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 - Jokers at Point and Below Goal Line

Key Points:

This game is a little bit different because the jokers behind the net and at the point move around. The point jokers can check each other and move in for one timers but not join the rush. In this game the low jokers are not checking each other because I was getting them used to making plays from below the goal line and facing up ice as much as possible. It can progress to all jokers can check.

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 either the joker at the point the low joker.

3. Joker to joker passes are ok.

4. Jokers at the point can check each other and progress to low jokers can check each other.

5. Players rotate after a joker has made two passes.

6. Keep score and play tournaments.

**Rules like you must pass to either joker, one joker, both jokers or jokers can check jokers can be implemented.*

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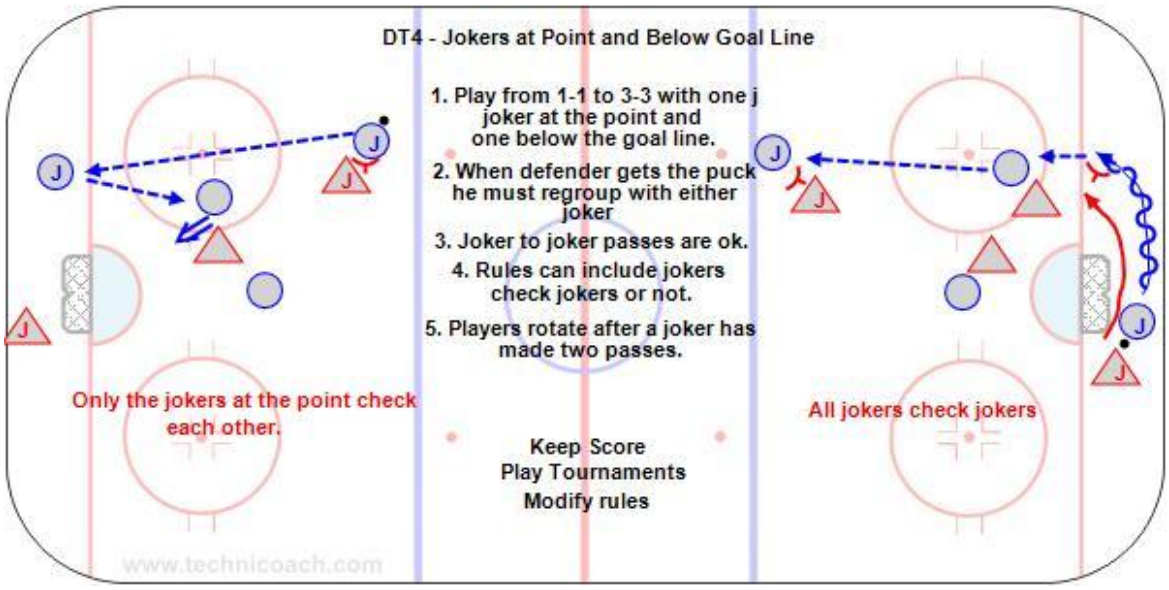

DT4 - Pass Low - Plays from Point-Dukla

Key Points:

Pass to low man on transition and goals must oringinate 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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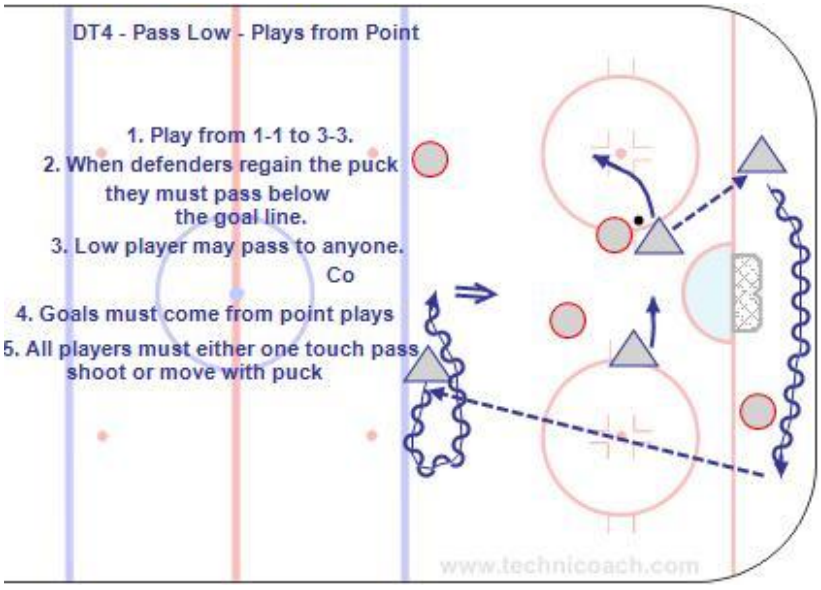

DT4 Each Team Pass to Joker at Point

Key Points:

Player at the point must get open for a pass and quickly make a play. Defender get on the defensive side to block a shot and stay with the point man if he carries the puck.

Description:

1. One zone game and each team has one or two jokers at the point.
2. To transition to offense you must pass to the point.
3. Progression is to add the rule that all goales must come from point playes such as shots, tip-ins, redirects, shot passes, screen, rebounds. This causes the players at the point to skate and get the puck through and the player covering to stay defensive side and block shots and passes.

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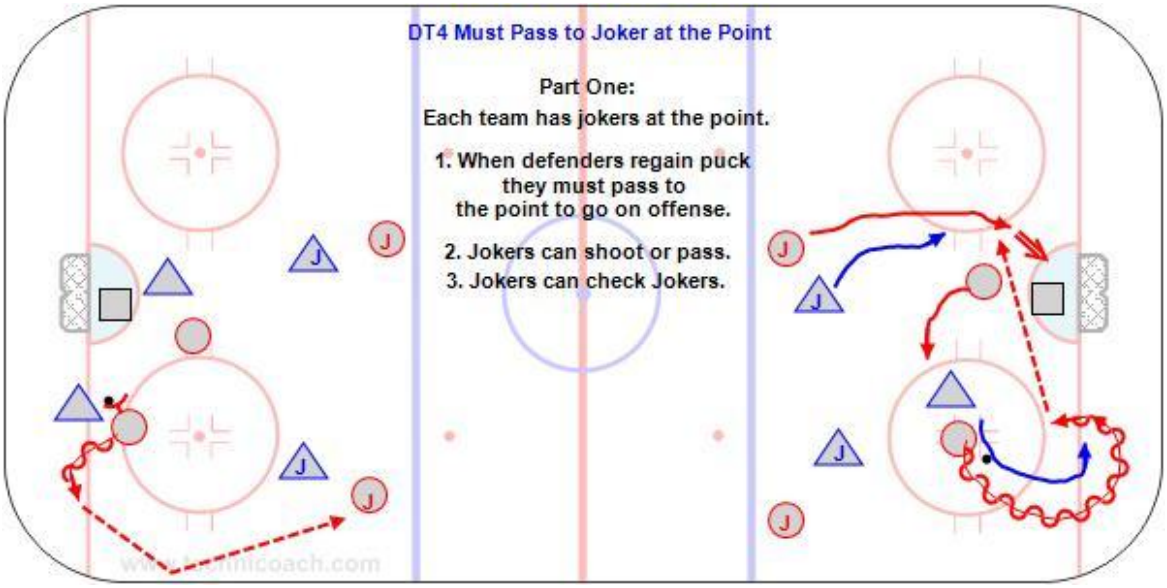

DT4 Must Pass to Joker at the Point

Key Points

Each team has one or two jokers at the point. Introduce the game allowing jokers to check jokers. This is a great game to practice getting the shot through under pressure.

The jokers at the point must get open and take a shot or make a pass. The defender practices covering the point. Low players get open and defenders cover man to man.

Description:

Each team has one or two jokers at the point.

1. When defenders regain puck they must pass to the point to go on offense.
2. Jokers can shoot or pass.
3. Jokers can check the opponents Joker.

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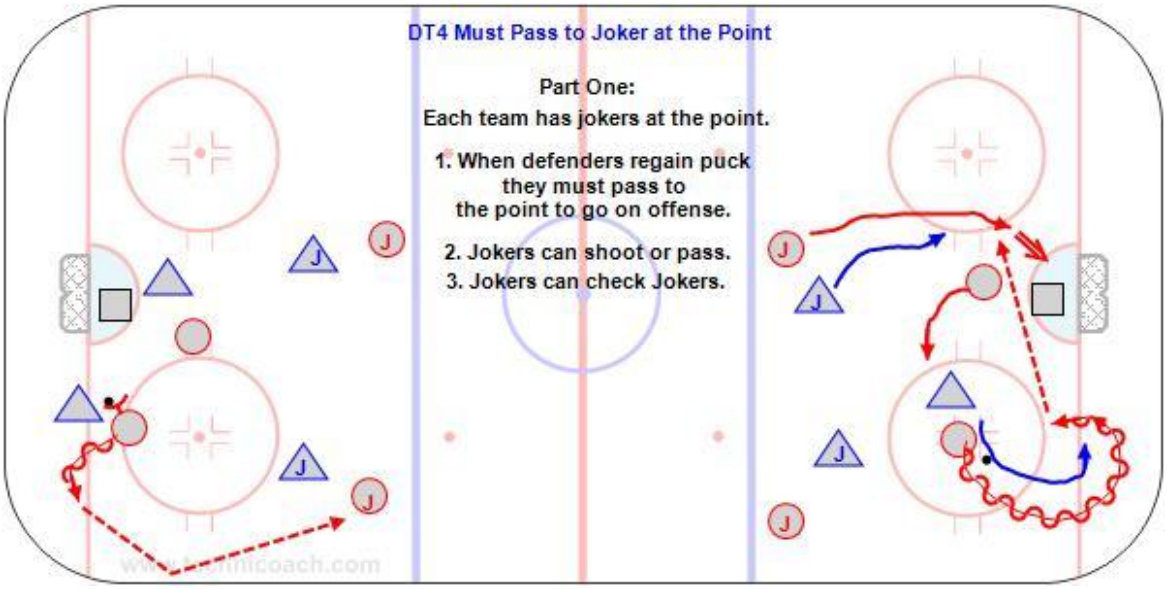

DT4 Pass to Active Joker Below Goal Line on Transition

Key Points:

Jokers battle behind the net to get open and make plays. Use cut backs and protect the puck with the body. This game is a SAG below the goal line and requires good technique.

Description:

1. Each team has one or two Jokers below the goal line.

2. Jokers check Jokers.

3. Play from 1-1 to 3-3 above the goal line.

4. To transition to offense you must pass to a Joker below goal line.

5. Jokers can come out as far as hash marks.

Option B:

A coach or player can be the Joker for the offensive team at the point.

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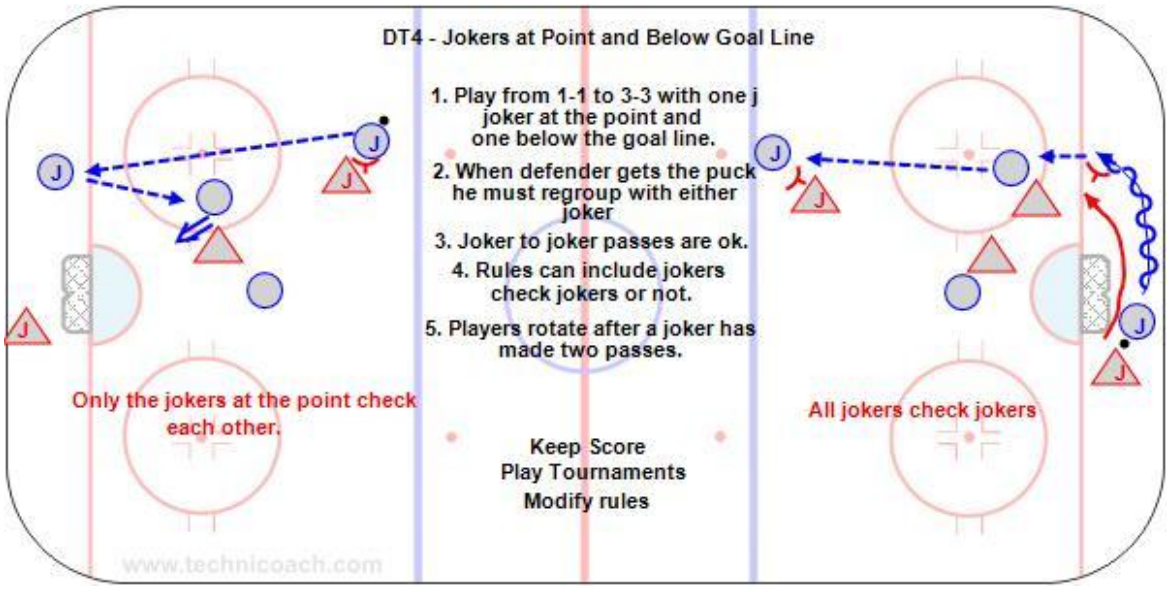

D4 Transition Defense to Offense

Key Points

Defending player stay on the defensive side. Supporitng 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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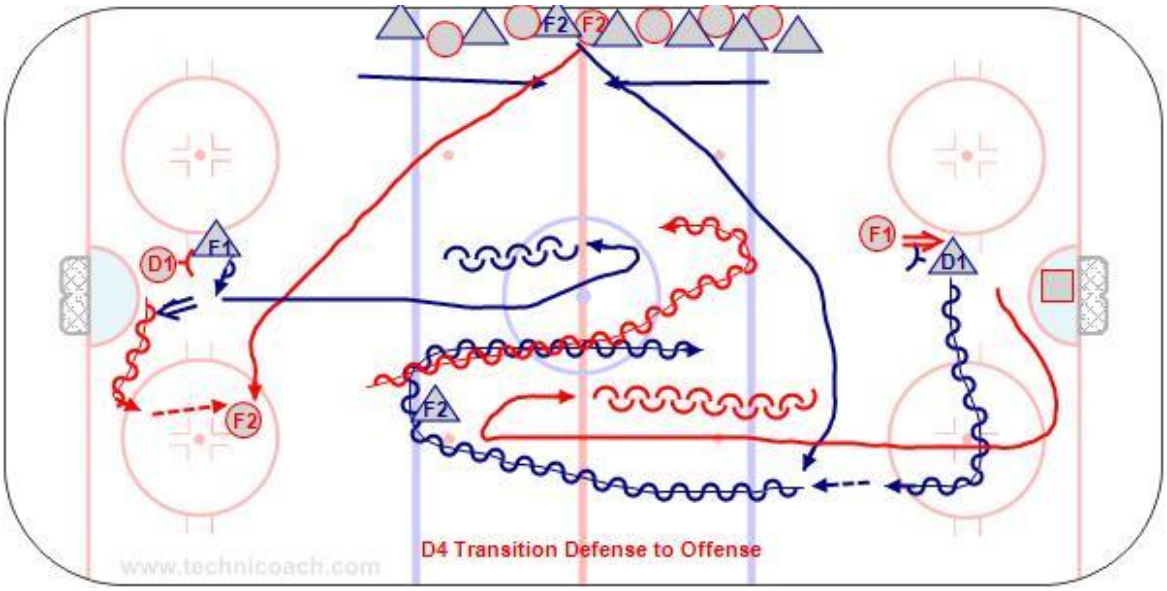

DT4-Jokers at Point and Below Goal Line-Dukla

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.

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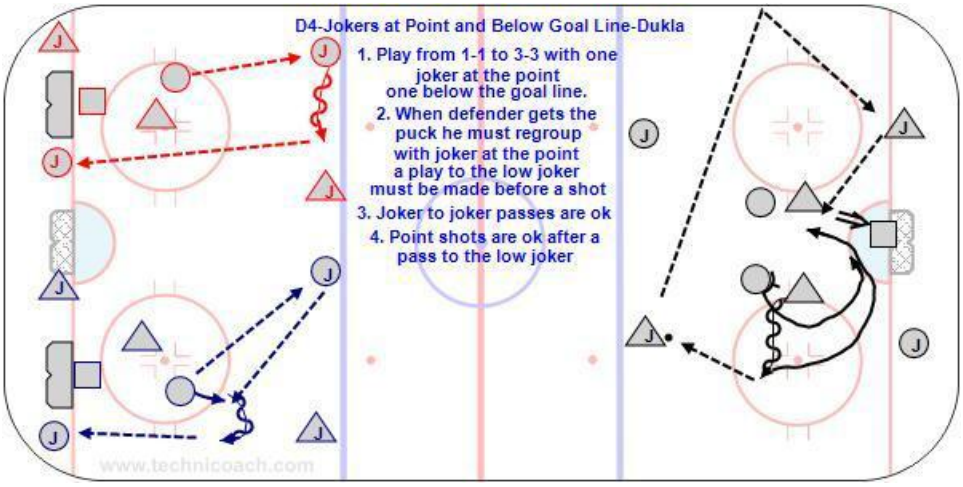

DT500 - 1-1 to 3-3 Nets Back to Back - U18F

Key Points:

Quick transition from offense to defense with puck protection the emphasis on offense and defensive side with the stick on the puck on defense.

Description:

1. Nets are back to back in one zone.
2. Extra players are jokers who are around the defensive net ready for a pass to go onto offense.
3. Start with 1-1 and progress up to a 3-3.
4. On transition to offense the defender pass to a joker who attacks the opposite facing net.
5. The offensive player defends when they lose the puck.
6. Keep score.
7. Add the option to pass to jokers.
8. Coach pass to non offending joker is the puck goes out of play or after a goal.

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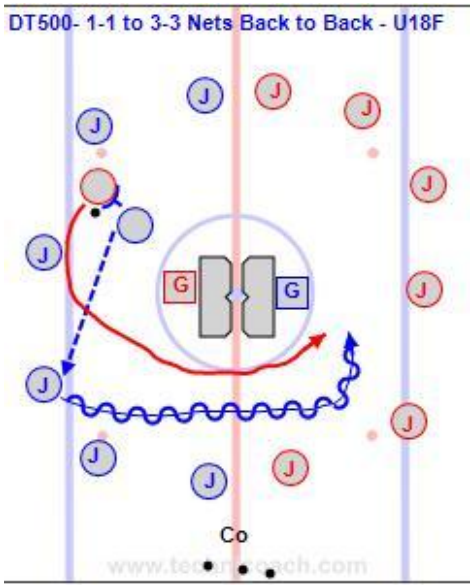

DT5 Two Pass Regroup with Jokers and Escape Moves

Key Points:

This transition game requires on ice awareness and constant switching between game playing roles as well as loose puck situations. Escape moves create time and space for the player. The puck carrier must slide backward, sideways, tight turn etc.

Description:

Rules: You must regroup with a Joker to go on offense. Before passing or shooting you must make an escape move. Jokers battle jokers but must stay behind the line. Two passes must be made before scoring.

Game One:

Transition to offense requires the player must regroup with the player below the goal line.

Game Two:

To transition to offense the player must regroup with the point.

Game Three:

Joker at the point and below the goal line must get a pass before you can score.

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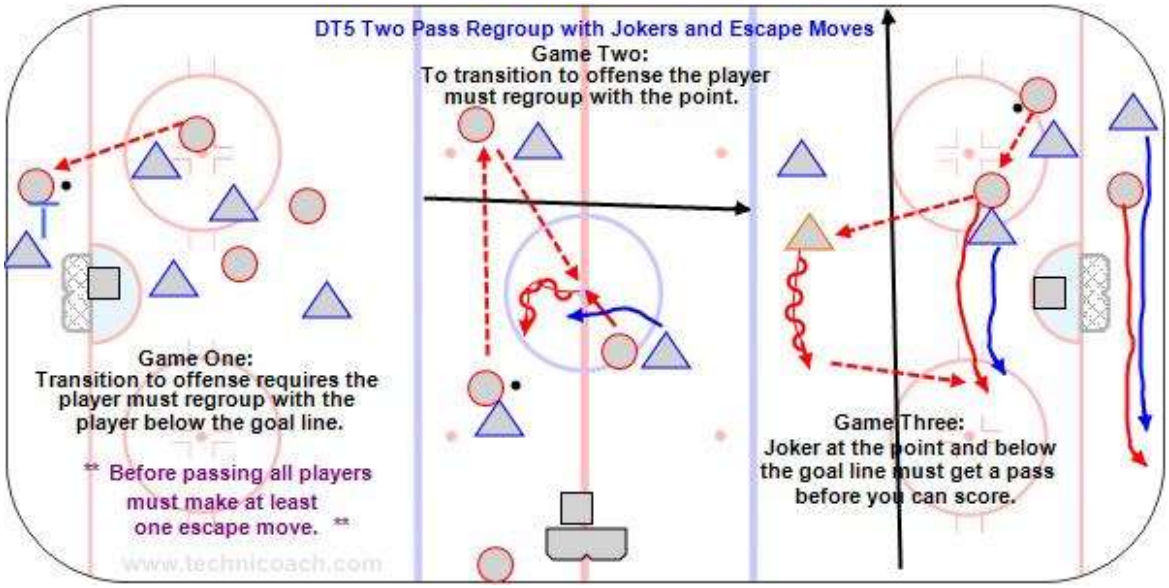

DT100 2-2 With Cutbacks and Regroups in Nzone

Key Points:

Attack with speed and create a gap by turning back and then up. Defenders must mirror the attackers to maintain a tight gap. Only use the 1-1 to teach the technique and the flow and then move to larger numbers to achieve a good work/rest ratio. 1-1 could be done on both sides and ten full ice for a 2-2 and up.

Description:

1. R1-R2 attack vs. B1-B2.

2. R3-R4 support when the puck crosses the red line.

3. R1-R2 cut back before crossing the blue line and B1-B2 keep a tight gap.

4. R3-R4 can shoot or pass within 1" but not go in deep. R1-R2 play low 2-2.

5. On transition B1-B2 attack R3-R4 and repeat sequence.

6. B3-B4 support from the line-up.

Alternatives:

A. R1-R2 regroup with R3-R4.

B. Vary the situations with between 1 and 3 players supporting from the line-up.

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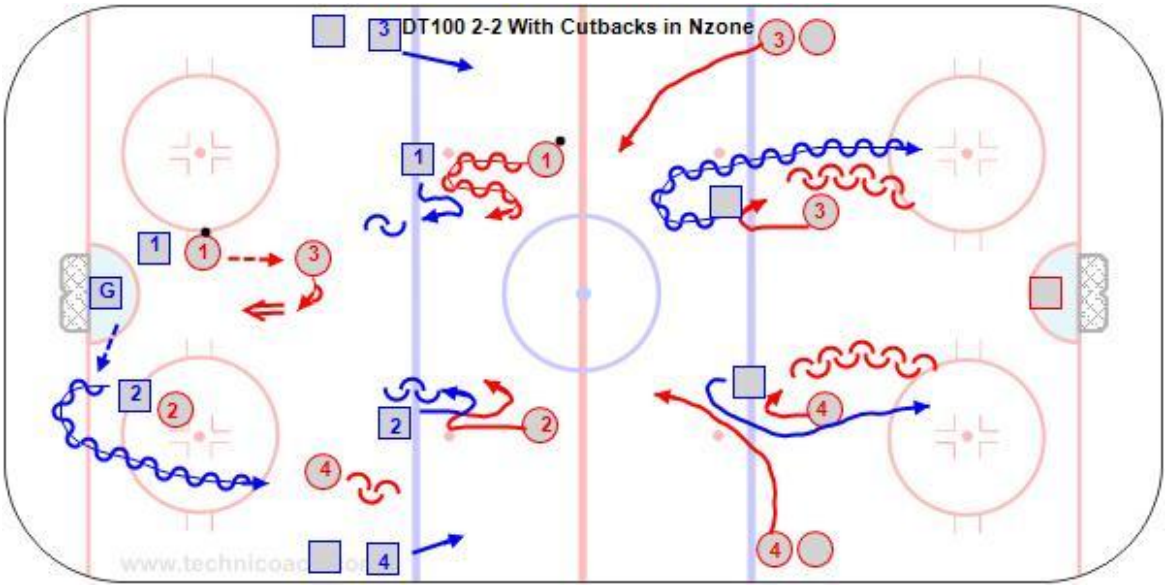

DT100 2-2 with Regroup

Key Points:
This transition game has active support from offensive jokers at the point and then the original defenders follow the attack and there is a regroup in the neutral zone before crossing the offensive blue line. Progress to the attacking team regroup with the original defenders on a 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.
If there is a turnover the defenders attack the other way vs. the two attackers.

Description:
1. Blue 1-2 attack vs. Red 1-2.
2. Blue 3-4 support the attack as active jokers at the point.
3. Jokers can shoot or pass but not go in deep.
4. On transition Red 1-2 attack vs. Blue 3-4 and Blue and Red 3-4 follow attack.
5. Red 1-2 regroup with Red 3-4.
6. Continue the rush R1-2 vs. B3-4.
7. R3-4 support as Jokers at the point.
8. Continue this sequence with Blue 5-6 supporting and regrouping with the next rush.

