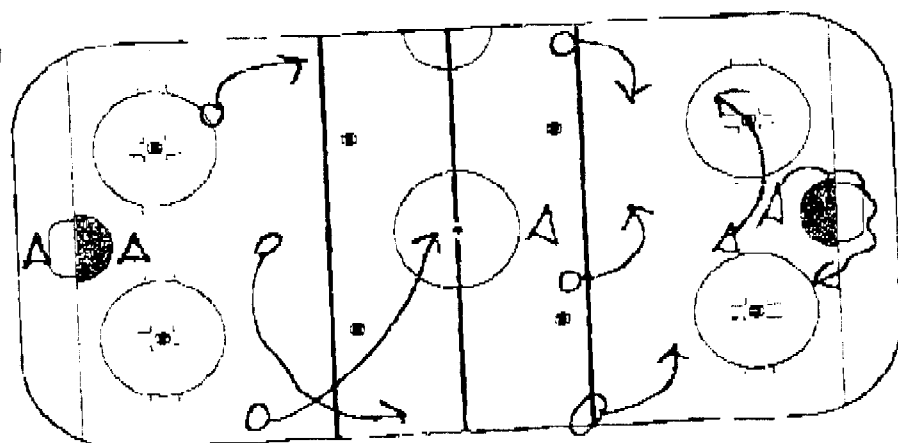
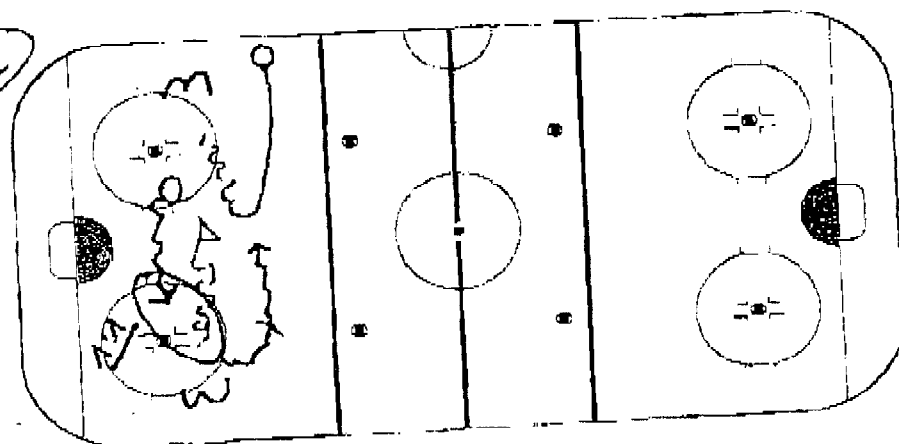
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SPORT DEVELOPMENT PROGRAM

5:3-Transition"Block-Transition"verschiedene Aufgaben

- 1.) Schluss → nachsetzen
- 2.) dump
- 3.) ablenken
- 4.) konstruktiv direkt
- 5.) 2:1

5:1-Transitionschnelle Konterattacke
- Transition⊕ Condition-Transition1:1-Transition querdefensiv → offensivauch 2:2mit verschiedenen
Aufgaben