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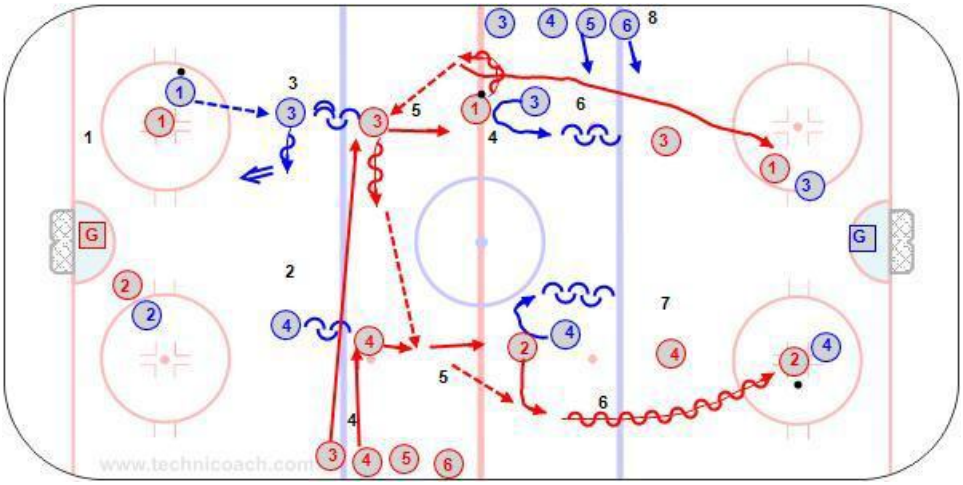
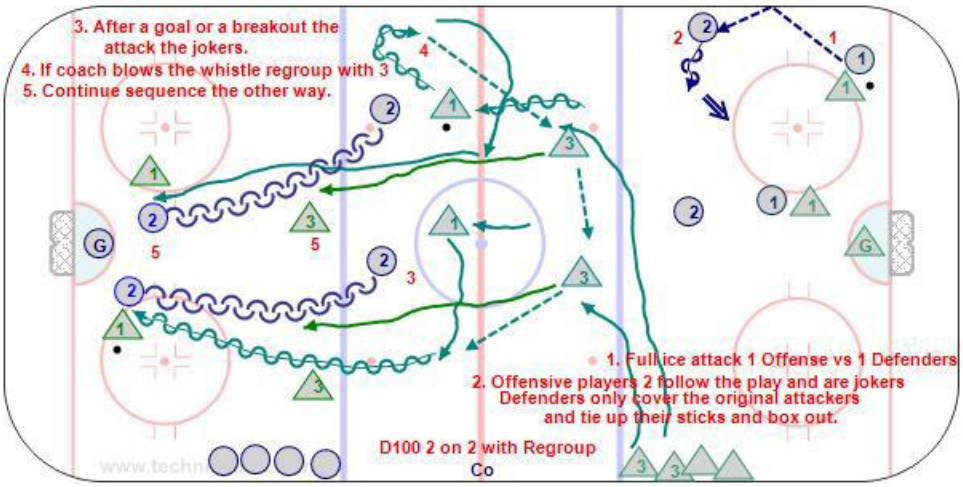


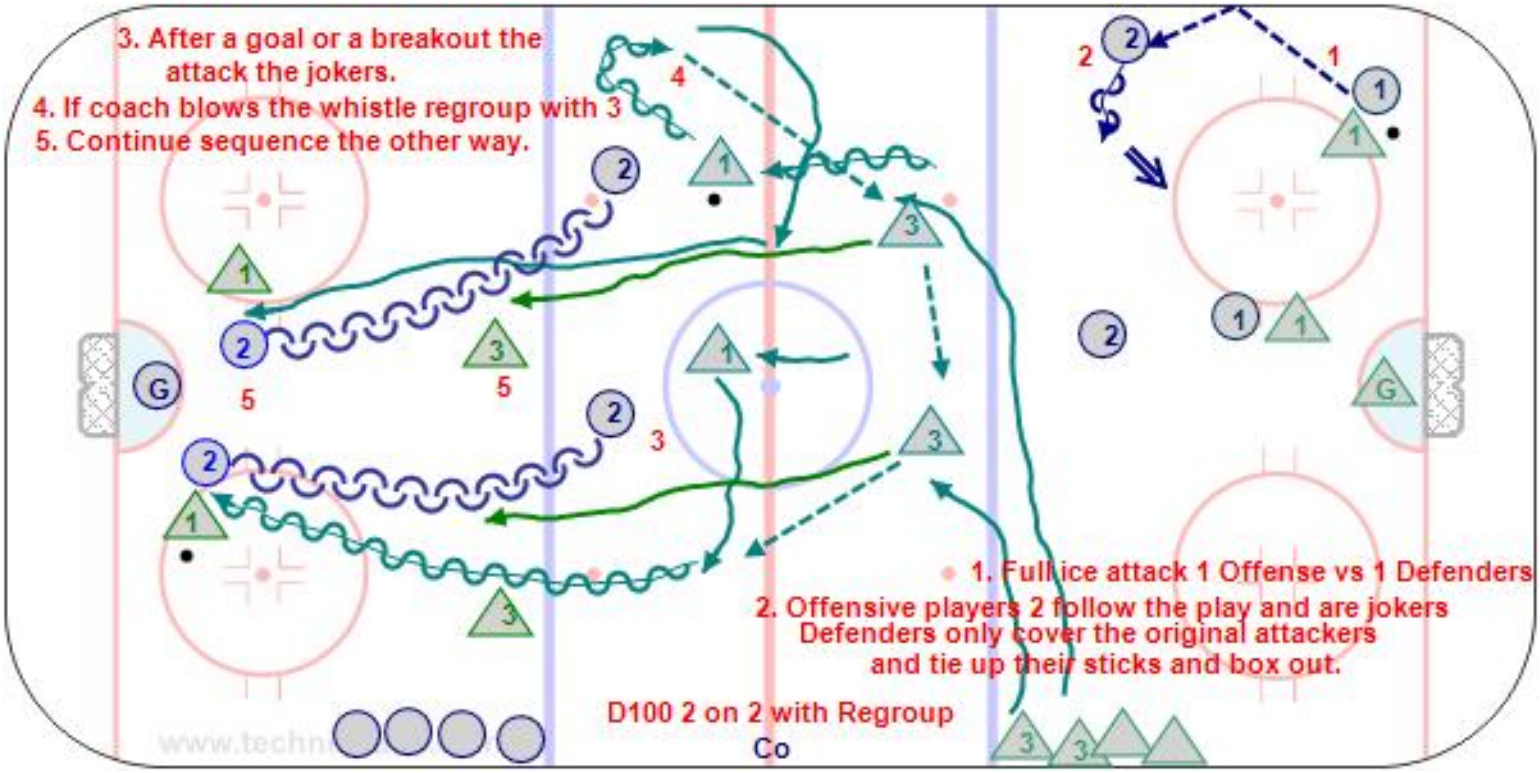

3. After a goal or a breakout the attack the jokers.
4. If coach blows the whistle regroup with 3
5. Continue sequence the other way.
1. Full ice attack 1 Offense vs 1 Defenders
2. Offensive players 2 follow the play and are jokers
Defenders only cover the original attackers
and tie up their sticks and box out.
D100 2 on 2 with Regroup
Co

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.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5. Continue sequence the other way.
1. Full ice attack 1 Offense vs 1 Defenders
2. Offensive players 2 follow the play and are jokers
Defenders only cover the original attackers
and tie up their sticks and box out.
D100 2 on 2 with Regroup
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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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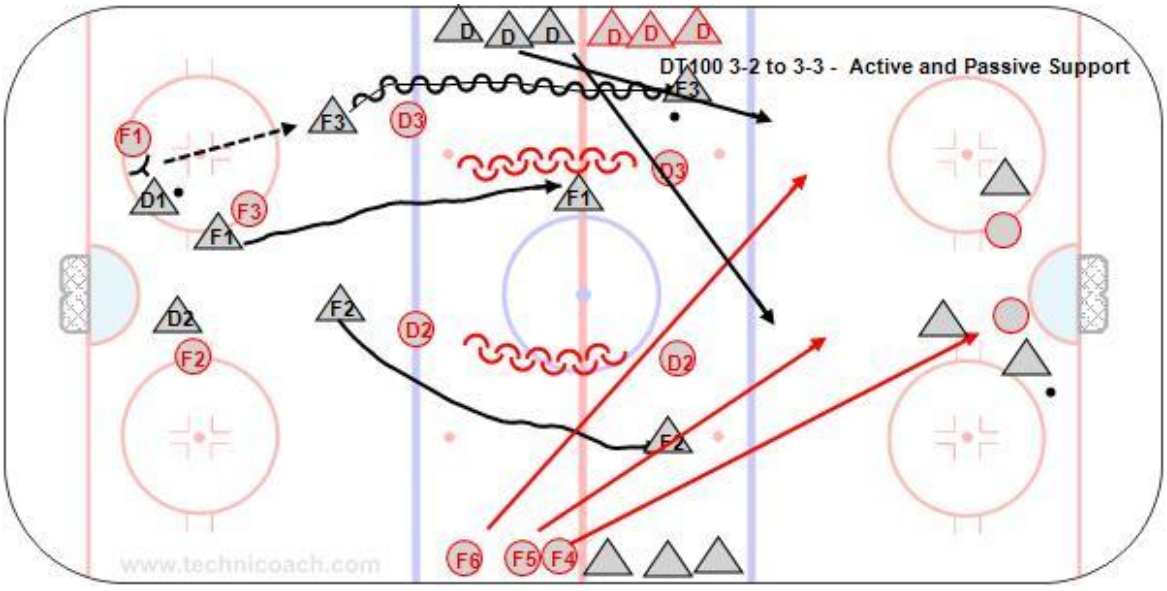


FULL- ICE EXERCISES
A full- ice transition game, in which the players lined up on both sides of the rink. The forwards are at the blue lines, the defencemen in the middle zone.

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 defencemar
3. The forward asks for a pass by creating an opening for himself.
4. The original forward and defenceman leave after the transition.

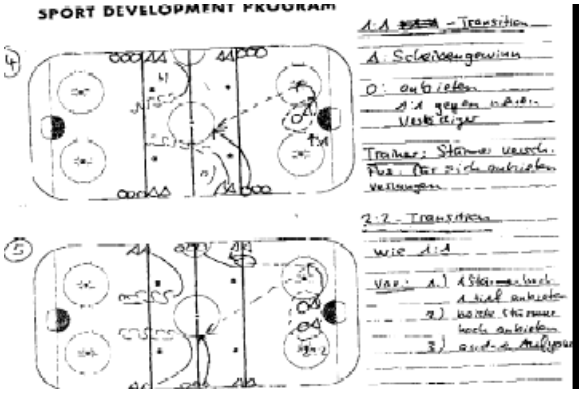
EXERCISE 5

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 diffrerent passing options, such as:
1. One high forward, one low
2. Two high forwards
3. Other combinations



Video Link:

DT100 - 1-1 and 2-2 with Passive Support - Pro

http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131126182356890

DT100 - 1-1 and 2-2 with Passive Support - Yursinov, Wahlsten IIHF

Key Points:

Attacker use changes of pace and deception to gain the offensive side while the defender stay on the defensive side with a tight gap.

Description:

A full ice transition game with the players lined up on both sides of the rink in the neutral zone. The forwards are at the blue lines and the defensemen near the red line.

1. Start 1 on 1, F1 vs. D1.
2. When D1 wins the puck make a quick pass to F2 waiting just inside the blue line.
3. F1 and D1 return to the line-up.
4. F2 attack vs. D2 in the other direction while F3 and D3 follow.
5. White F attack vs. Blue D and Blue F vs. White D.

**Add regroups or dump-ins to create different situations.*

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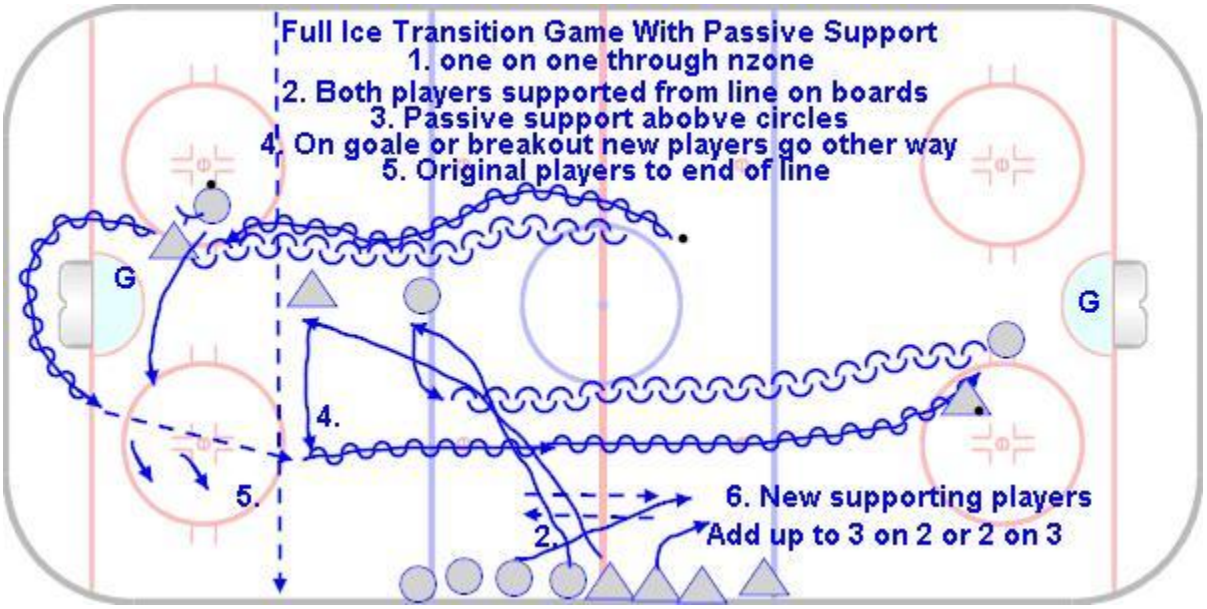

DT100 - 1-2, 2-3, Add Regroup - Juuso, Yursi - IIHF Symposium

Key Points:

Defenders must communicate and one play a 1-1 vs. the puck carrier. Create a defensive 2-1 vs. the puck carrier in each situation.

Description:

1. R1 attack 1 on 2 vs. B2-3.
2. R2-3 follow the play and wait in the nzone.
3. On a turn-over either B2 or B3 attack vs. R2 and R3
4. B3 and B4 follow and wait in the nzone to defend vs. either R2 or R3.
5. Continue this flow.
6. Add one attacker and one defender for a 2 on 3 situation.
7. Add a neutral zone regroup on the coaches whistle.

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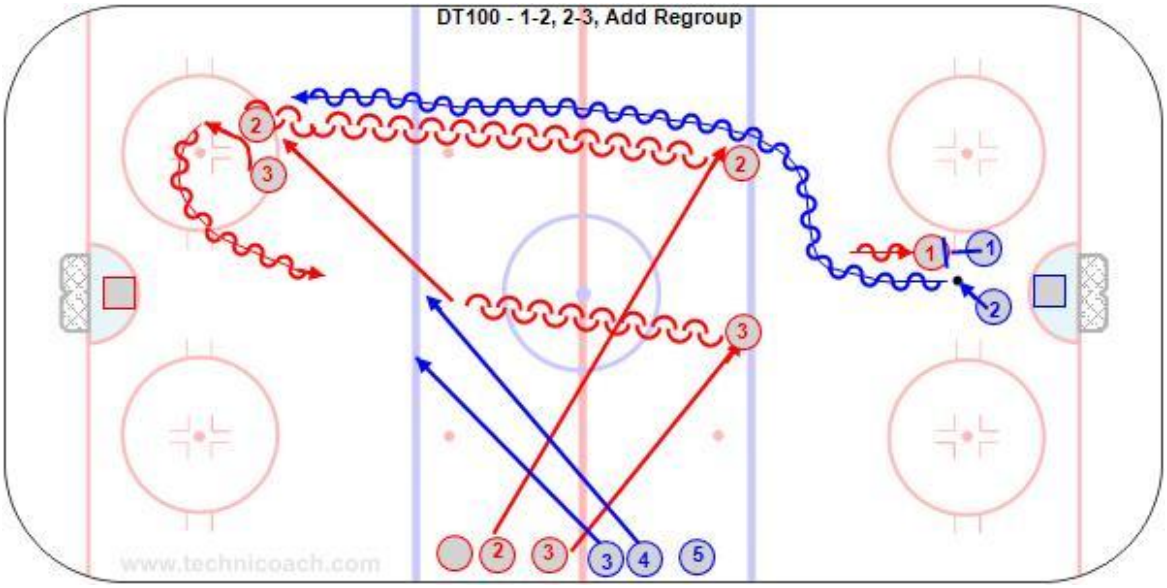

DT100 - 2 on 1 - D Join Attack and F Backcheck

Key Points:

This is a continuous 2-1 with one D joining the rush and the high F backchecking.

Forwards enter the zone to support the defense and then attack and one 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 Backcheck and Blue D1 join the rush.

6. Blue D2 and Red F3-F4 support when puck enters the zone.

7. Play 4 on 4 and continue flow.

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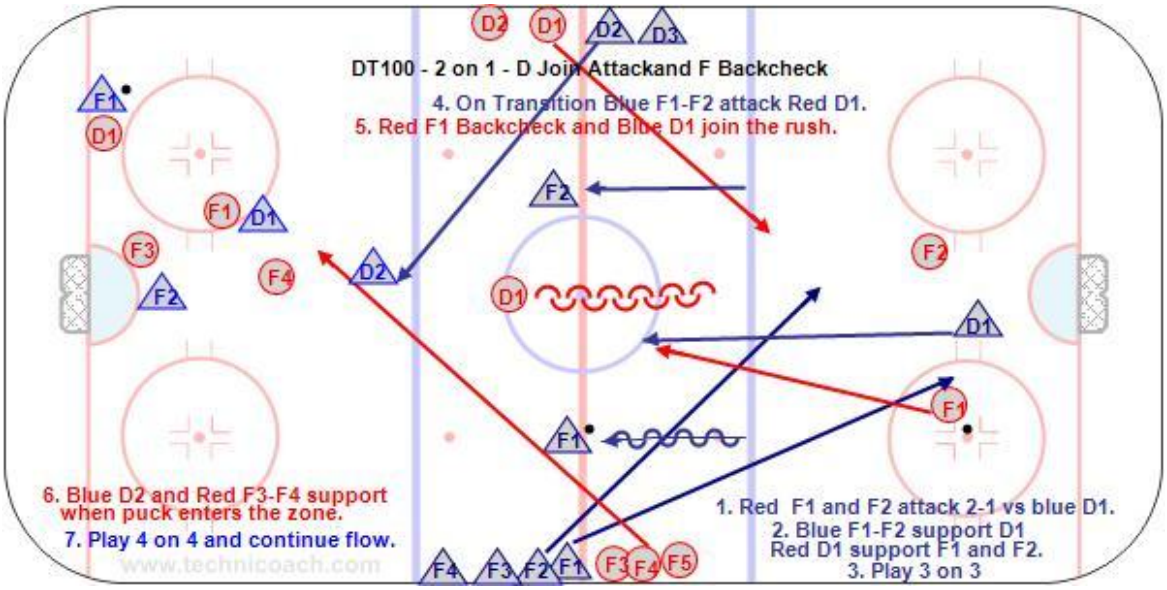

DT100 - 2 on 2 Backchecking Game - Nzone Regroup

Key Points:
Supporting players play like wingers at the top of the circles. Give targets, face the puck and make all plays while skating. Create a 2-1 vs. the widest defender.

Description:1. R1-R2 attack vs. B1-B2.
2. B3-B4 support at the top of the circles.
3. Goal, frozen puck or transition B1- or B2 pas to either B3 or B4.
4. B3 and B4 skate over the red line and then regroup with either B1 or B2.
5. B1-B2 hinge and pass to B3 or B4.
6. R3-R4 attack vs R1-R2.
7. Continue this flow with R3 and R4 supporting at the top of the circles.

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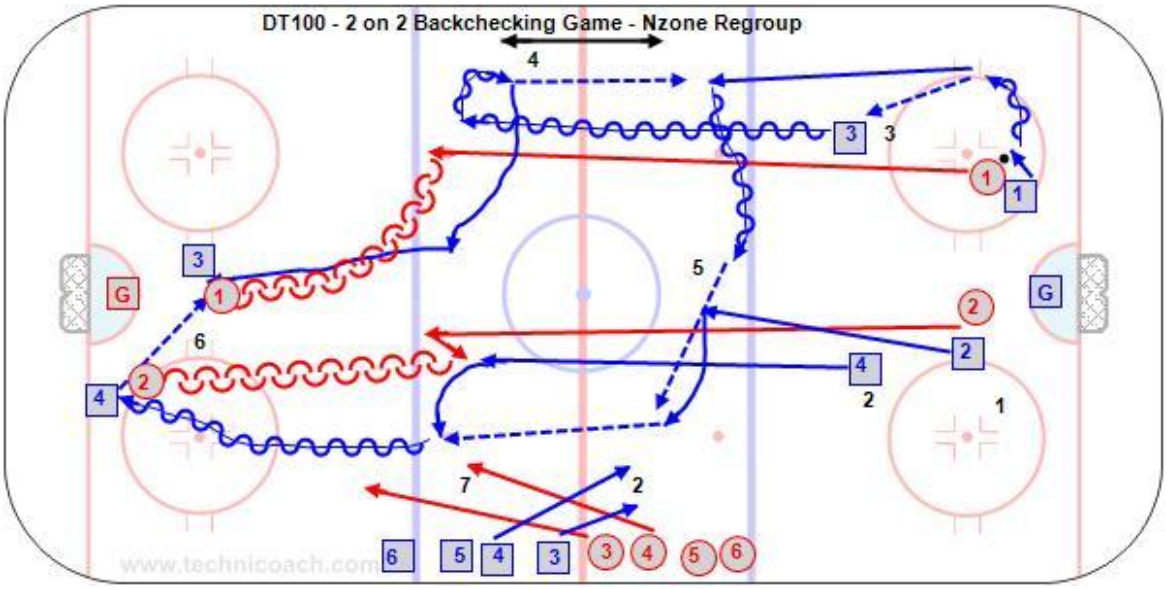

DT100 - 3 on 2 with Passive Support - Juuso, Yursi – IIHF Symposium

Key Points:

Great way to practice 3-2 rush with F3 trailer or the Middle Drive. Defenders must decide where the 2-1 and 1-1 are.

Description:

1. Three F's attack two D.
2. Three F from defending team and 2 D from attacking team follow the play and give passive support high in the zone.
3. On transition defenders pass to the forwards who attack 3-2 the other way.

*Coach can focus on the type of attack and creating a 2-1 on one defender or simply speed and doing a middle drive. An option to add is have one supporting forward play a 3-3 low with the original defenders.

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DT100 - 3 on 5 Neutral Zone to 5 on 5 Each End

Key Points:

Attack 5-3 through the neutral zone and play 5-5 at each end.

Description:

1. RF1-2-3 and RD1-2 attack 5-3 vs. BF1 and BD1-2.

2. BF1-2 follow from the line-up in nzone and cover points making it a 5-5.

3. Five blue players attack 5-3 vs. RD3-4 through the neutral zone.

4. RF5-6 follow from the line-up in nzone and cover points making it a 5-5.

5. Original 5 red attackers return to the neutral zone line-up.

6. Continue this transition game with the 5 red defenders transitioning to attack 3 blue defenders in the neutral zone.

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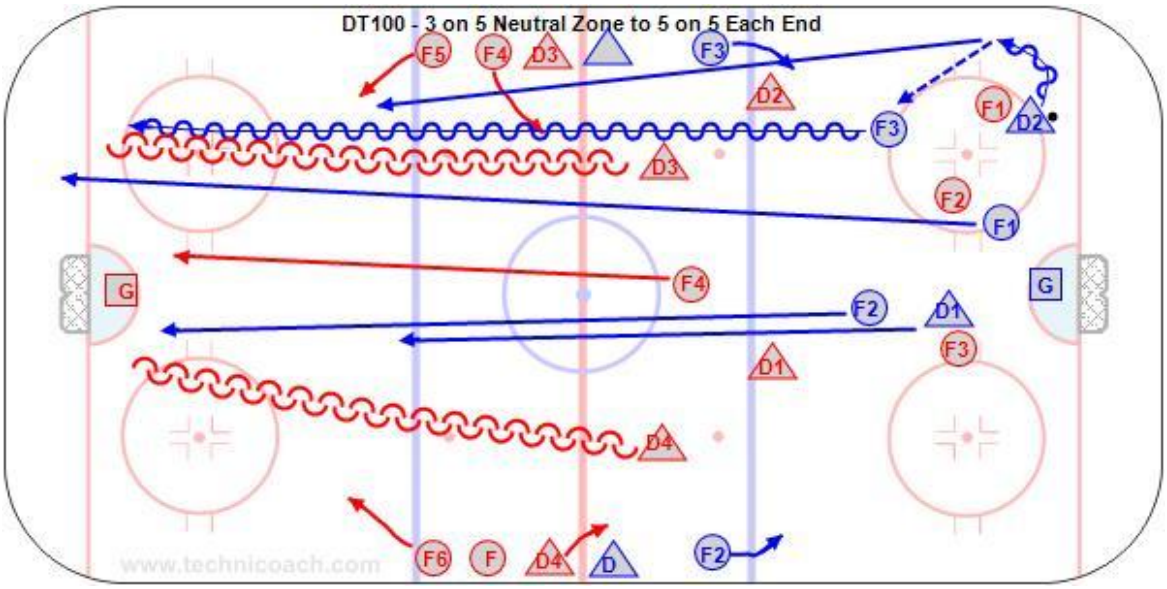

DT100 Game with F Backchecking x 2 Dukla

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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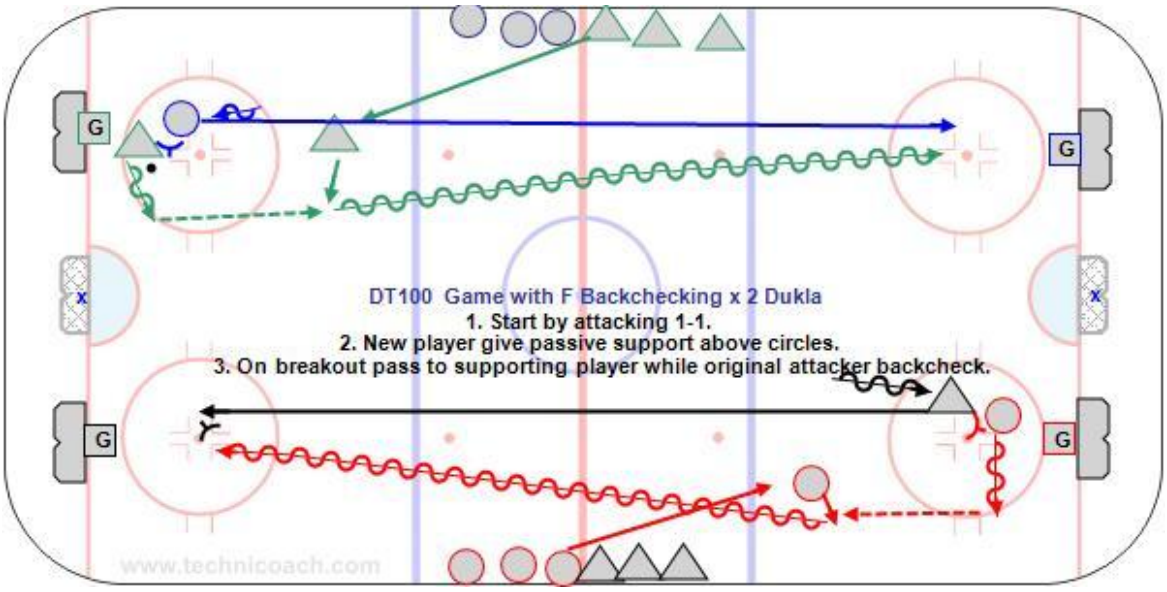

DT100 Active and Passive Support 3-2 to 3-5, Juuso-Yursi IIHF Symposium

Key Points:

Continuous flow of 3-2 in the neutral zone to a 3-5 at each end. Defense must communicate who covers each attacker and attackers must go to the net hard before the backcheckers arrive.

Description:

1. Start with a full ice 3 Red F vs. 2 Blue D.

2. Extra players support from neutral zone.

3. One player is wearing a heart monitor.

4. Two RD get support from 3 RF in line-up.

5. 3 on 5 in defensive zone.

6. Two Blue D wait in nzone.

7. Three RF who supported now attack the in the other direction vs. two Blue D.

8. Three Blue F support, continue flow.

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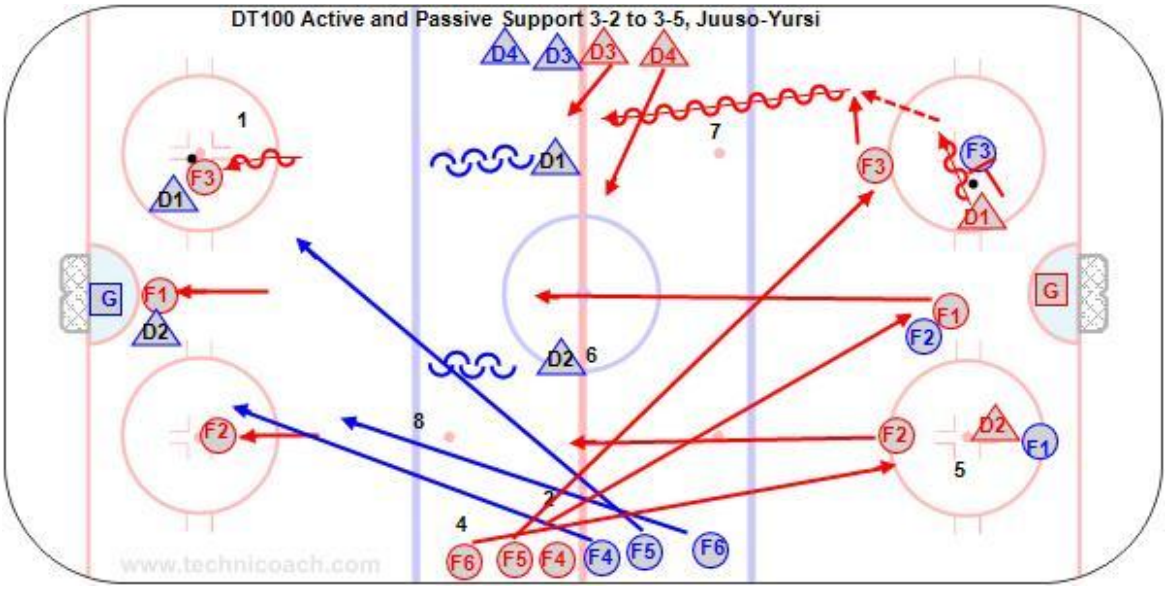

DT100 Backchecking Transition Game

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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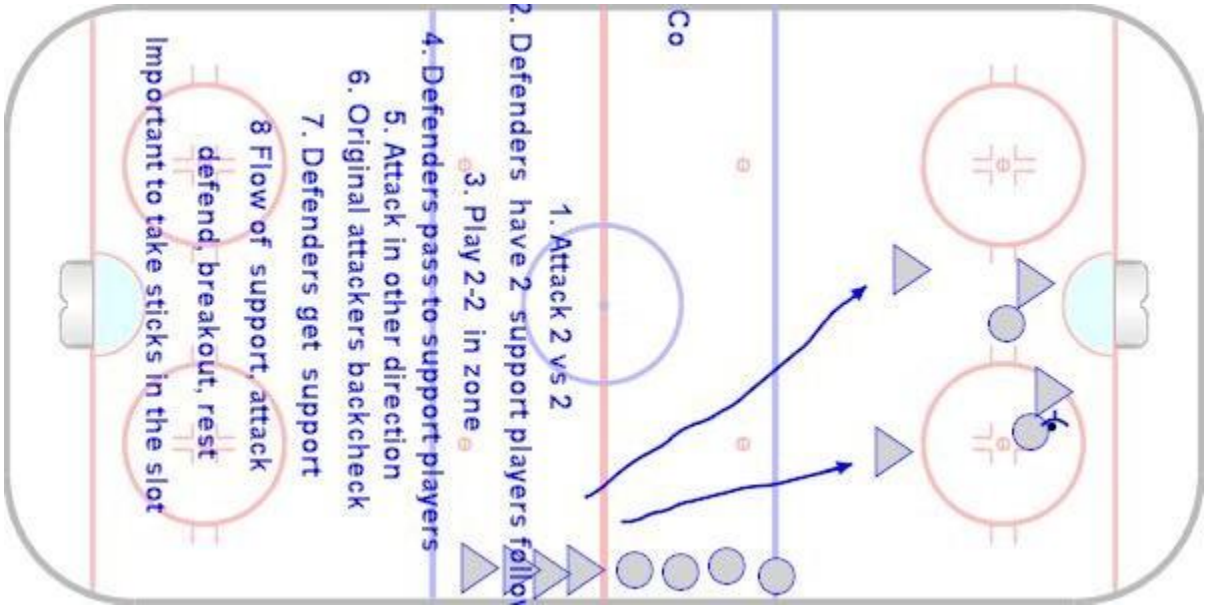

DT100 Continuous 1-1

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.

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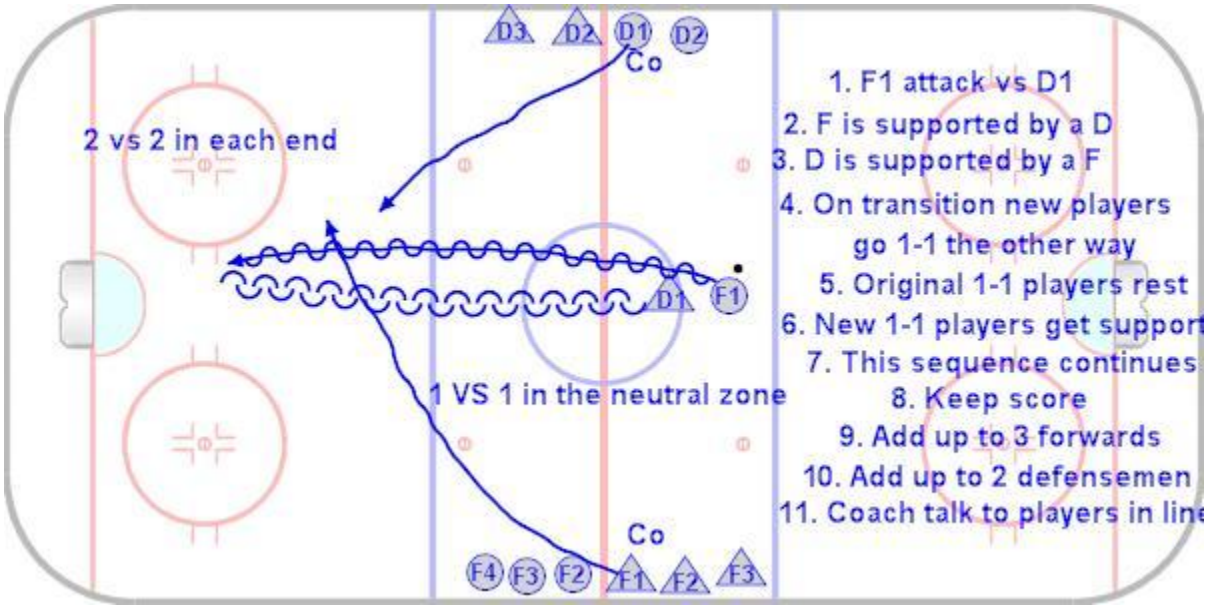

DT100 Continuous 1-1

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 1-1 with D getting support from 1 F and F from one D.
2. Defending F1 cover the point.
3. New offensive D join and play point.
4. On transition attack 1-1 thru nzone.
5. Continue flow with new O and D support.

-Continue the flow of 1-1 in nzone and 2-2 at each end.
-Dump-ins and regroups can be added.
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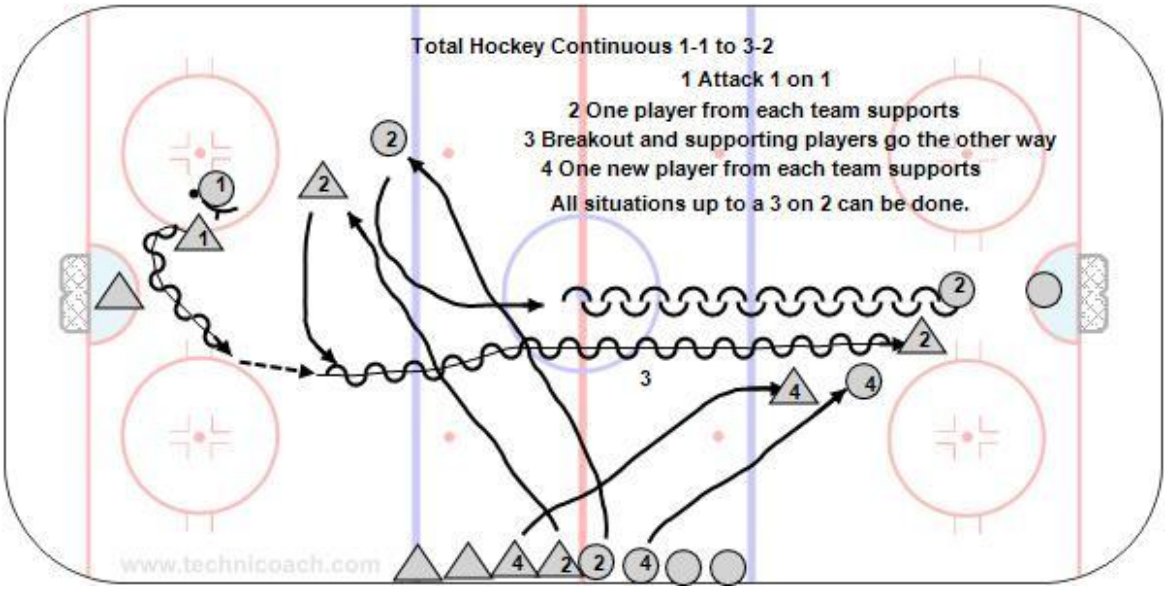

DT100 Continuous 1-1, D Join Attack

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)

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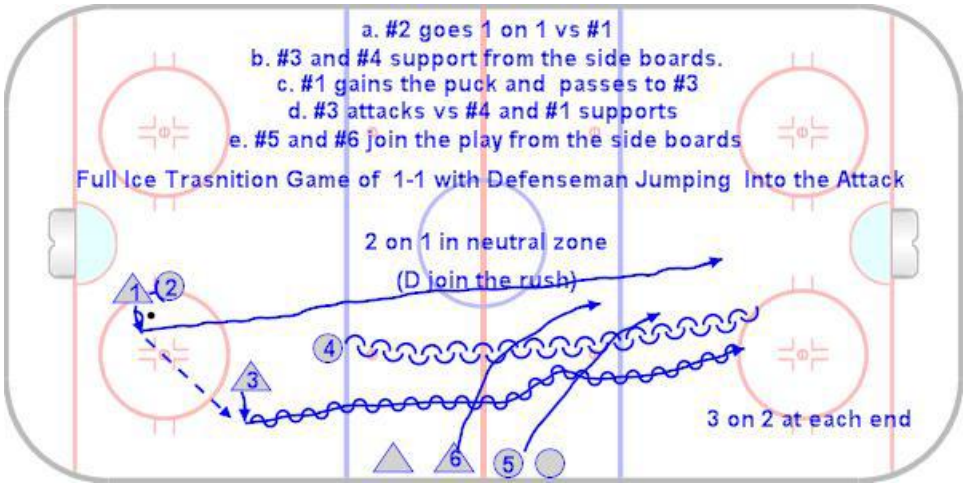

DT100 Continuous 1 on 1 D - Join Attack F Backcheck

Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles and one forward backcheck. Play tight gaps and attackers create 2 on 1's on the rush. Play 5-5 at each end.

Description:

1. Forwards line up on one side and defense on the other.
2. Start with a 1 on 1 attack Blue F1 vs. Red D1.
3. When the puck enters the zone defensive Red F1 support Red D1 and Blue D1 support Blue F1.
4. On transition Red D1 join new attack and Blue F1 backcheck
5. If the puck is dumped out with no possession the offensive team regroup and attack again.
6. Red F1-D1 now go 2 on 2 in the other direction vs. Blue D1-F1.
7. Blue F2 support Blue D1- F1 and Red D3 support attacking Red F1-D1.
8. This rotation continues with a 3-3 in each zone.

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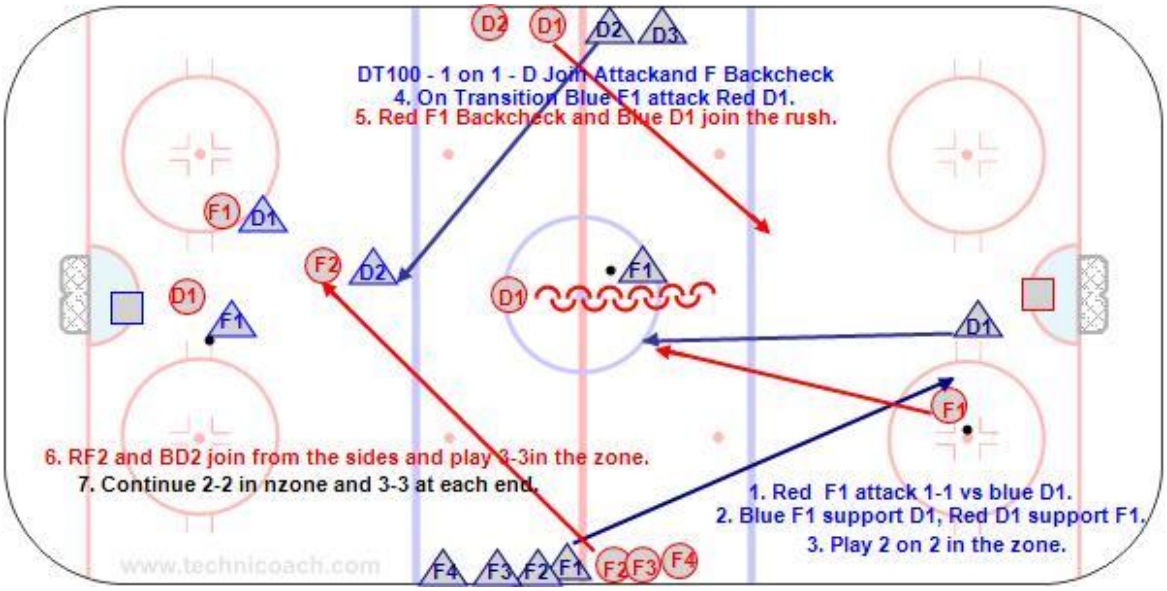

DT100 Continuous 2-1 with 85ers

This is an 85 born team with Mason Raymond and Jeremy Colliton, who are in the NHL. Ryan Duncan who won the Hobey Baker is also one of the players. Aaron Lee is also still playing pro. All but one of these boy's played at least Jr. A. Many major jr. and many NCAA Div. 1.
I get chocked up thinking about these kid's because of what happened after the last tournament we played in Vancouver. I started to go around the room and shake their hands to say goodbye and good luck. Instead of shaking hands the first boy got up and hugged me and my assistant coaches and then the whole team did the same thing. Great memory.

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 regroups can be added.

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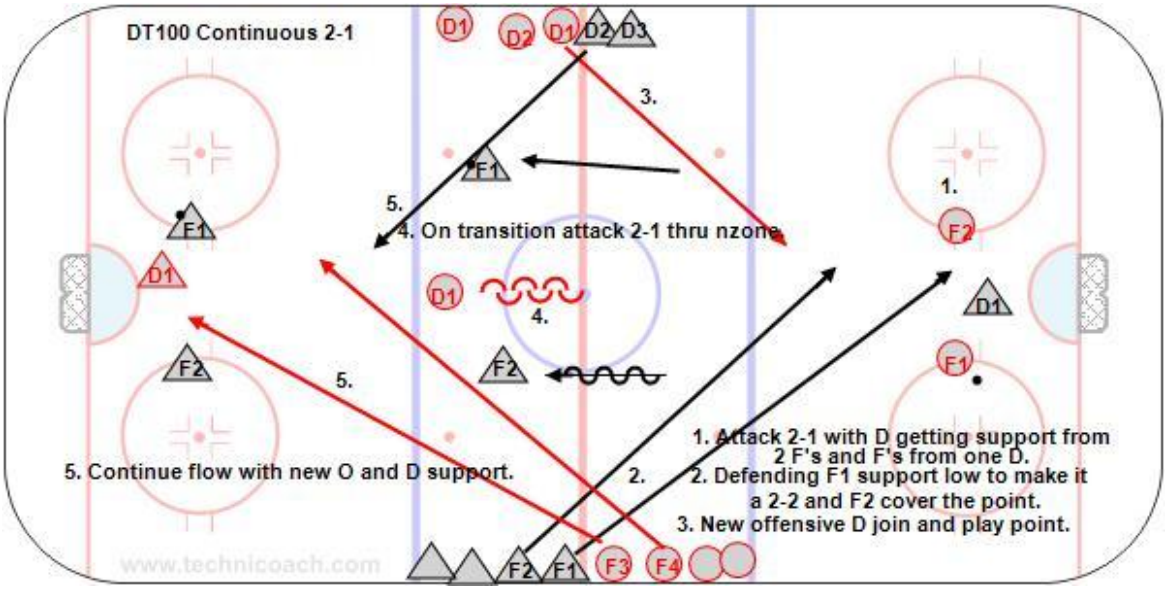

TD100 Continuous 2-1, 2-2 –Detroit

Key Points:

Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

Description:

1. F1 and F2 attack vs D1.

2. F3 and F4 support D1 as far as the hash marks.

3. D2 support F1 and F2 passively from the point.

4. D1 make a breakout pass to F3 or F4.

5. F3-F4 attack D2 in the other direction.

6. F5 and F6 support D2 and D3 support F3 and F4.

7. Continue this flow.

8. Add a D to make it a 2 on 2.

Options. There could be active support with a 2-1 in the nzone and a 3-3 at each end. Another option is to combine active and passive support or add dump ins and regroups.

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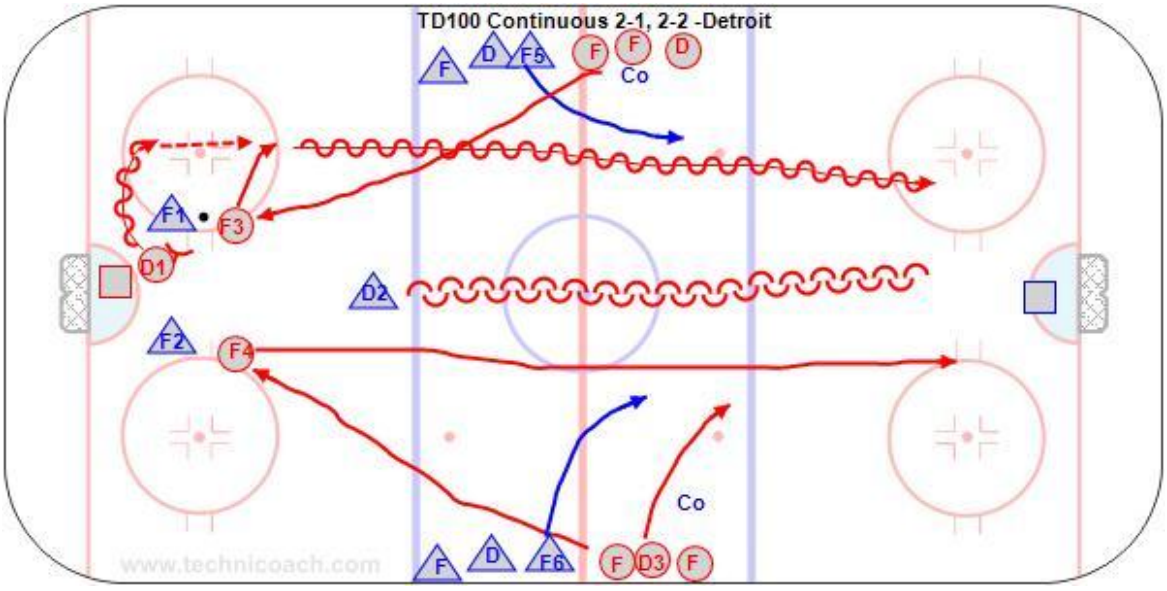

DT100 Continuous 2-1

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 regroups can be added.

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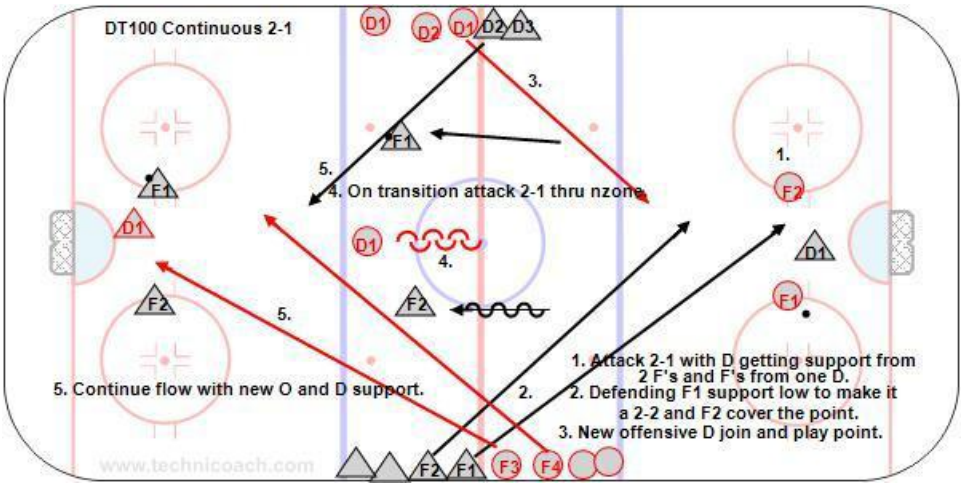

DT100 Continuous 2 on 2 D - Join Attack F Backcheck

Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles and one forward backcheck. Play tight gaps and attackers create 2 on 1's on the rush. Play 5-5 at each end.

Description:

1. Forwards line up on one side and defense on the other.

2. Start with a 2 on 2 attack Blue F1 and F2 vs Red D1 and D2.

3. When the puck enters the zone defensive Red F1 and F2 support Red D1 and D2 and Blue D1 and D2 support Blue F1 and F2.

4. On transition Red D1 join new attack and Blue F1 backcheck

5. If the puck is dumped out with no possession the offensive team regroup and attack again.

6. Red F1-F2-D1 now go 3 on 3 in the other direction vs. Blue D1-D2-F1.

7. Blue F2 - F3 support Blue D1-D2-F1 and Red D3 and D4 support attacking Red F1-F2-D1.

8. This rotation continues with a 5-5 in each zone.

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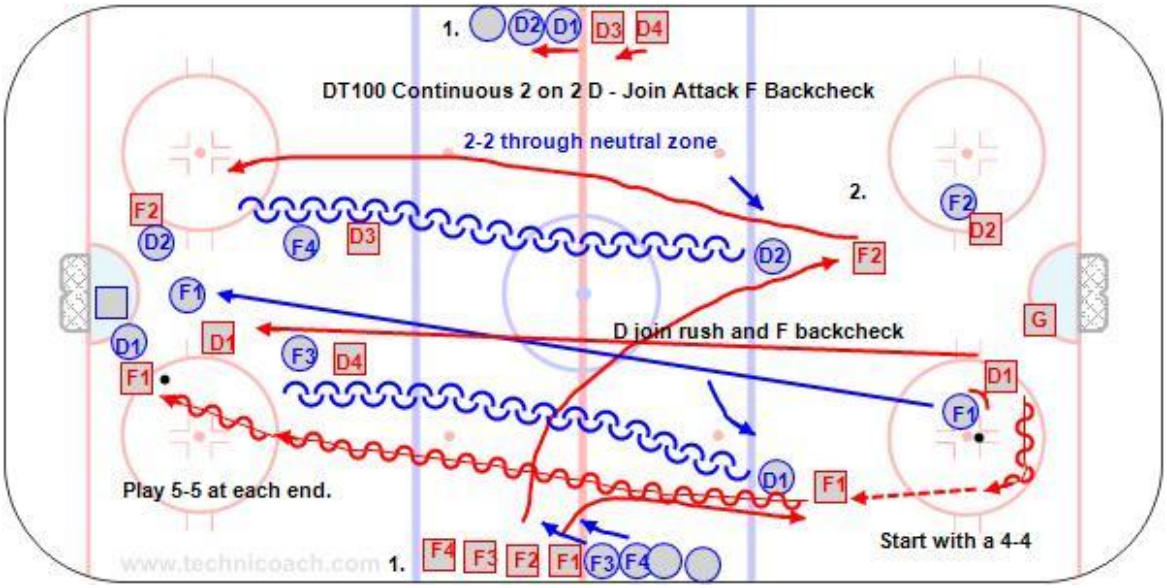

DT100 Continuous 2 on 2

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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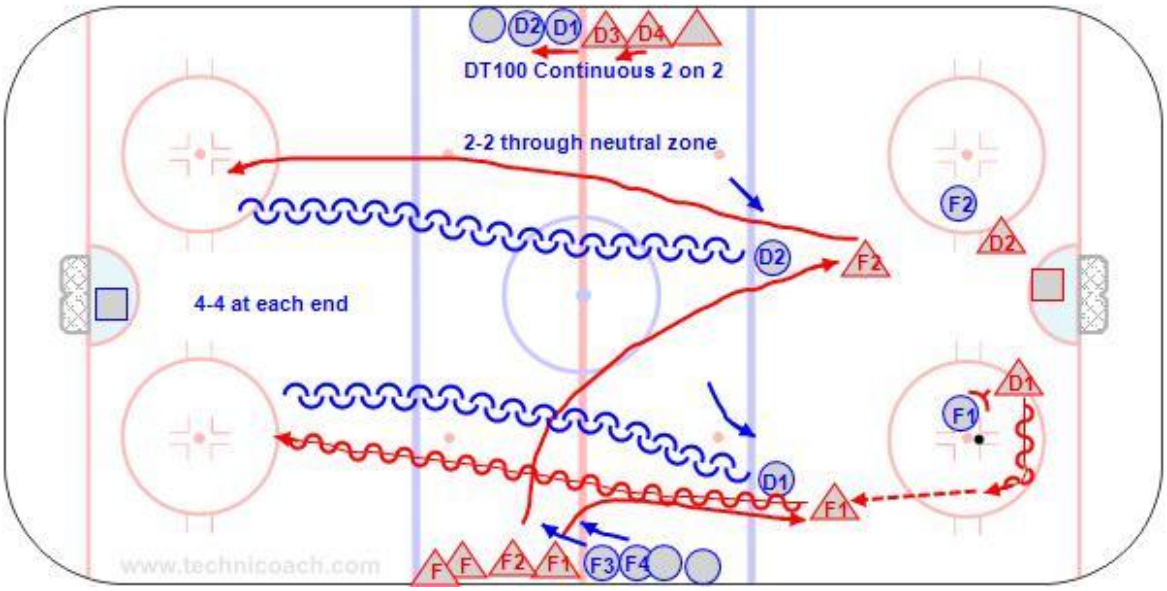

DT100 Continuous 3-2

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 regroups can be added.

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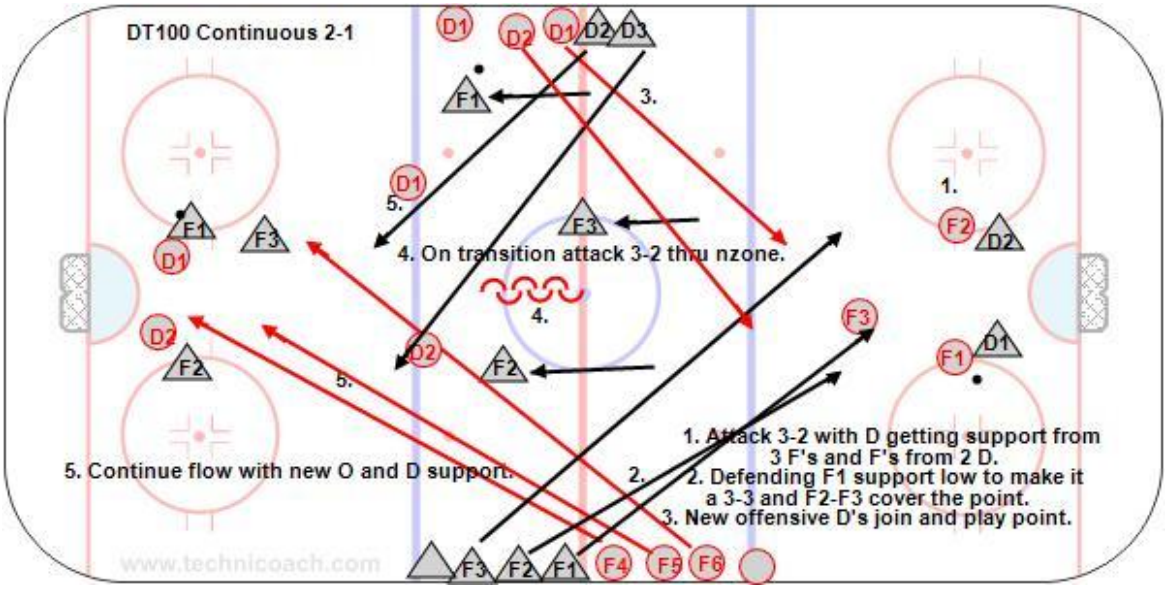

DT100 Continuous 3-3 With Passive Support

Key Points:

New players give passive support above the circles but can take the puck if it is loose or the offense cycles too high, just like a F covering the point would. The key for the offense is to quickly attack and the defenders to communicate on coverage.

Description:

1. Players line up in the neutral zone with D on one side and F on the other.
2. Begin with a 3-3. Two RF and one RD attack vs. opposition two BF one BD.
3. Defending team has two BF follow and support from the top of the circles.
4. Attacking team have one RD support from the blue line.
5. On a frozen puck, goal or take away the defenders pass to one of the BF above the circles.
6. Attack 2-1 vs. the R defenseman.
7. Original two RF backcheck and original BD join the 2 F on the attack.
8. Original two RF return to the line-up.
9. Play 3-3 in the zone.
10. Two new RF from defending team and one BD from attacking team give passive support after the puck enters the offensive zone.
11. Continue this flow.

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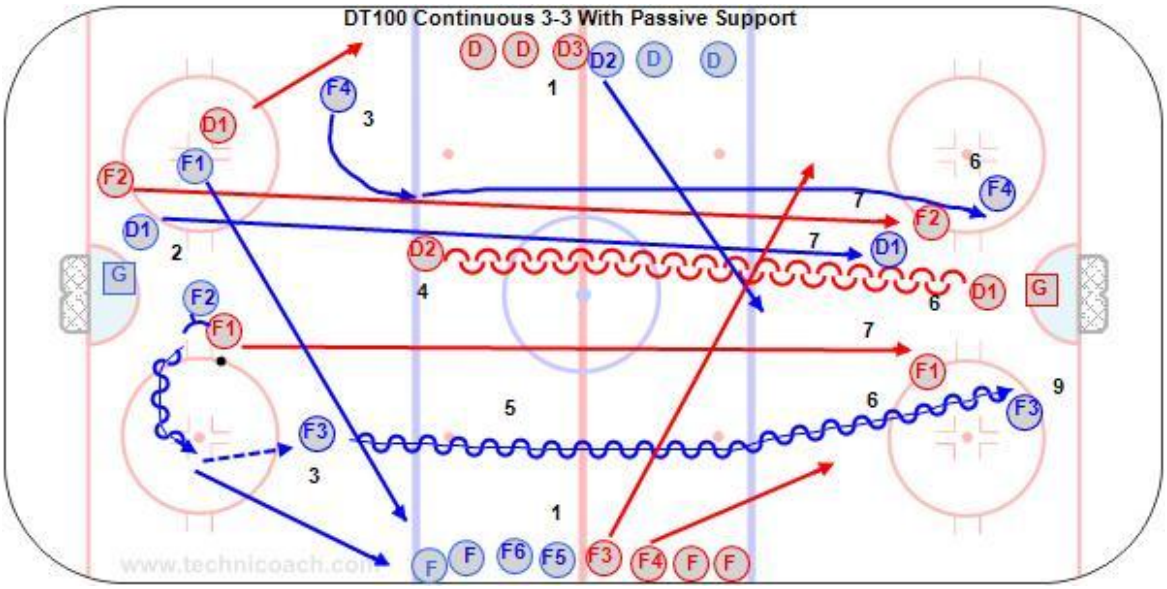

DT100 Continuous - D Join Play - F Backcheck

Key Points:

On transition all the players must go from offense to defense and defense to offense.
Sequence: Forwards - give passive support - attack - backcheck - defend - make breakout - rest.
Defense - give passive support - defend - join attack - forecheck-rest.

Description:

In the diagram the F are circles and D are triangles. Positions are labelled.

1. Blue F1 and F2 attack vs Red D1.
2. Red F1 and F2 and Blue D1 give passive support above circles. (as in a Erkka)
3. On transition, after a goal or frozen puck red D1 pass up to red F1 or F2.
4. Red F1 and F2 attack vs Blue D1.
5. Original attackers blue F1 and F2 backcheck and original defeder red D1 join the attack.
6. Play 3-3 in the zone
7. Blue F3 and F4 and red D2 wait above circles to transition the other way and blue D1 join the attack while red F1 and F2 backcheck
8. Red D2 and blue F3 and F4 support from above the circles ready to go the other way. Continue this rotation.

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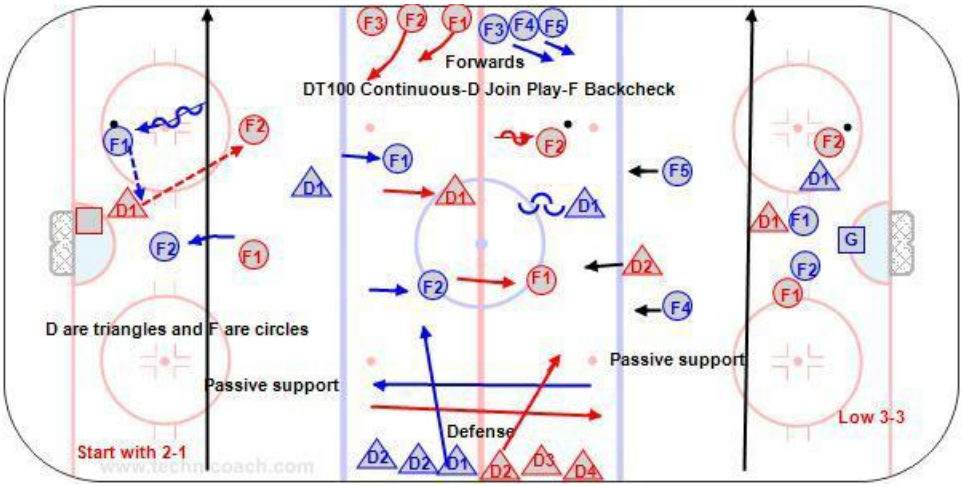

DT100 Continuous Game of 2 on 2 With Regroup - Flames

Key Points:
Allow the attackers to cross the far blue line before leaving so that there is a 2 on 2 attack first before it becomes a 4 on 4. I like the D on one side and F on the other to make it easier to talk with them. Leaving from each side also works.

Description:
1. Start with a 2 on 2 attack. BF1 and BF2 vs RD1 and RD2.
2. RF1 and RF2 and BD1 and BD2 support the play from the lineup.
3. Play 4-4 in the zone.
4. On transition or after a goal or frozen puck RF1 and RF2 attack BD1 and BD2.

*This rotation can be done from 1-1 to 3-2. Dump ins to work on the breakout and forecheck can be added

Continue this flow. The coach doesn't always blow the whistle so the defenders must be alert.

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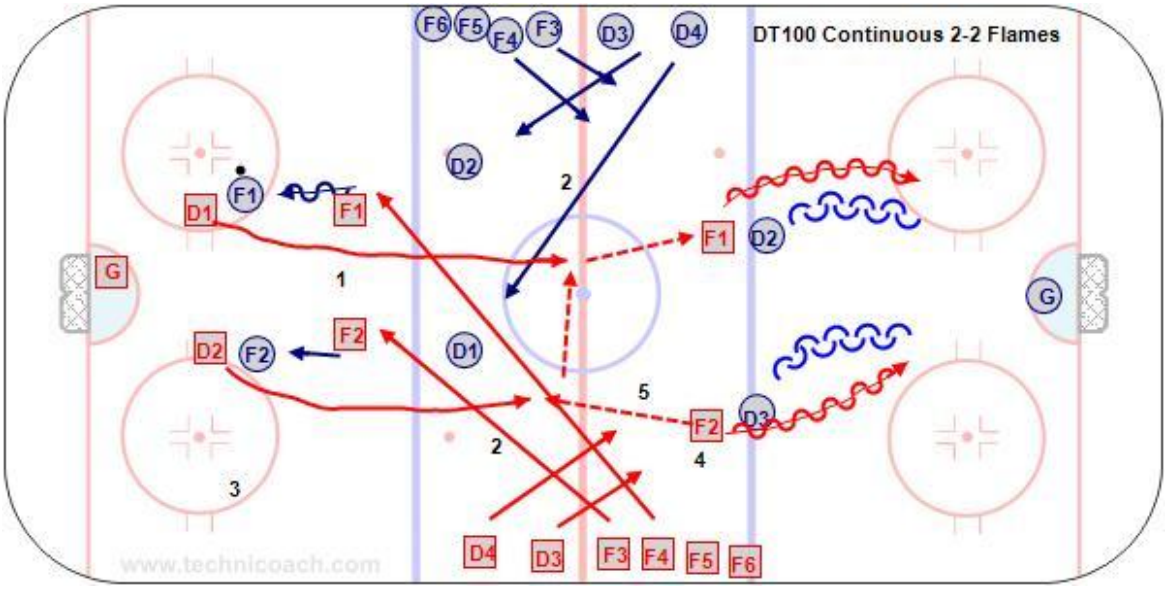


DT100 Continuous - D Join Play - F Backcheck

Key Points:

On transition all the players must go from offense to defense and defense to offense.

Sequence: Forwards - give passive support - attack - backcheck - defend - make breakout - rest.

Defense - give passive support - defend - join attack - forecheck-rest.

Description:

In the diagram the F are circles and D are triangles. Positions are labelled.

1. Blue F1 and F2 attack vs Red D1.

2. Red F1 and F2 and Blue D1 give passive support above circles. (as in a Erkka)

3. On transition, after a goal or frozen puck red D1 pass up to red F1 or F2.

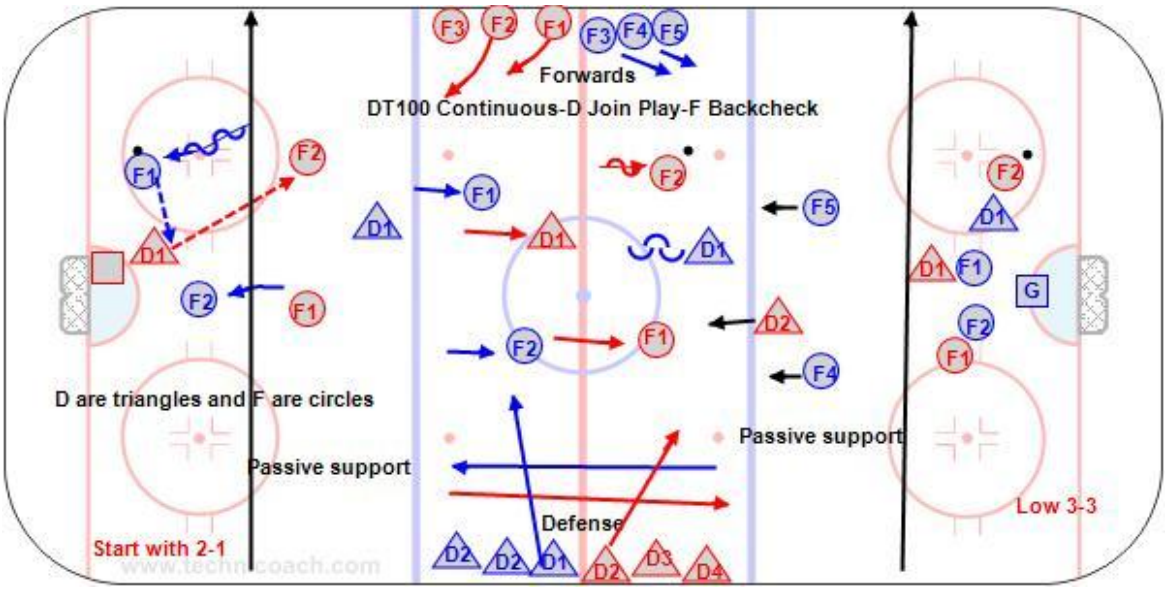
4. Red F1 and F2 attack vs Blue D1.

5. Original attackers blue F1 and F2 backcheck and original defeder red D1 join the attack.

6. Play 3-3 in the zone

7. Blue F3 and F4 and red D2 wait above circles to transition the other way and blue D1 join the attack while red F1 and F2 backcheck

8. Red D2 and blue F3 and F4 support from above the circles ready to go the other way. Continue this rotation.



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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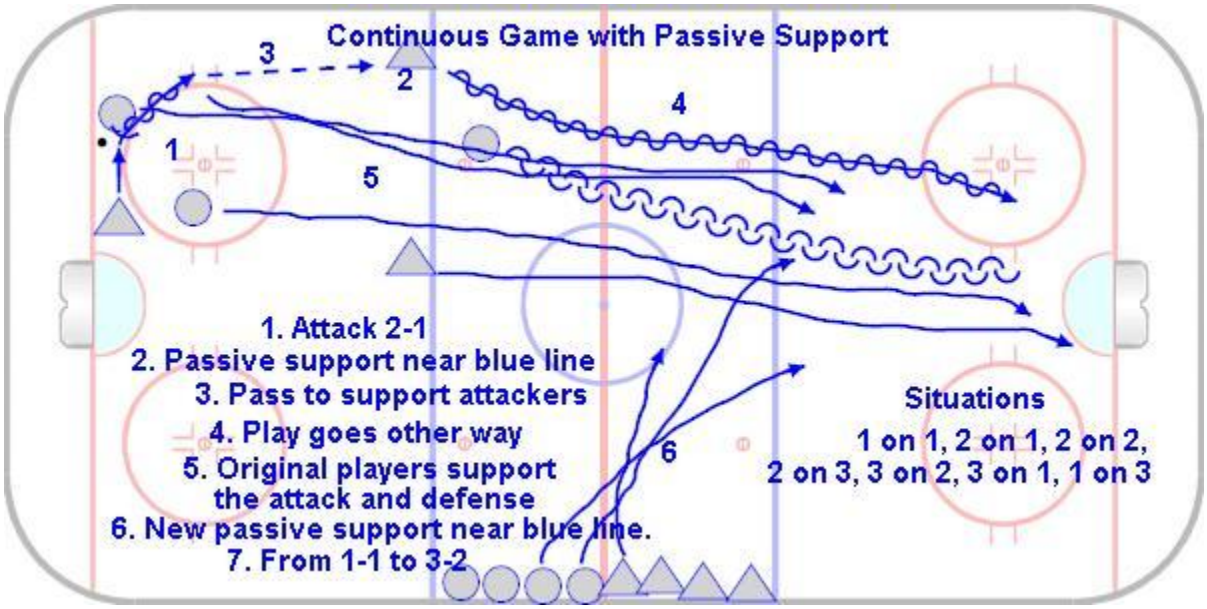
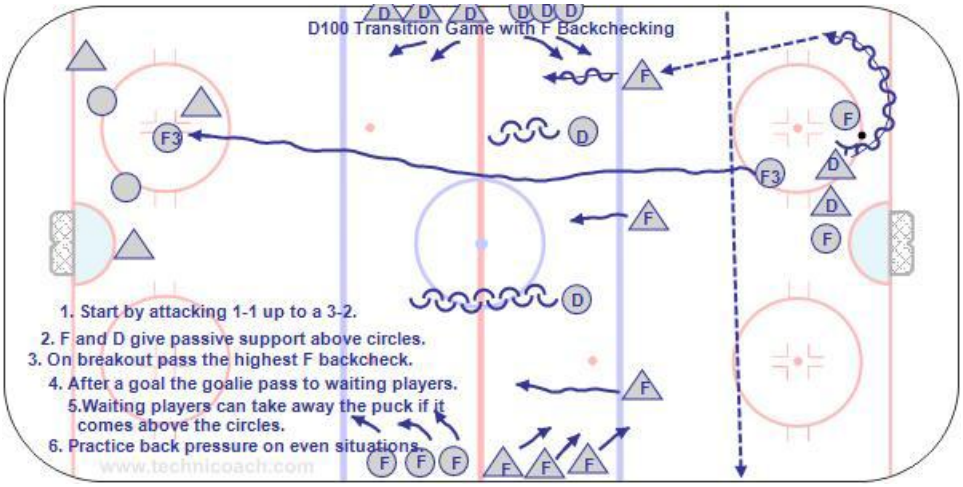


DT100 Game with Forward Backchecking

Key Points:
The highest attacking F backcheck and backpressure the puck thru the neutral zone.

Description:
DT100 Full Ice with extra players waiting along the boards in the neutral zone.
1. Start by attacking 1-1 up to a 3-2.
2. F and D give passive support above the 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 Read-Act to Situation 1-1 to 3-3

Key Points:

Transition game where the players must read the ever changing situations and act to make them even. Transition happens on a turnover, a goal or the goalie freezes the puck. The closest player support to create an even situation.

Description:

A. B1-2-3 attack R1-2-3.

B. R5-6 support the attack and B4 the defenders.

C. On transtion B4 attack R4-5 and B1-2-or 3 support the attack making it 2-2.

D. Blue Coach sends B5 to support the attack.

E. Red Coach sends R6-7 to support defense.

F. On transition R6-7 attack B5 and B1 or B2 read the outnumber situation and backcheck to make it a 2 on 2.

G. Coaches continue to randomly send 1 to 3 players to support.

H. Players read the situation and support to make it a 1-1, 2-2 or 3-3 attack.

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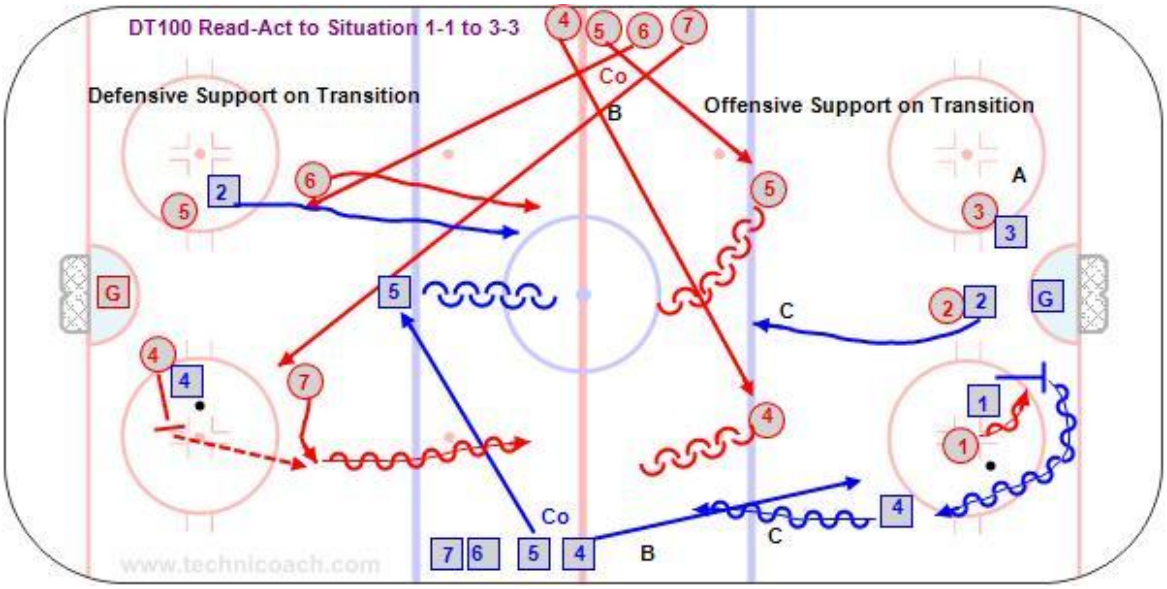


DT100 Support-Defend-Attack

Key Points:

When the attackers pass back hinge before passing up ice.

Pass while skating.

Follow the pass up the ice and join the attack.

Defenders should close the gap when the attackers regroup.

Description:

1. Blue 1 and 2 attack vs Red 1 and 2.

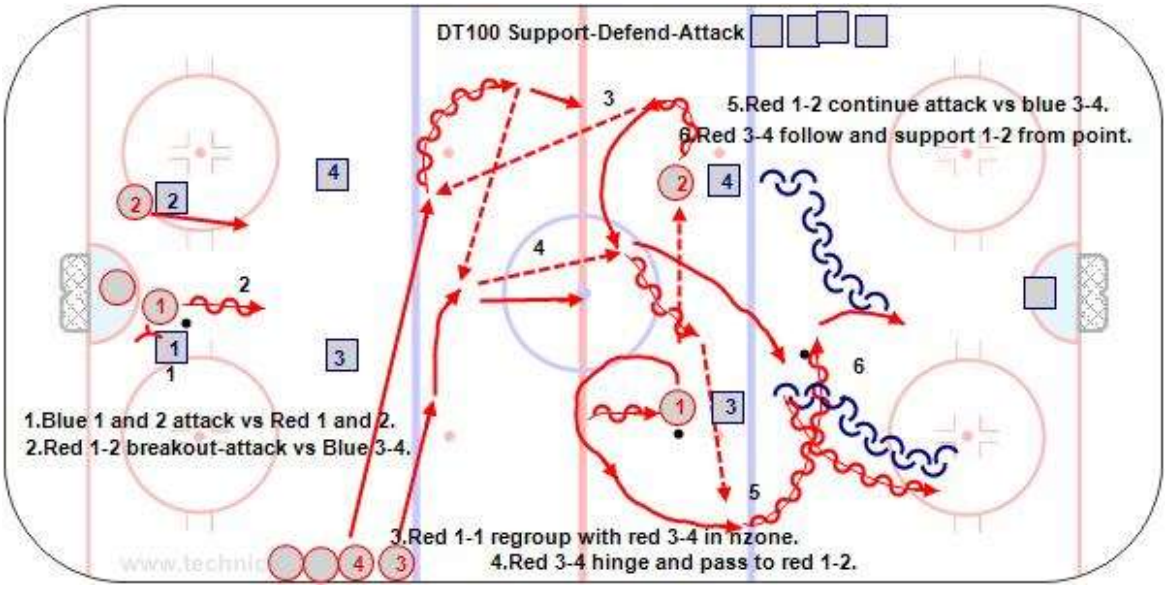
2. Red 1-2 breakout-attack vs Blue 3-4.

3. Red 1-1 regroup with red 3-4 in nzone.

4. Red 3-4 hinge and pass to red 1-2.

5. Red 1-2 continue attack vs blue 3-4.

6. Red 3-4 follow and support 1-2 from point.



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.

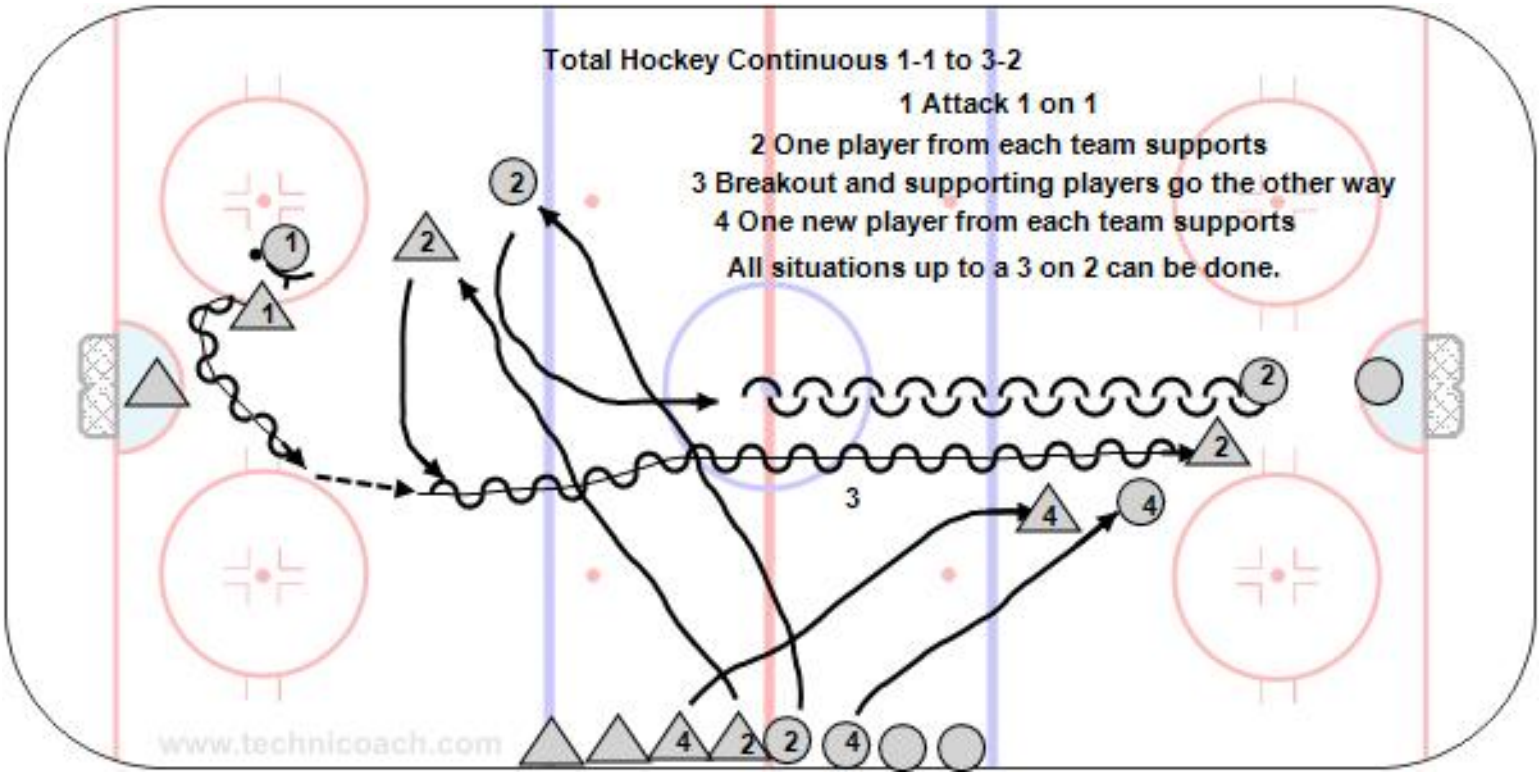
Description:

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 1supporting 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.



DT100 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 1supporting 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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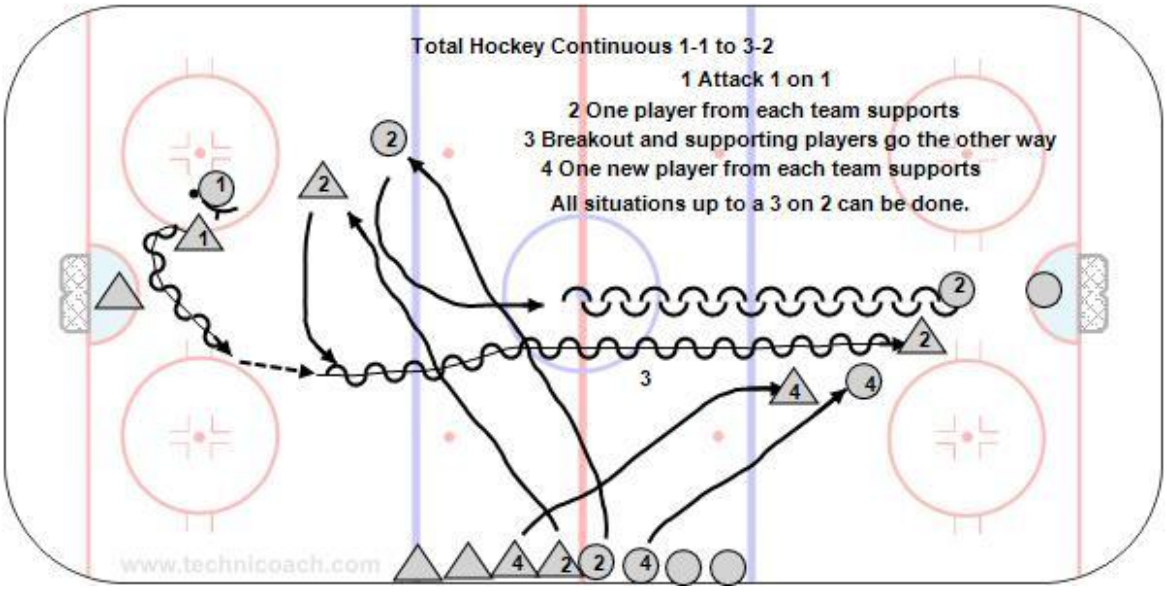

DT100 Total Hockey: Continuous 1-1 to a 3-2

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:

1. DT100 formation along the boards in the nzone.
2. Start with a 1-1 and when the puck crosses the blue line each player gets support from the lineup on the boards.
3. Various situation up to a 3-2. i.e. A 2-1 thru the nzone with the defender getting 2 and attacker 1supporting 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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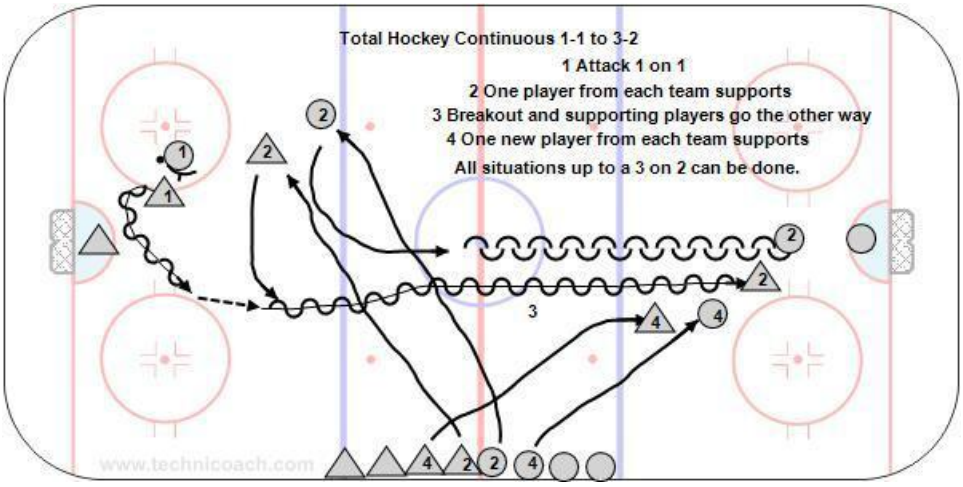


D100 Transition Game of Defend-Attack with Regroups

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.

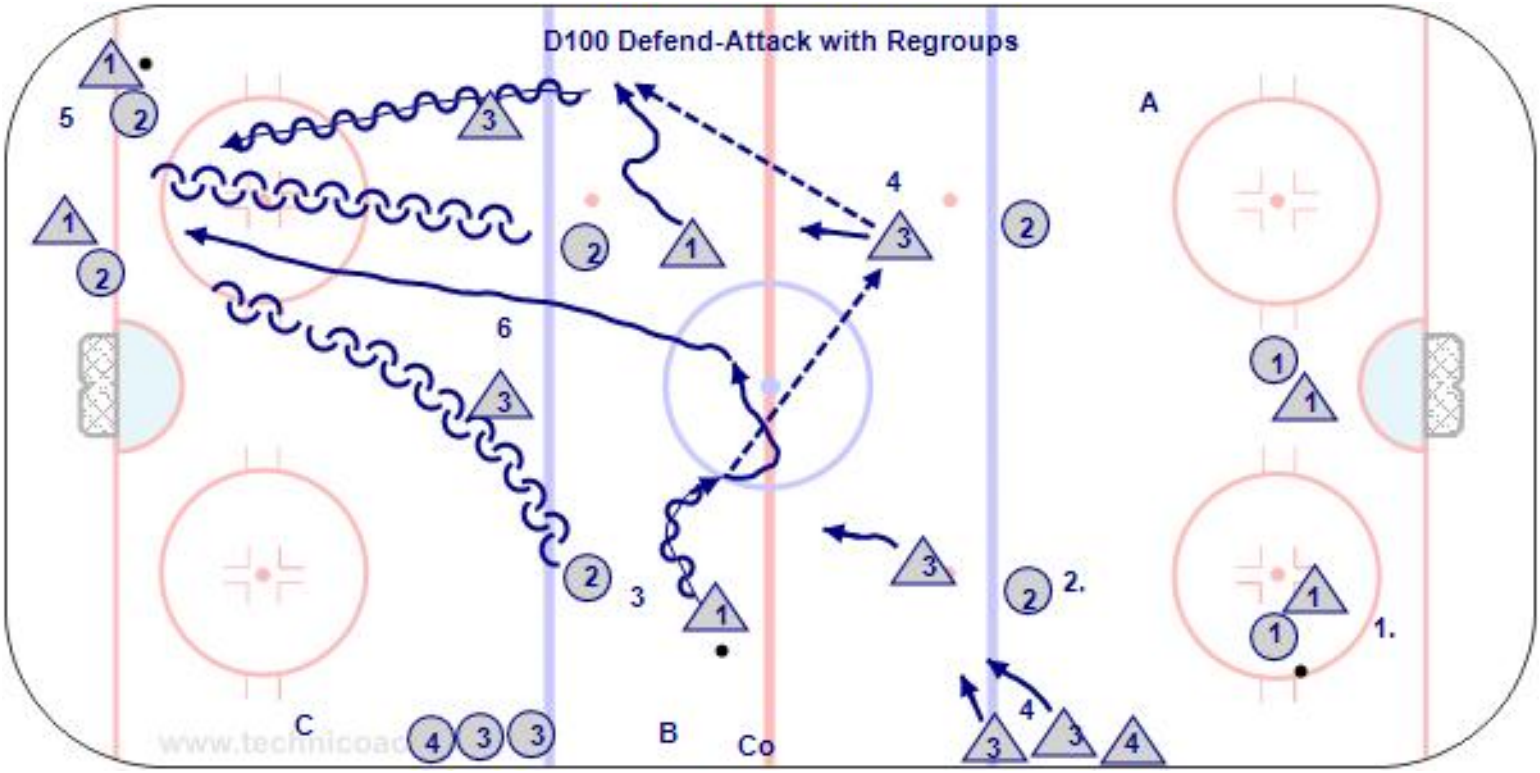
Attacking team regroup with the new supporting players on the coaches whistle. Supporting point men stay at the point and only get the puck for one second before passing or shooting. they defend the breakout. Coach may or may not whistle.

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 Defend-Attack with Regroups
A
B
C
Co
1.
2.
3
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6
www.technicoach

DT100 Transition Game of Defend-Attack with Regroups

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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.
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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.
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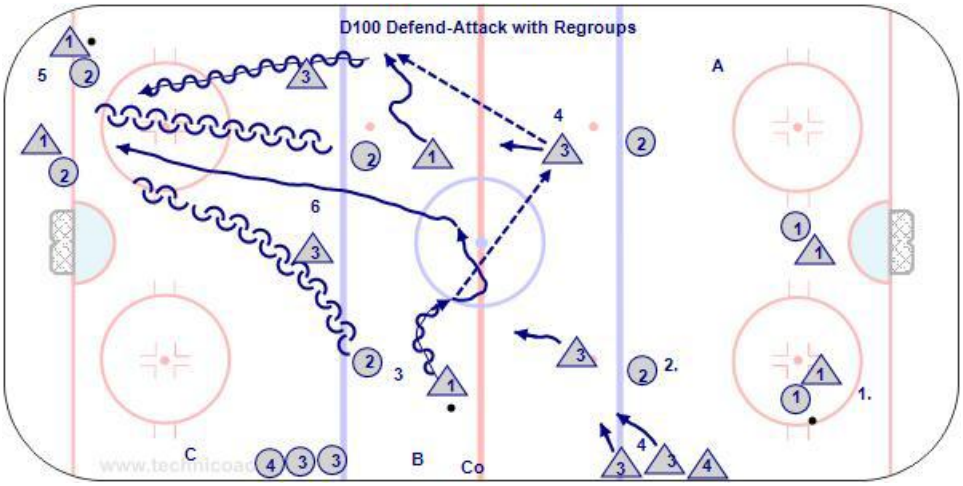

DT100 Transition Game of Support, Defend, Attack, Rest

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.

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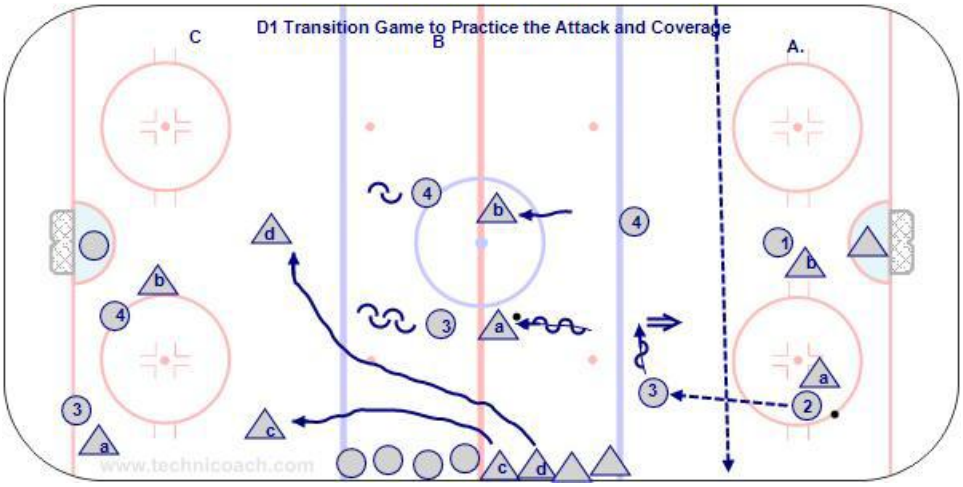


D100 Transition Game with D Joining the Attack and F Backchecking

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 transiton game.

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

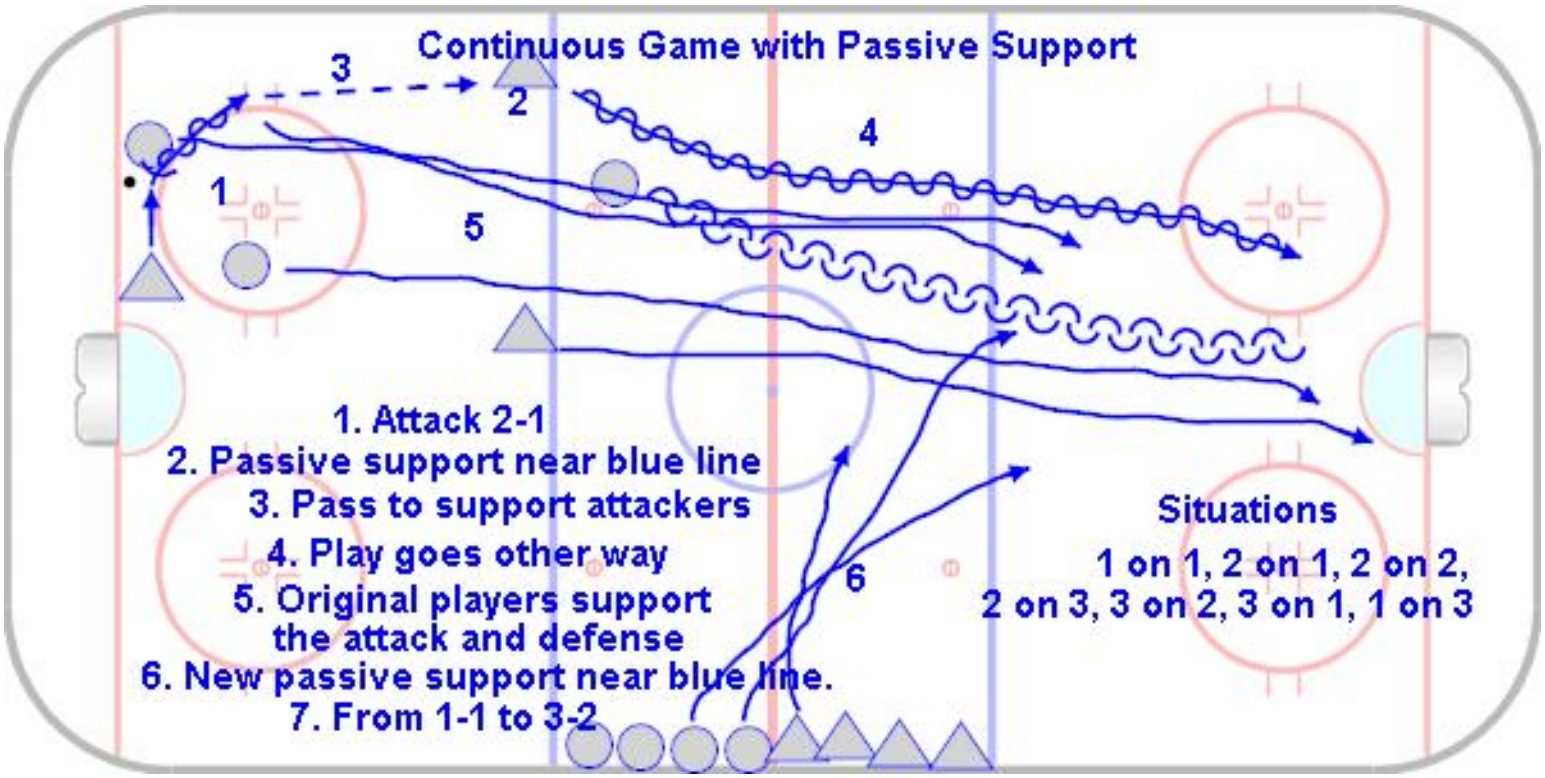
Description:

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.



DT100 Transition Game with D Joining the Attack and F Backchecking

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* 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.

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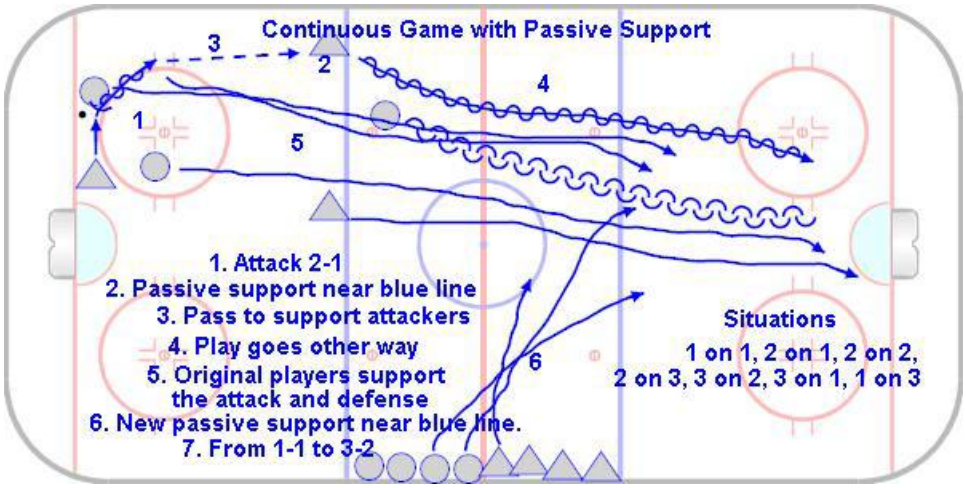


D100 Transition Game with Defense Joining the Attack

Key Points:

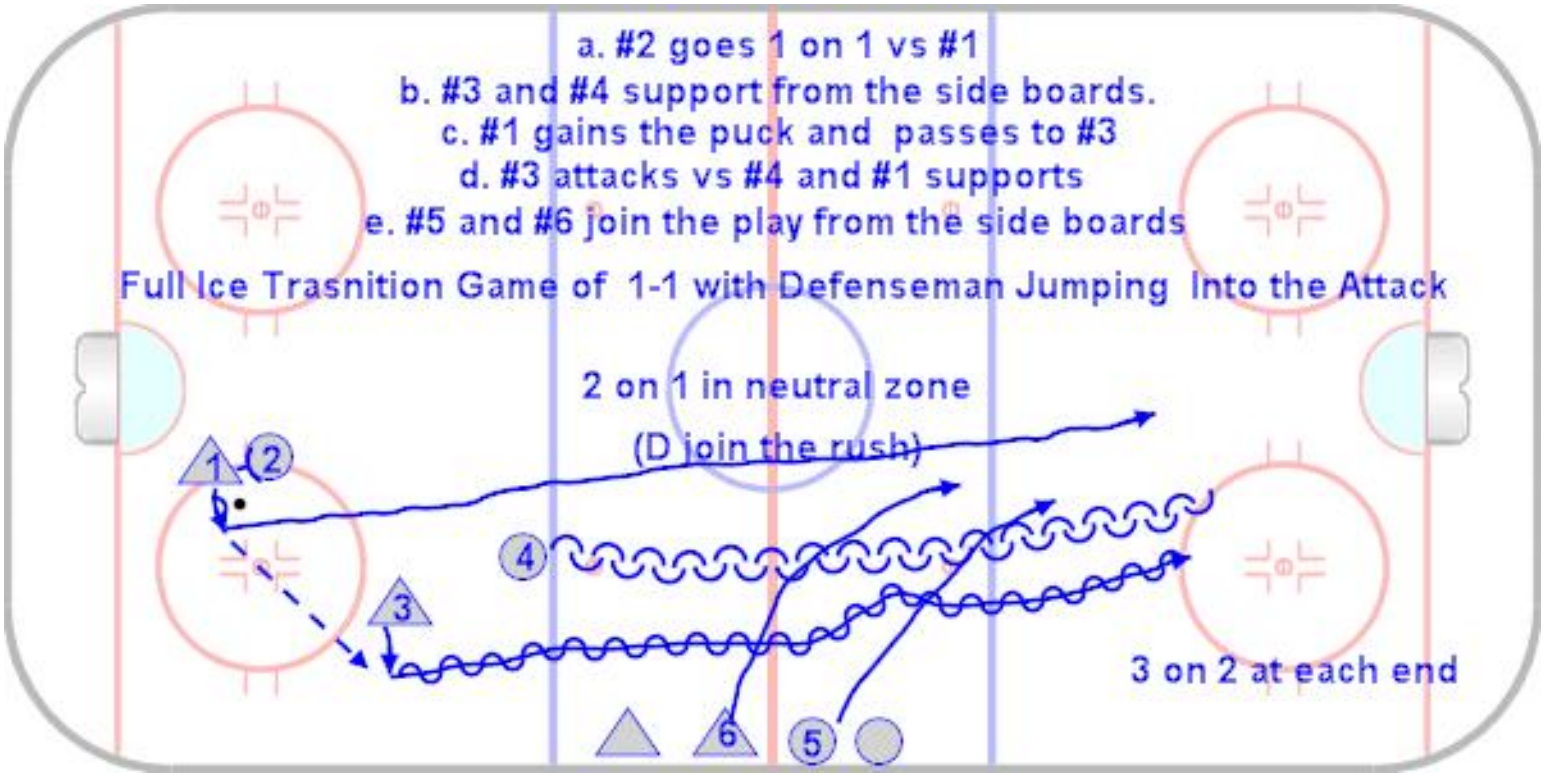
The defender make a pass and jump into the play right away. The new defender has to realize that it is a late developing 2-1 and the attackers must make a play early before the defenders get support.

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 Trasnition Game of 1-1 with Defenseman Jumping Into the Attack
2 on 1 in neutral zone
(D join the rush)
1
2
3
4
5
6
3 on 2 at each end

DT100 Transition 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:

D100 Full Ice x 2 (In this practice there are 2 games happening at the same time with 4 goalies and 2 groups. It is a Czech U20 practice)

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.

This is a great way to practice back pressure quick ups to the forward, taking sticks in the slot, attacking quickly. It is a core game that I like to play the day before a regulation game because it reviews so many good habits.

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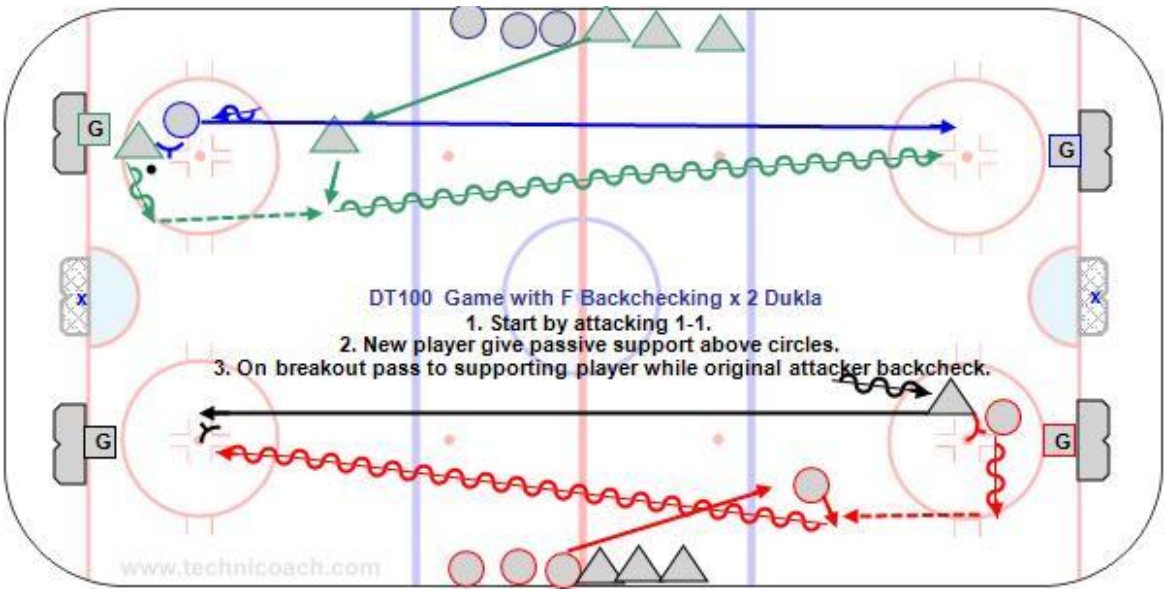

6. TRANSITION 1ON 1+1ON 1
A full - ice transition game, in which the players are lined up on both sides of the rink .
1. Start 1ON 1
2. When the defeceman wins the puck, after a quick pass and immediate support to the attacker.
3. After a turnover, a forward backchecks and make it 2 ON 2.
The players either defend-and -attack or attack-defend.
The exercise can be taken as a contest.

DT100, 1 - 1 Passive Support D Join Rush and F Backcheck-Juuso, Jursi

Key Points:

D join the attack and the F must backcheck hard.

Description:

1. Start 1 on 1.
2. A forward and a defense give passive support from the line-up.
3. On a turn-over the original D join the rush and F backcheck making it a 2 on 2.

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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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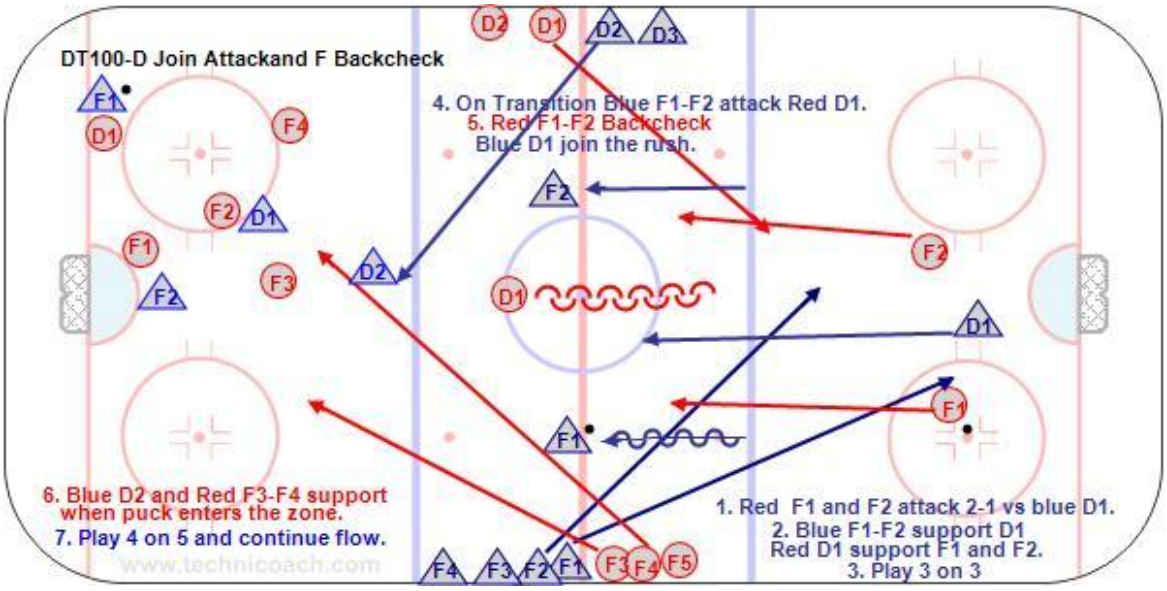

DT200 3 on 3 with 3 Jokers

Key Points:

Players on the court must get open or cover and opponent; don't check the Jokers. Jokers can check Jokers. Jokers can move on the edges, shoot and pass but only have the puck 2". Switch every 45-60".

Description:

A. 3 on 3 in the court or ice.
B. 3 Jokers on each team.
C. 1 Joker on each team behind each goal line and 1 Joker in the middle.
D. Exchange positions on the whistle.
E. Defending team needs to pass to a Joker on transition to offense before they can score.
F. If there are extra players rotate jokers play, players rest, extra players become jokers.

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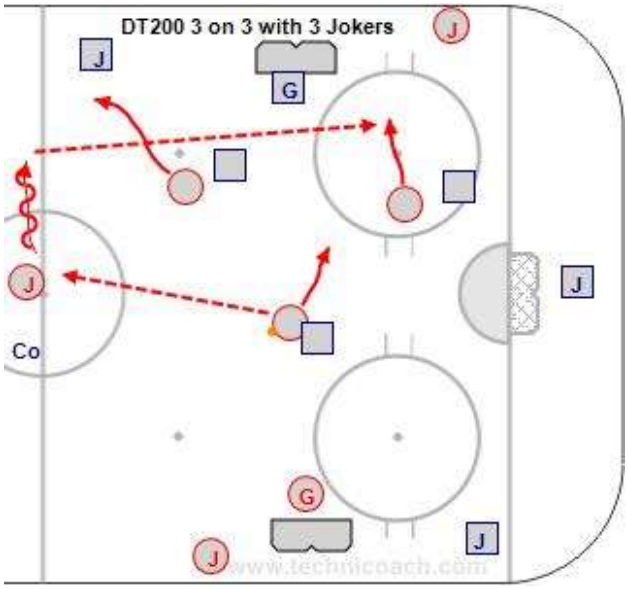

DT200 – 2-1 with Passive Support

Key Points:

Defender must join the play after passing. The key is to skate hard when you get the puck. On offense attack quickly and get a shot then crash the net for a rebound.

Description:

1. Players line up along the blue line with one team on each side.
2. Start with a 1-1.
3. A new player from each team wait over the mid line.
4. Defender pass to teammate and join the play making it a 2-1.
5. Continue this rotation.
6. Various numerical situations can be created with this flow.

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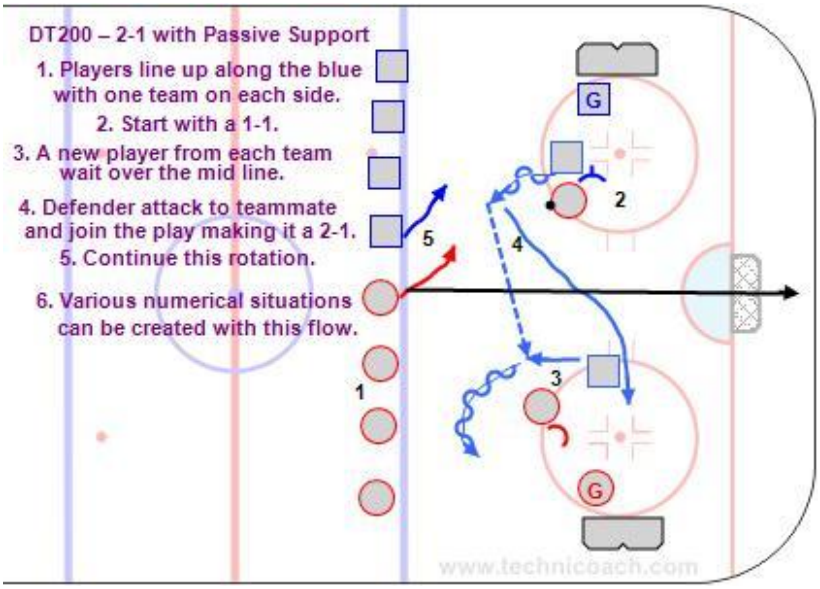


DT200 Active Jokers - Side and Ends

Key Points:

Quick passes and shots are needed. Face the puck in an athletic ready position. Protect the puck.

Description:

1. Half of each colour play and half are jokers.

2. Each team have a joker behind the net and on each side.

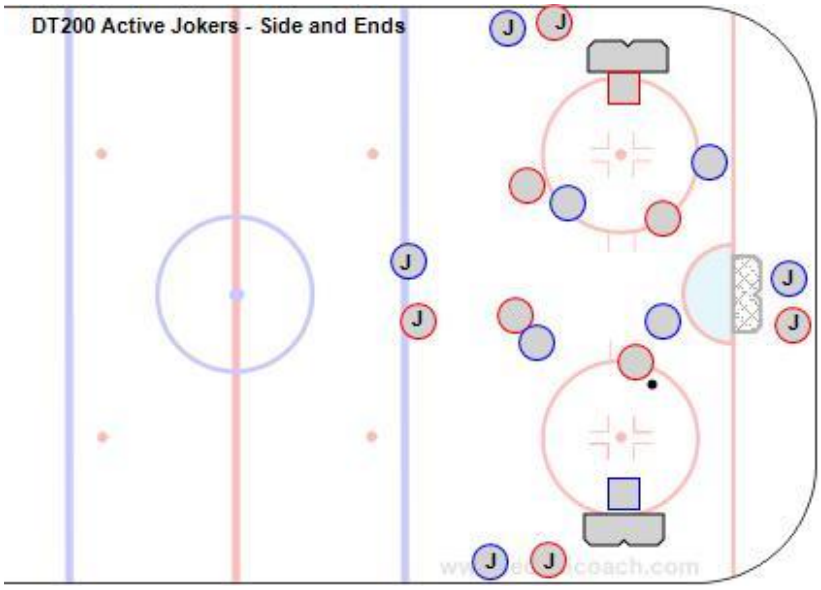
3. Jokers can shoot or pass but not join the play.

4. Jokers can check jokers.

5. Switch every 30" and use the same puck.

6. To transition to offense the team must pass to a Joker.

Option: Switch Jokers and Players of the team that is scored on.



DT200 King's Score Game

Key Points:

Quick transition from offense one way to offense the other way. Defensive players must identify who they cover. Communication is very important.

Description:

1. Cross ice game with the waiting players along the blue line.

2. Play situations from 1-1 to 5-5.

AFTER A GOAL

3. Scoring team get the puck and attack the opposite net.

4. Defending team leave the ice.

5. Next defending players must touch the boards behind their net and then defend.

**Identify which player defends the puck carrier and then cover the other attackers.*

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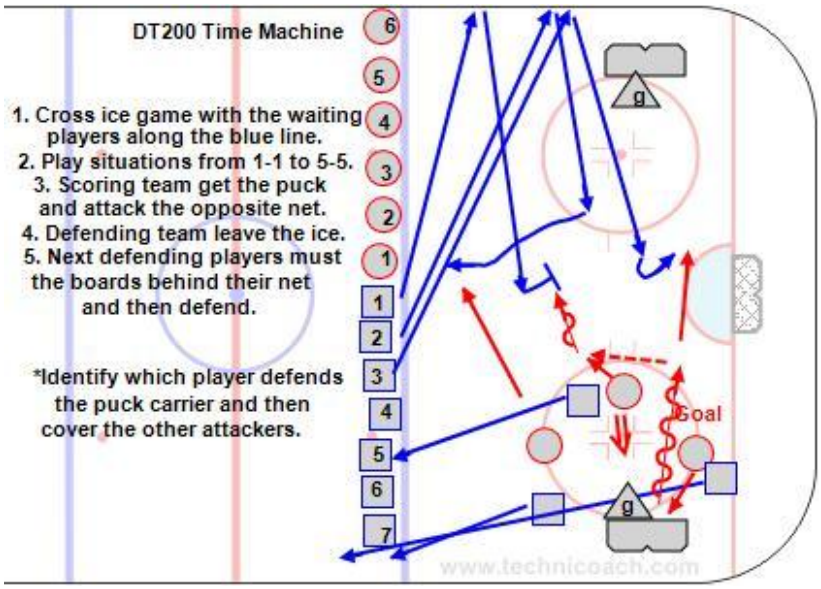
Note the title should say King's Score and not Time Machine.



DT400 1-1, 2-2, Support-Attack-Defend

Key Points:

Defending player stay on the defensive side. Supporitng 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.

Practice various situations. The big left handed player with the sweat suit is Dany Heatley. It is just after he won the Calder trophy. He came to say hi to the players but because we were playing transition games participated in the whole practice and then stayed and posed for pictures with each of the players.

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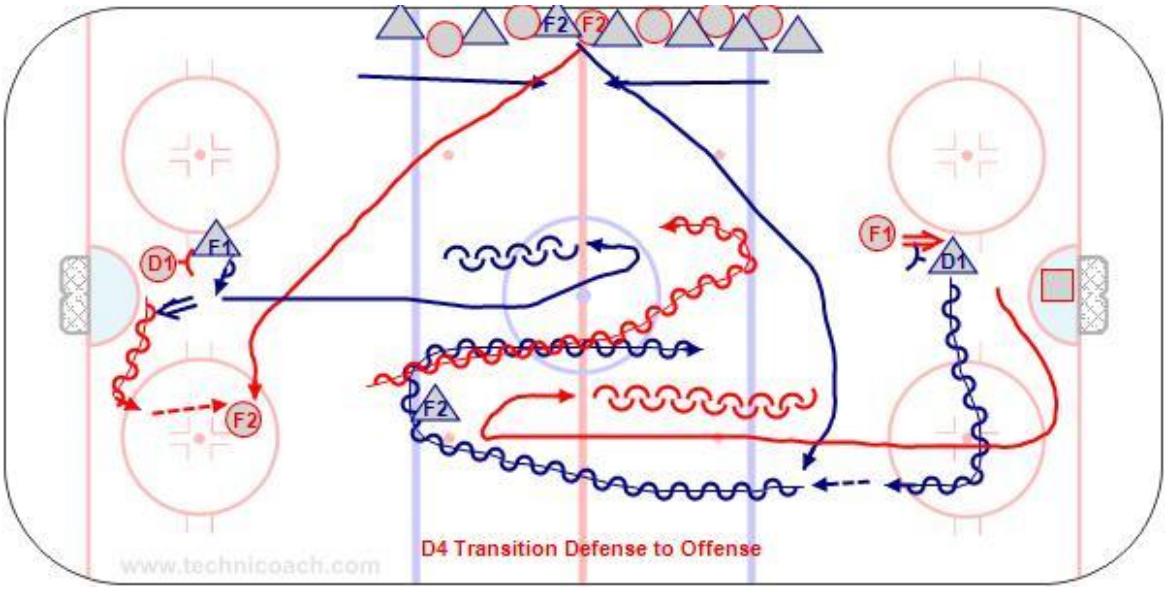

DT400 2-2 One Joker Below Hash-Flames

Key Points:

This game focuses on Role 2 - getting open and Role 4 - covering away from the puck. The joker shoulld focus on facing the play and seeing the ice. Other players continuously battle for the inside position. Attackers give a target and defenders good sticks.

Description:

1. Play inside top of the circles in one or both ends of the ice with both teams shooting on the same net.

2. To transition to offense you must pass to the joker.

3. Joker passes back to the team that he got a pass from.

4. Joker can move anywhere below the dots.

5. Players change on their own.

6. Coach put in a new puck on a goal or if the puck is shot out of the zone.

7. Keep score-have tournaments, modify rules to focus on skills or good habits.

8. The joker can wear a different colour or rotate jokers.

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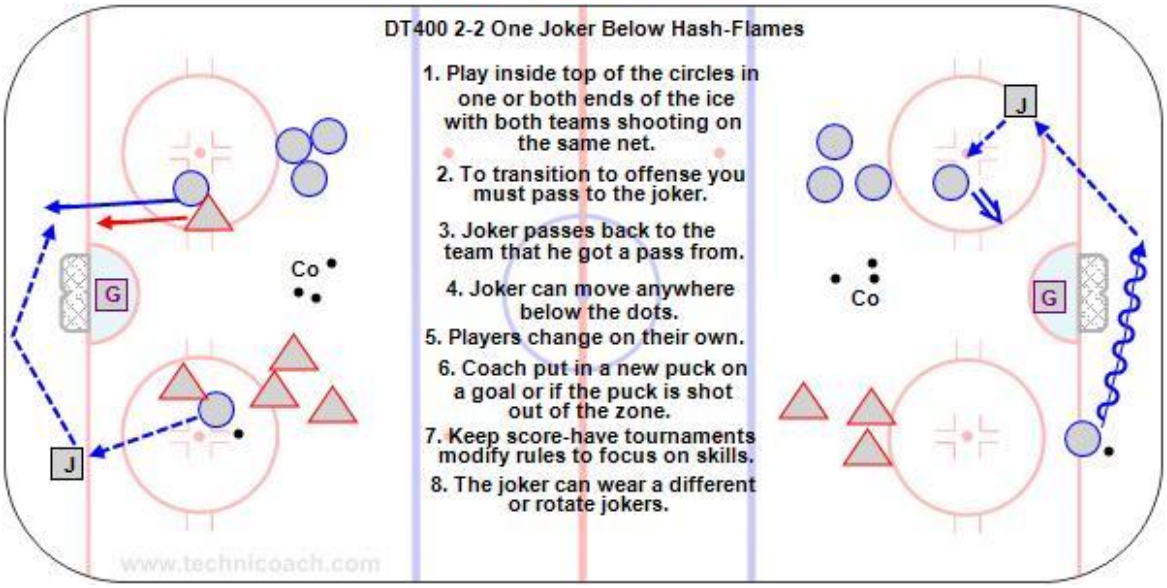


DT400 2 on 2 Support from Point 6 Players

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.

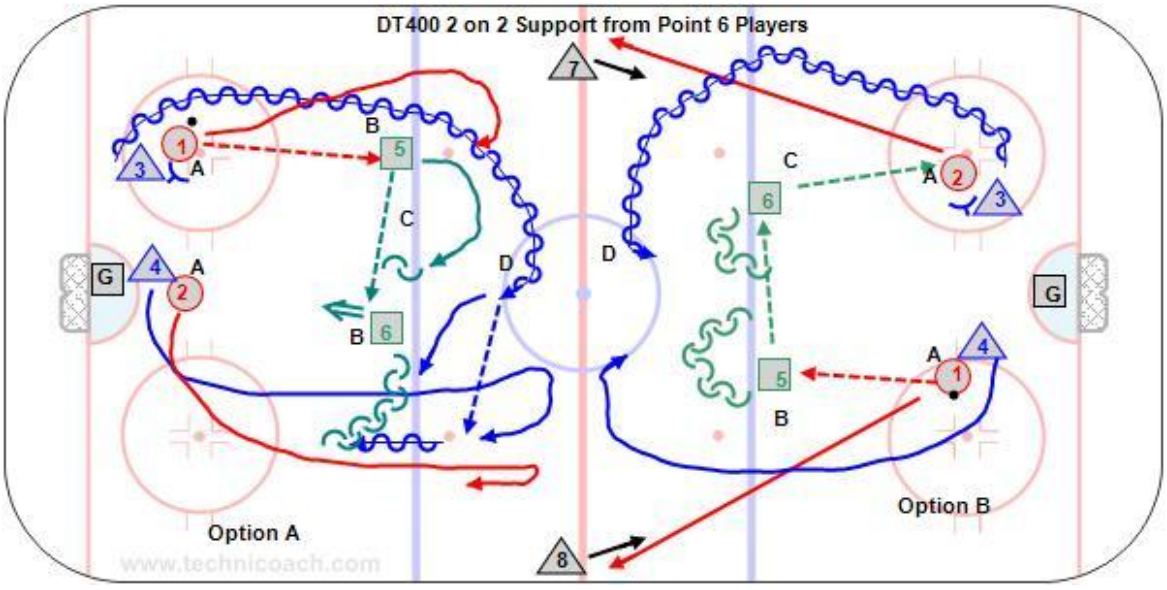
B. 5 and 6 support attackers from point.

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.



DT400 2 on 2 with Passive Support

Key Points:

Supporting players follow the play and position themselves as if they were covering the point and then getting open for a breakout pass. It is important that the new defenders follow the play up the ice and close the gap in the neutral zone.

Description:

1. Players line up behind the blue lines on each side.

2. Offensive 1 and 2 go vs defenders 1 and 2

3. Defenders 3 and 4 follow the play into the zone and support as wingers would.

4. Offensive 1 and 2 must attack quickly.

5. After a goal, frozen puck or breakout pass 3 and 4 skate to the far blue line and turn to attack the original offensive 1 and 2.

6. Two players leave to support the defending team.

7. Continue this flow.

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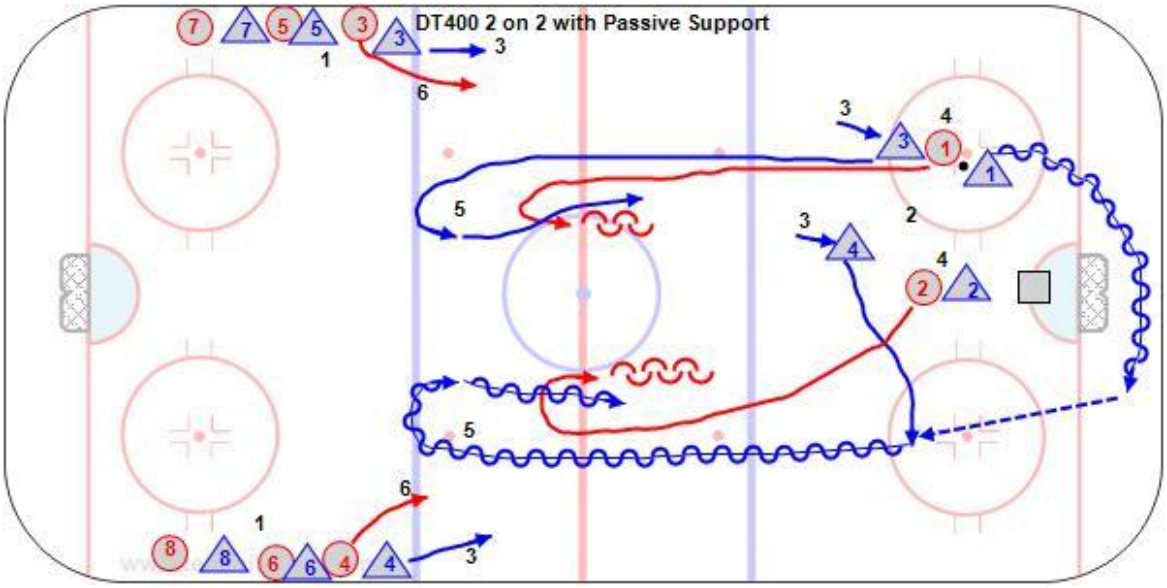

DT400 3-3 Krusel Battling Game - ProW

Key Points:

Battle for loose pucks, screen the goalie, shot passes, cycle, man on man, tie up sticks, tip, low zone play.

Description:

1. Line up with the face-off dots and 1 to 3 players race for a loose puck on the whistle.
2. Pass to the point to transition to offense.
3. Point player must shoot or pass within 2 seconds.
4. If a point pass goes out the other pointman gets the puck.
5. Either leave the puck in the zone or pass to the coach on a whistle.

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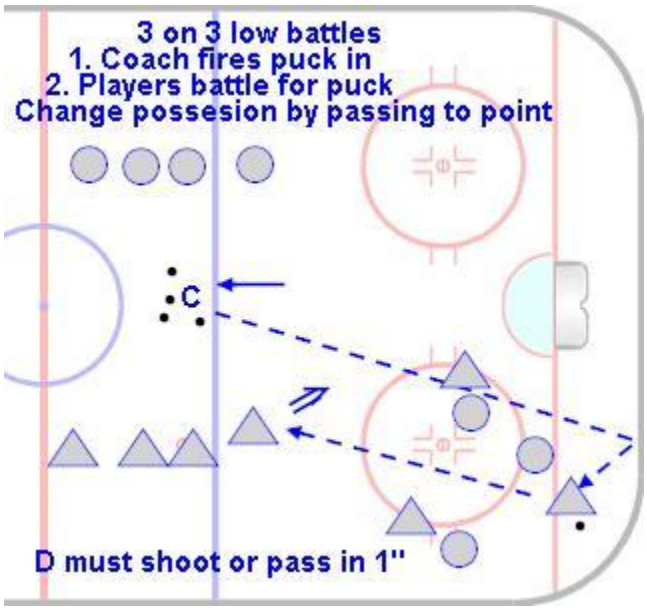

DT400 3-3 Perry Pearn Game Rotation

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.
5. Keep score, implement skill (only forehand passes) or team play rules (goals originate from below the goal line).

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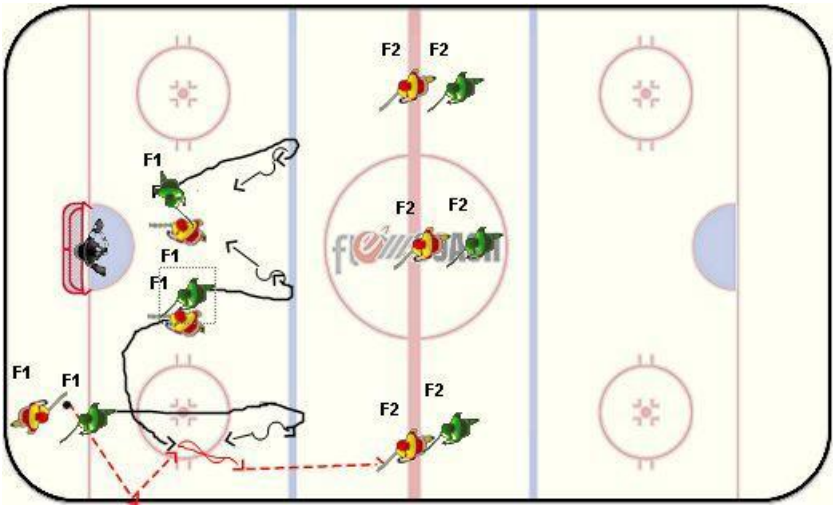

DT400 3 on 3 Transition Game of Attack-Defend-Breakout-Rest

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 forechand passes, only one timers etc.*

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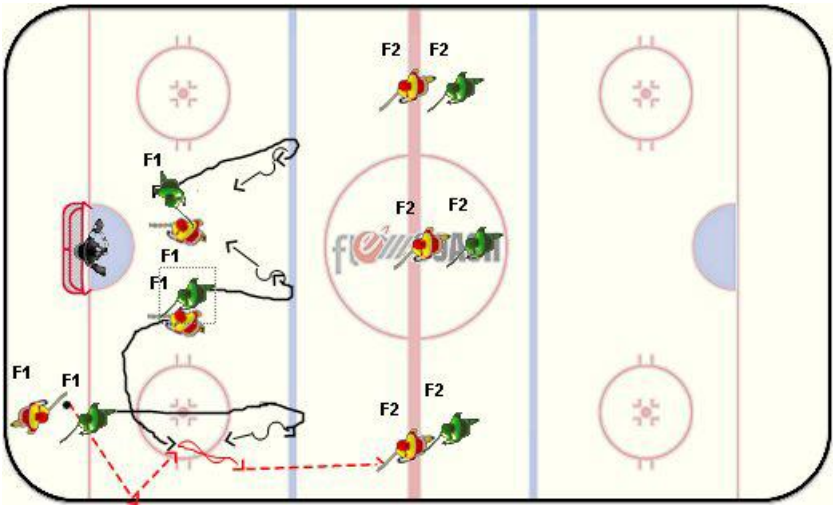

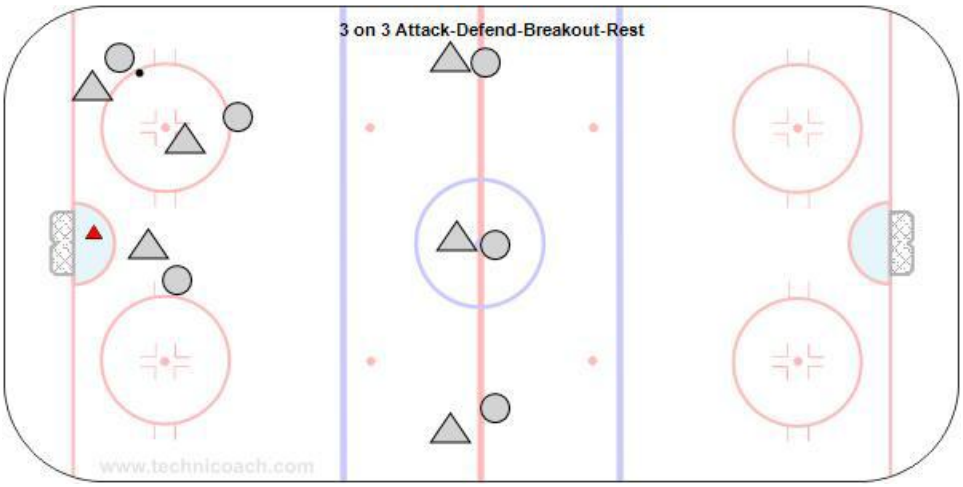
3 on 3 Attack-Defend-Breakout-Rest
www.technicoach.com

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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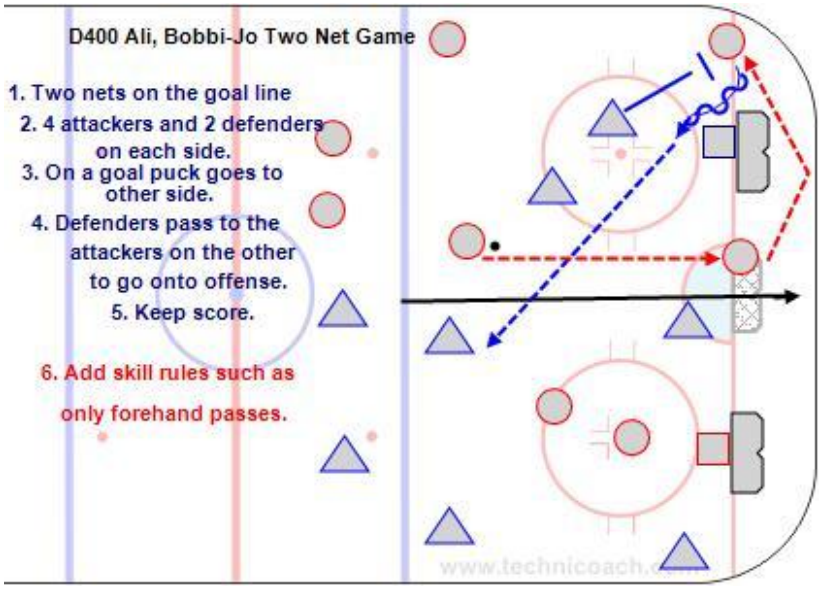


DT400 - 2 on 1 x 2

Key Points:

Start by giving passive support and progress to F1 support D1 low whil F2 covers the D at the point. This is a one puck game and can be played in situations from 1-1 to 3-2.

Description:

1. Red F1-F2 attack vs. Blue D1.

2. Red D1 passively support at the blue line.

3. Blue F1-F2 passively support at the top of the circles.

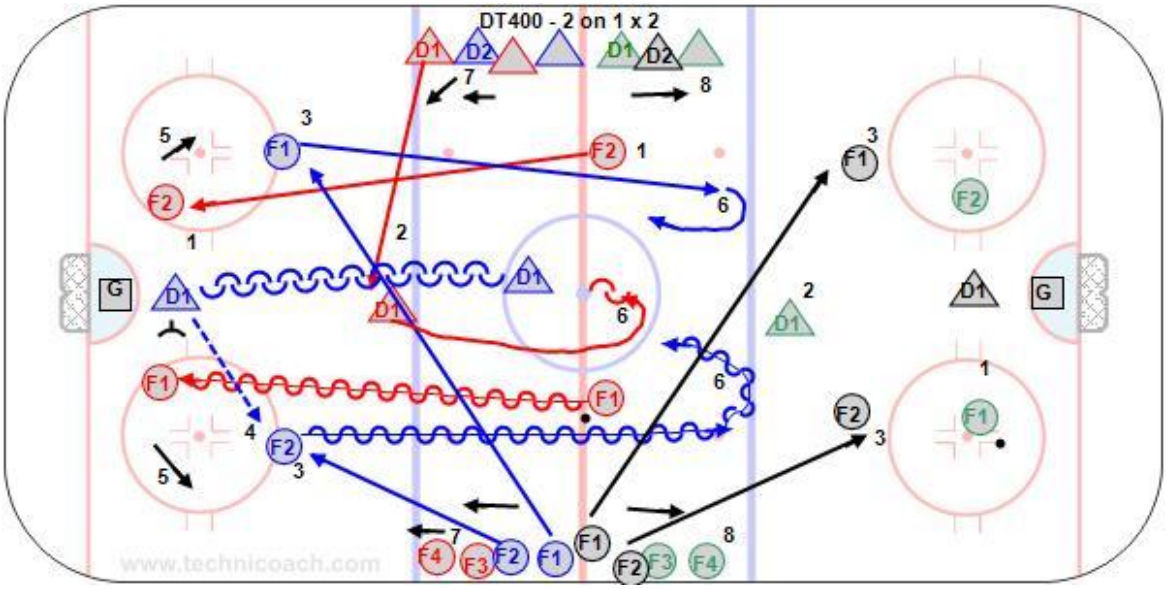
4. On a turnover or after a frozen puck or goal Blue D1 pass to Blue F1 or F2.

5. Red F1-F2 and Blue F1 return to the lineup.

6. Blue F1-F2 skate to the far blue line and turn back to attack Red D1 who follows.

7. Red F3-F4 and blue D2 give passive support.

8. Same game rotation happens at the other end with GF1-F2 attacking Bl D1 and GD1 and BF1-F2 support.



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.

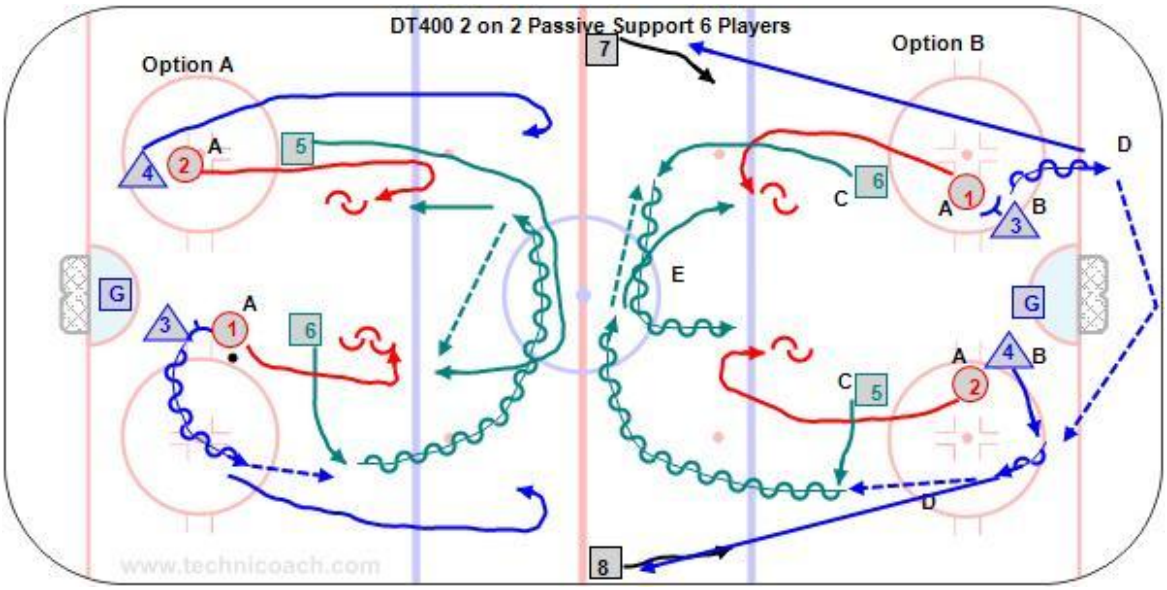
C. 5 and 6 follow and support from top of circles.

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.



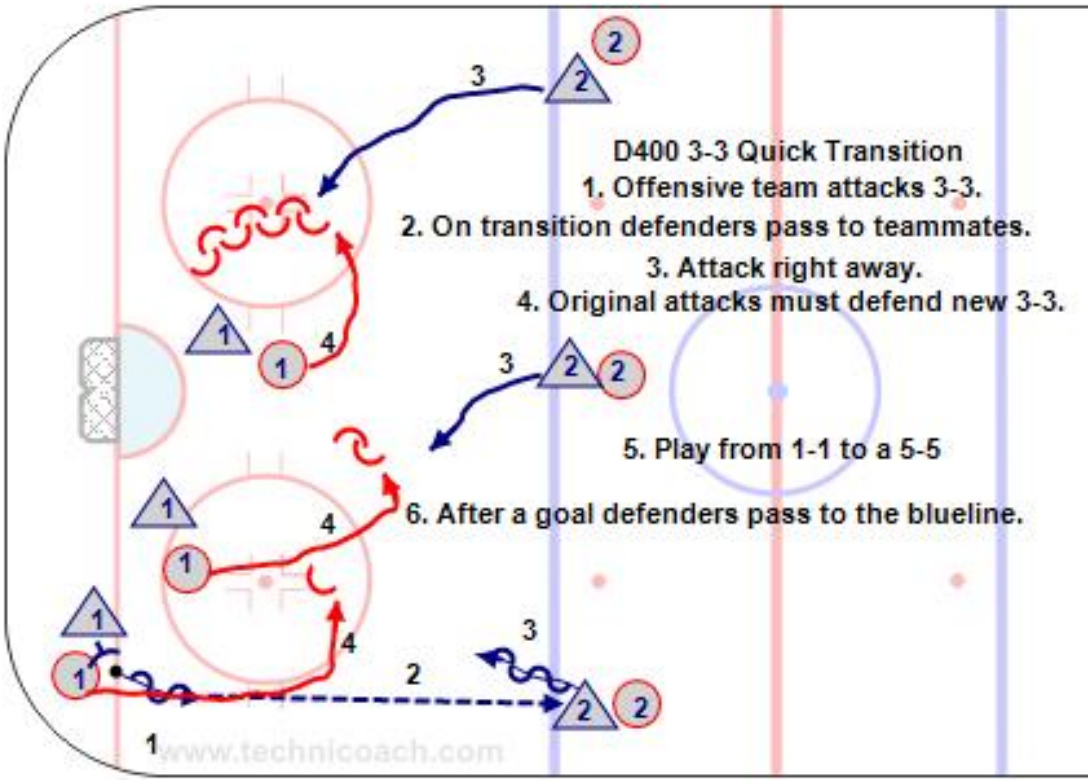
D400 - 3 on 3 Quick Transition Game

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 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 tree 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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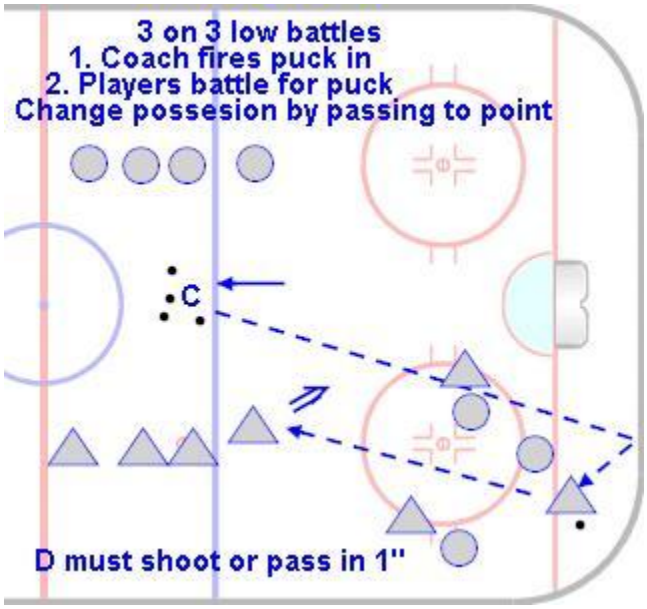

DT400 - Regroup with Jokers Behind Defensive Net

Key Points:

Practice regroups and breakout options. Jokers can pass right away or go D to D, switch, counter etc.

Description:

1. Place the nets on the opposite blue lines.

2. Play from 1-1 to 5-5.

3. Each team has 1 or 2 jokers behind their goal line.

4. Defensive team transitions to offense by passing to a joker.

5. Jokers can pass to each other, switch, drive the back of the net etc.

6. Play about 30" then switch with jokers playing, waiting players become jokers 5 and 6) and active players (1-2-3) rest.

Options: After the players learn the basic game add good habits like they must move with the puck, or saucer snap passes, pivots etc. (you don't want them standing still while passing) They could even join the rush and then return on loss of possession.

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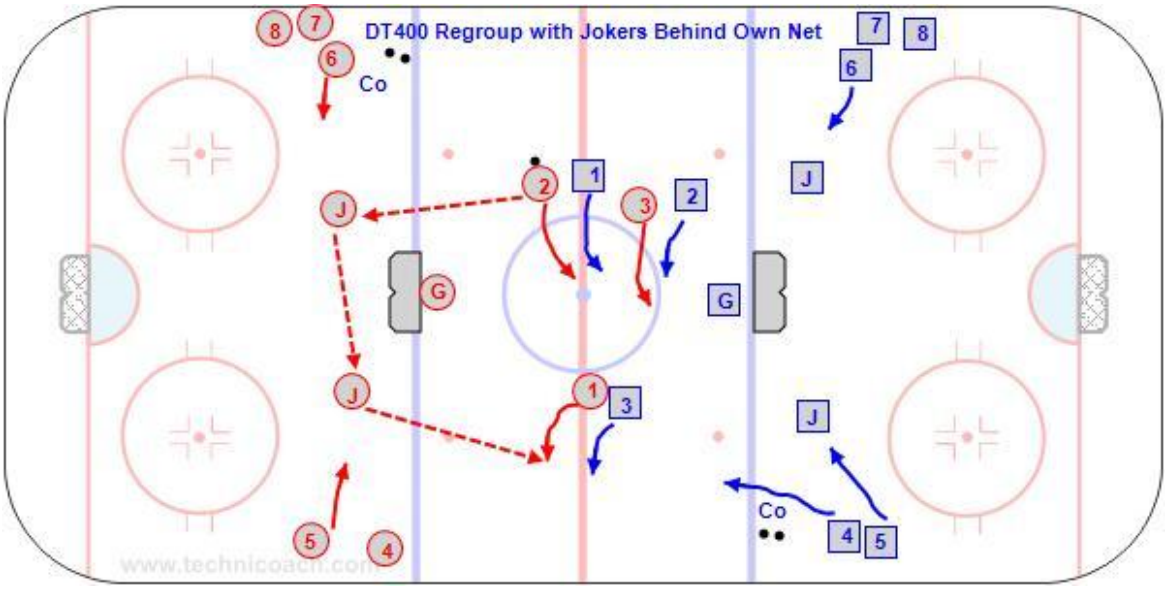

DT400 Active Jokers at Point

Key Points

Each team has two jokers at the point. Introduce the game allowing jokers to check jokers and then add that jokers can come in for one timer shots.

This transition game creates three situations. In the first part the players at the point must get open and take a shot or make a pass. The defender practices covering the point. In the second part add that the jokers at the point can come in for a one timer shot

Description:

Part One: Each team has jokers at the point.

1. When defenders regain puck they must pass to the point to go on offense.
2. Jokers can shoot or pass.
3. Jokers can check the opponents Joker.

Part Two:

4.Jokers can jump in for one timer shots.

5. Defending joker should cover the attacking joker when he jumps in.

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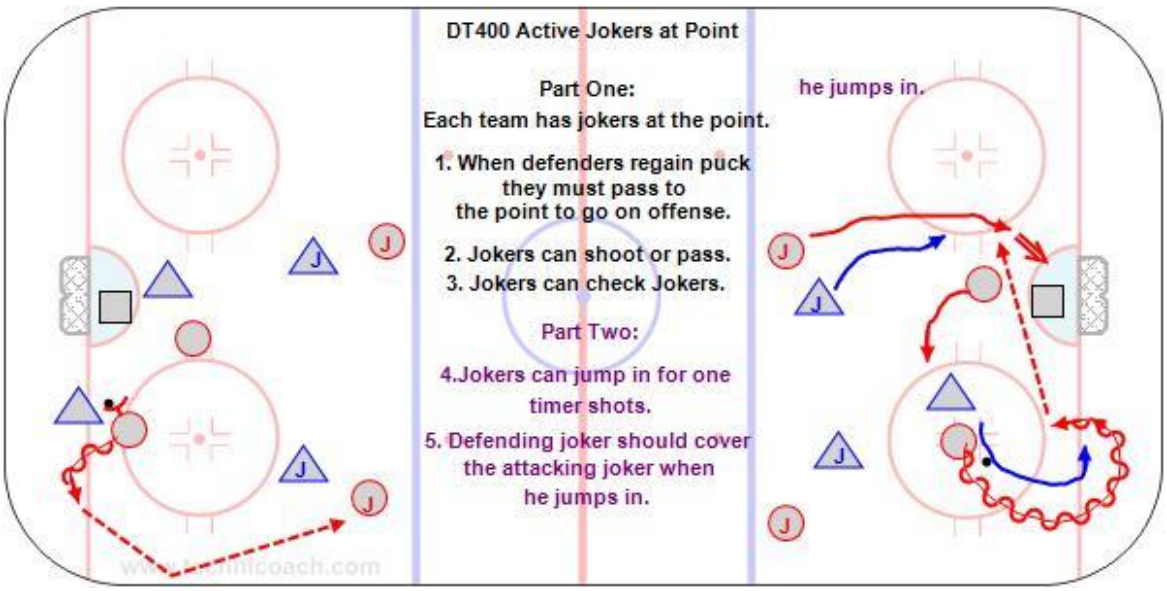

DT400 2/3 Ice Games of Attack-Defend-Breakout with Three Nets

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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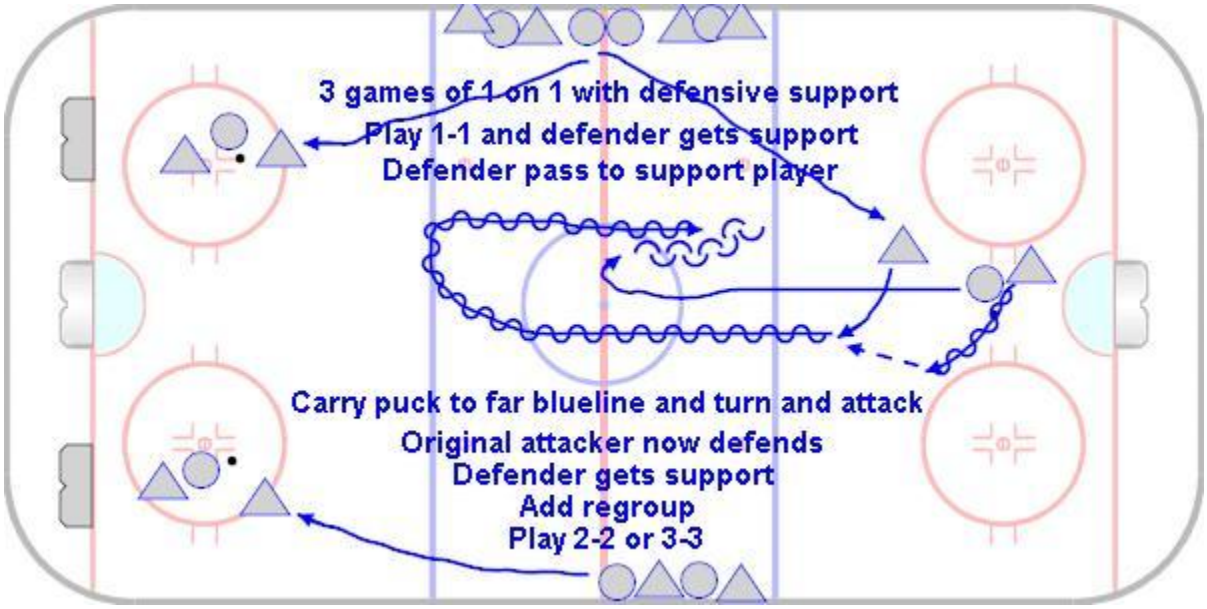

DT400 Attack-Defend-Breakout-Rest

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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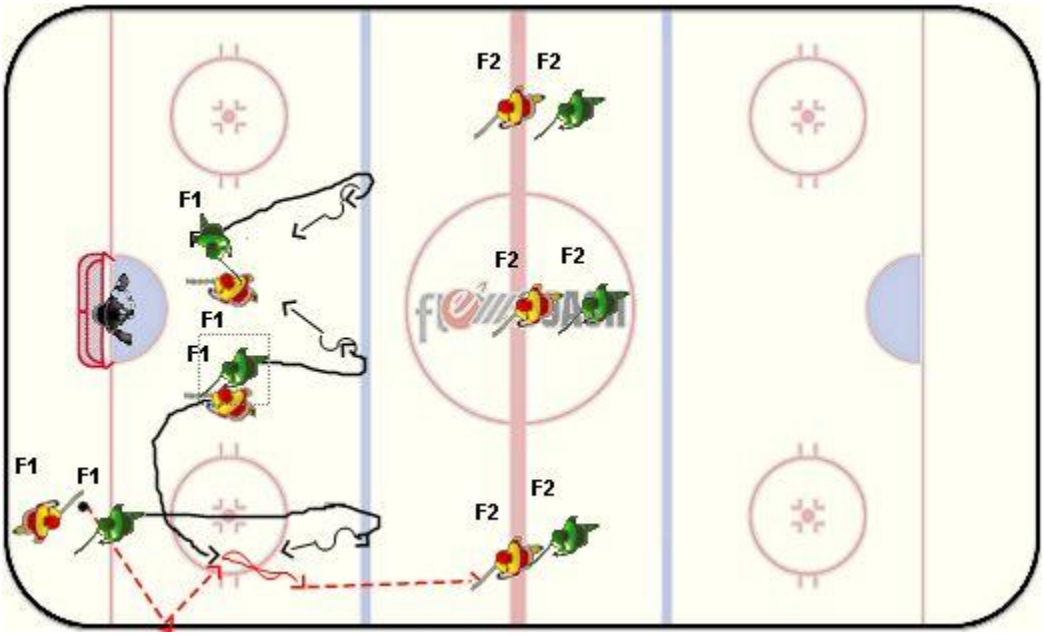


DT400 Back Pressure Game of 2-2

Key Points:

Allow the attackers to cross the blue line before leaving to back pressure.

Sequence is: Back pressure-breakout-turn back at blue line and attack-defend-rest.

Description:

1. Players line up behind the blue lines on each side.

2. Offensive 1 and 2 attack vs defenders 1 and 2

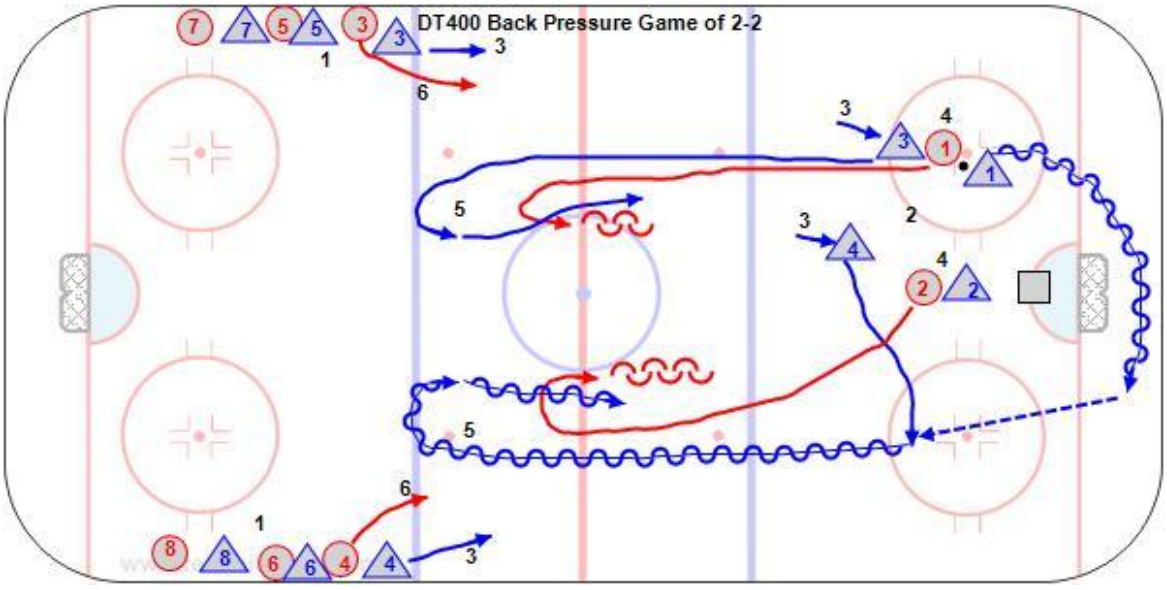
3. Defenders 3 and 4 leave and the puck side player back pressure the puck carrier.

4. Offensive 1 and 2 must attack quickly to get a scoring chance before they are outnumbered.

5. After a goal, frozen puck or breakout pass 3 and 4 skate to the far blue line and turn to attack the original offensive 1 and 2.

6. Two players leave to support the defending team.

7. Continue this flow.



DT400 Continuous Game with Back Pressure

Key Points:

Allow the attackers to cross the blue line before leaving to back pressure.

Sequence is: Back pressure-breakout-turn back at blue line and attack-defend-rest.

Description:

1. Players line up behind the blue lines on each side.

2. Offensive 1 and 2 attack vs defenders 1 and 2

3. Defenders 3 and 4 leave and the puck side player back pressure the puck carrier.

4. Offensive 1 and 2 must attack quickly to get a scoring chance before they are outnumbered.

5. After a goal, frozen puck or breakout pass 3 and 4 skate to the far blue line and turn to attack the original offensive 1 and 2.

6. Two players leave to support the defending team.

7. Continue this flow.

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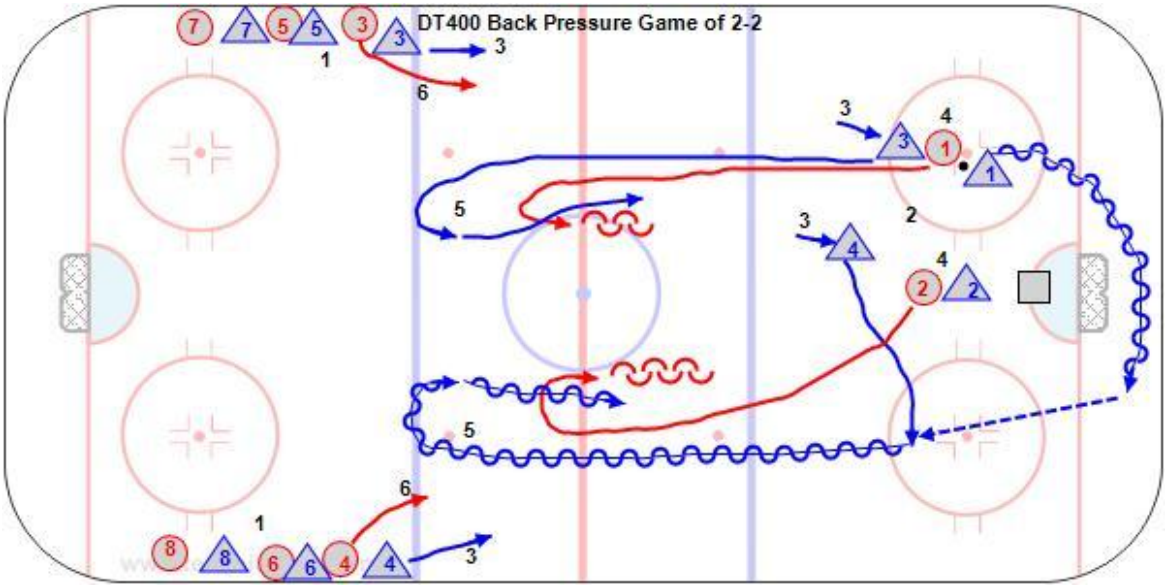

DT400 Game of Quick Transition

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.

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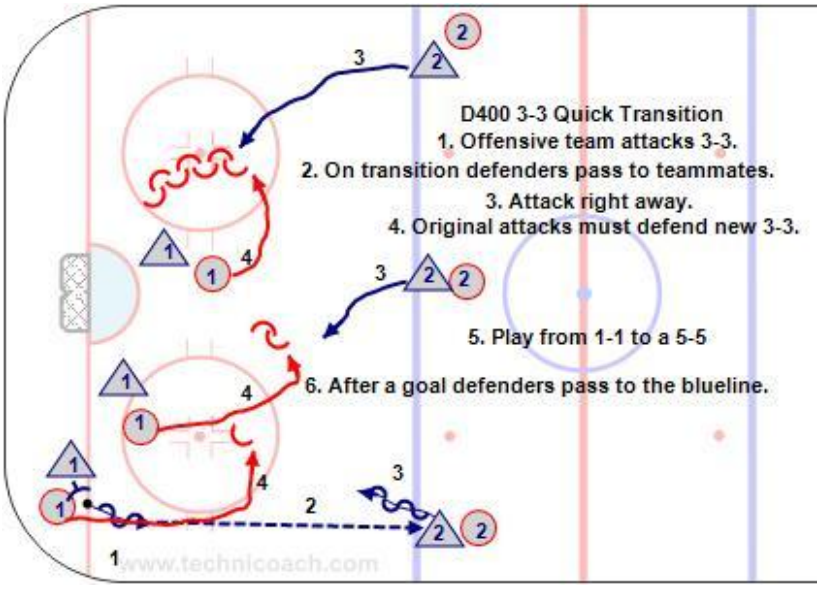

DT400 Half-ice Transition Game of 2 on 1 – Yursinov-Wahlsten IIHF Symposium

Key Points:

Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump ins the defender must read where the checker is coming from and the attacker create good checking angles.

Description:

1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.
2. F1 attack vs. D1 after skating through the middle circle.
3. Fight for rebounds and loose pucks.
4. On transition pass to F2 at the top of the circle.
5.F2 skate through the middle circle and attack vs. D2.
6. Add a regroup with the forward circling back.
7. Add a neutral zone dump-in and the D and F fight for the loose puck.

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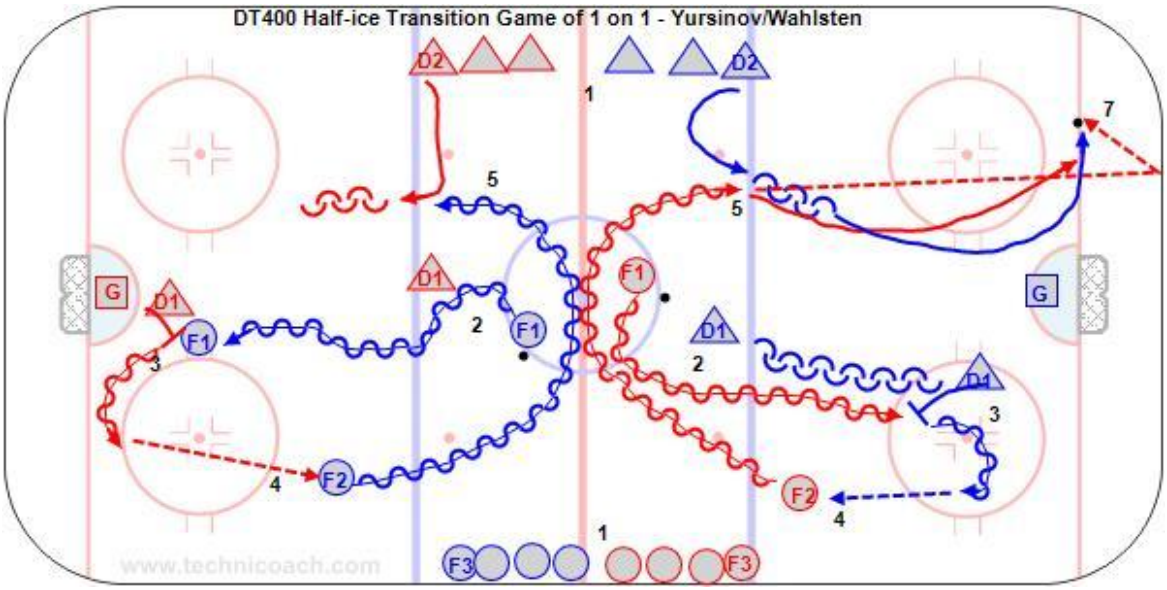
Add one forward to the diagram to create a 2-1 with the same flow.



DT400 Half-ice Transition Game of 3 on 2 – Yursinov-Wahlsten IIHF Symposium

Key Points:

Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump ins the defender must read where the checker is coming from and the attacker create good checking angles.

Description:

1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.
2. F1-2-3 attack vs. D1-2 after skating through the middle circle.
3. Fight for rebounds and loose pucks.
4. On transition pass to F4-5-6 at the top of the circle.
5. F4-5-6 skate through the middle circle and attack vs. D3-4.
6. Add a regroup with the forward circling back.
7. Add a neutral zone dump-in and the D and F fight for the loose puck.

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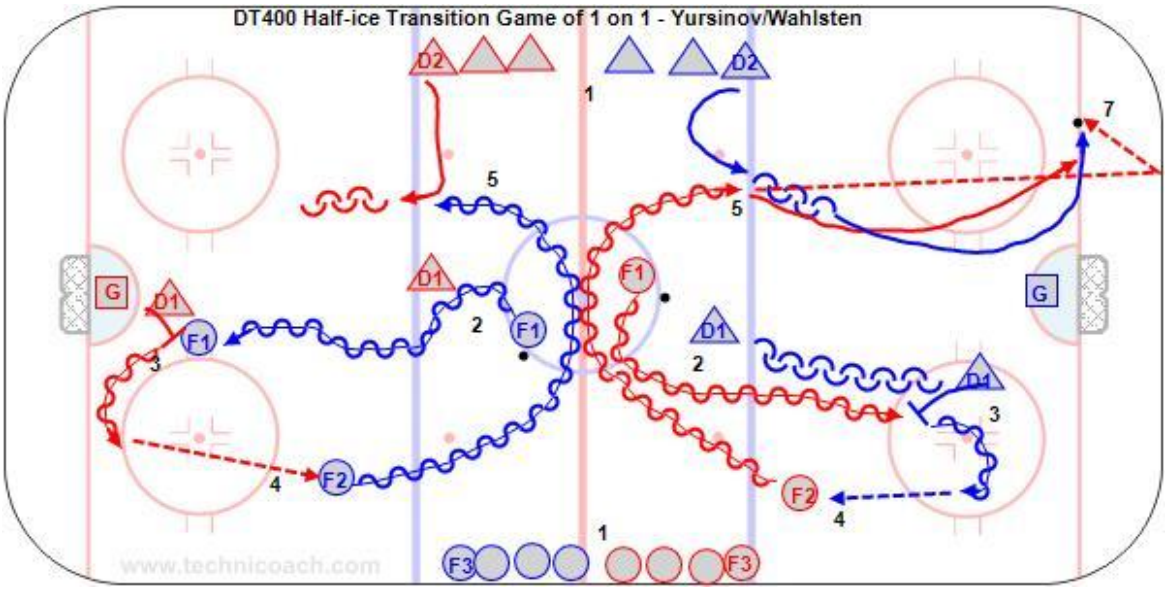
Add two forwards and one D to the diagram to create the 3-2. The flow is the same as the 1-1.



DT400 Kibyuk Small and Smaller Area Games at Once

Key Points:

Set one net up on the goal line below the face-off dot facing up ice and the other net facing the corner just inside the circle. The game is continuous and thecoach shoot in a new puck on a goal.

Description:

A. Blue 1 and 2 attack Red 1 and 2 in the corner and Blue 3 and 4 attack Red 3 and 4 from the red line.

B. Coach whistles and Red 1 and 2 carry the puck out to the red line and attack the other net vs. Blue 3 and 4.

C. Coach shoots in a new puck and Red 5 and 6 attack vs. Blue 1 and 2 in the corner. Red 3 and 4 return to the line.

Option: Vary the number of players from 1 to 3 and switch up who starts on offense half way through the game.

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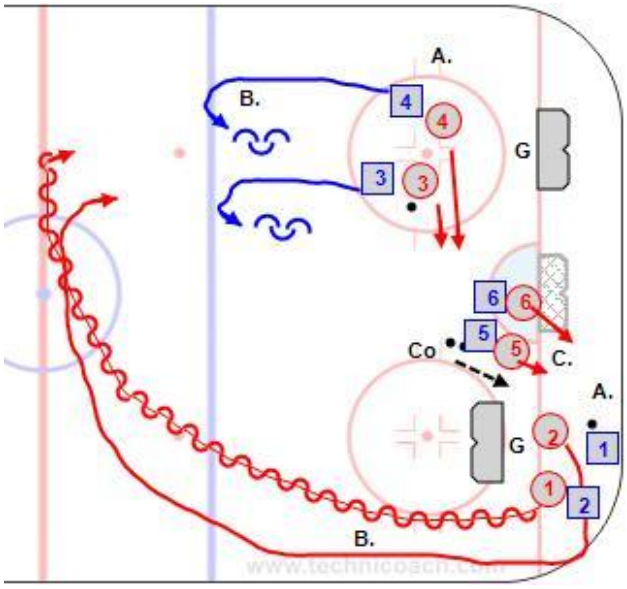

DT400- Krusel Low Battles With a Pass to the Point

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 blueline in teams.
2. Coach shoots the puck in and any number from1 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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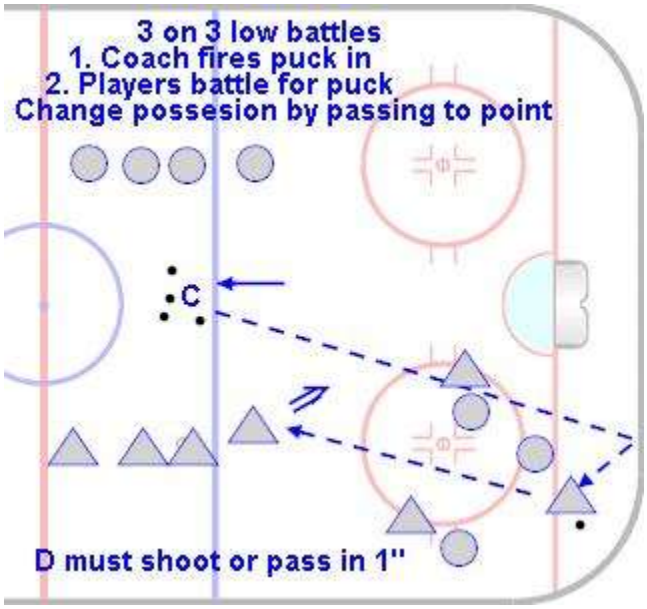

DT400 Multiple Situations in Small and Smaller Area

Key Points:
This SAG goal is to practice READING Game Situations by constantly changing the situation from 1-3 on offense or defense at once. Set one net up on the goal line below the face-off dot facing up ice and the other net facing the corner just inside the circle. The game is continuous and thecoach shoot in a new puck on a goal.

Description:
A. Blue 1 and 2 attack Red 1 and 2 in the corner and Blue 3 and 4 attack Red 3 and 4 from the red line.
B. Coach whistles and Red 1 and 2 carry the puck out to the red line and attack the other net vs. Blue 3 and 4.
C. Coach shoots in a new puck and Red 5 and 6 attack vs. Blue 1 and 2 in the corner. Red 3 and 4 return to the line.

Option:

Vary the number of players from 1 to 3 and switch up who starts on offense half way through the game. 1-1, 2-2, 1-2, 2-2, 1-3, 2-3, 3-3, 3-2, 3-1.

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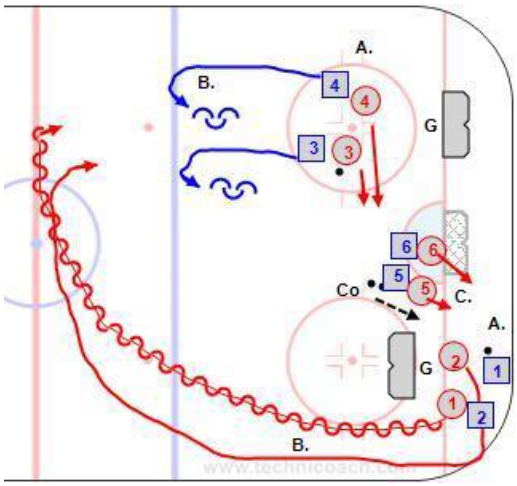

DT400 One Goal Full Ice Team Play Scrimmage

Key Points:

Practice team play situations with 3 groups. It is best to have one colour for each group. The next group to attack waits at the far end.Practice from 3-3 to 6-5 in a controlled scrimmage mode. Coach can give input while the players wait at the far end.

Description:

1. Red circles attack vs. Blue triangles either even or odd situation. Extra blue on the side if it is on the pk.

2. On a goal, frozen puck or turnover the blue fires it to the other end and forechecks.

3. Purple breakout and attack vs. blue and the red sets up to breakout at the far end.

4. Continue this rotation of ATTACK-DEFEND-SET UP AT FAR END.

DT400 One Pass with Varying Numbers

Key Points:

Players must read the numerical situation and communicate. Attackers must quickly take advantage of either their scoring chances or the ability to pass to the line to add an attacker.

Description:

1. Teams line up outside the blue line.
2. A coach tells each team how go on the whistle.
3. Coach dumps the puck in to start.
4. On transition to offense there must be at least one pass before a shot.
5. Up to 4 players can be on one team.
6. Add players by passing to the player at the front of the line.
7. Play 30" and on the whistle pass to your line.
8. On a goal the coach shoots in a new puck.

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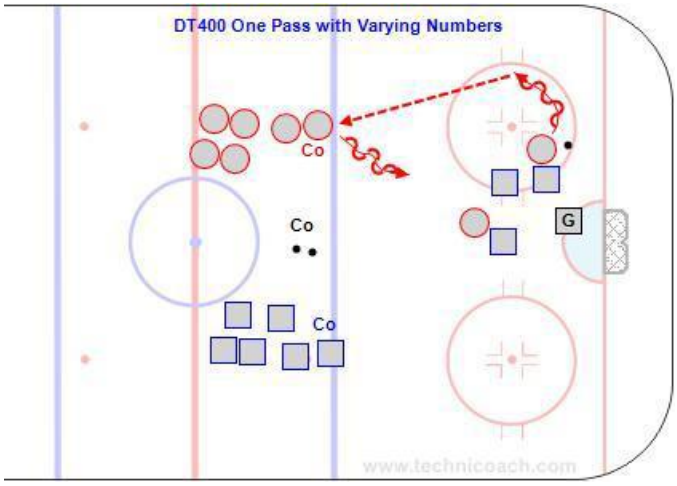

DT400 Perry Pearn Game Rotation

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.
5. Keep score, implement skill (only forehand passes) or team play rules (goals originate from below the goal line).
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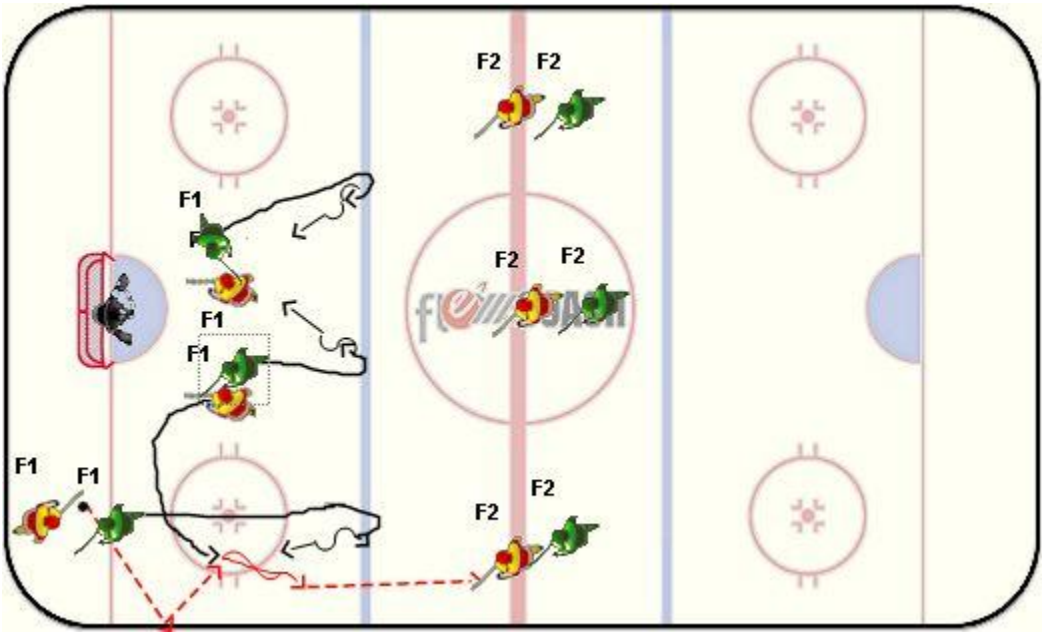


DT400 Regroup Game of 2-2

Key Points:

This is a continuous flow game. When supporting from top of the circles act like wingers and give wall and middle breakout options.

If the attackers come above the top of the circles the defenders there can check the puck carrier.

* Add regroups-dump ins.

Description:

A. Players line up below the circles on each side.

B. Offensive 1 and 2 attack vs. defenders 1 and 2.

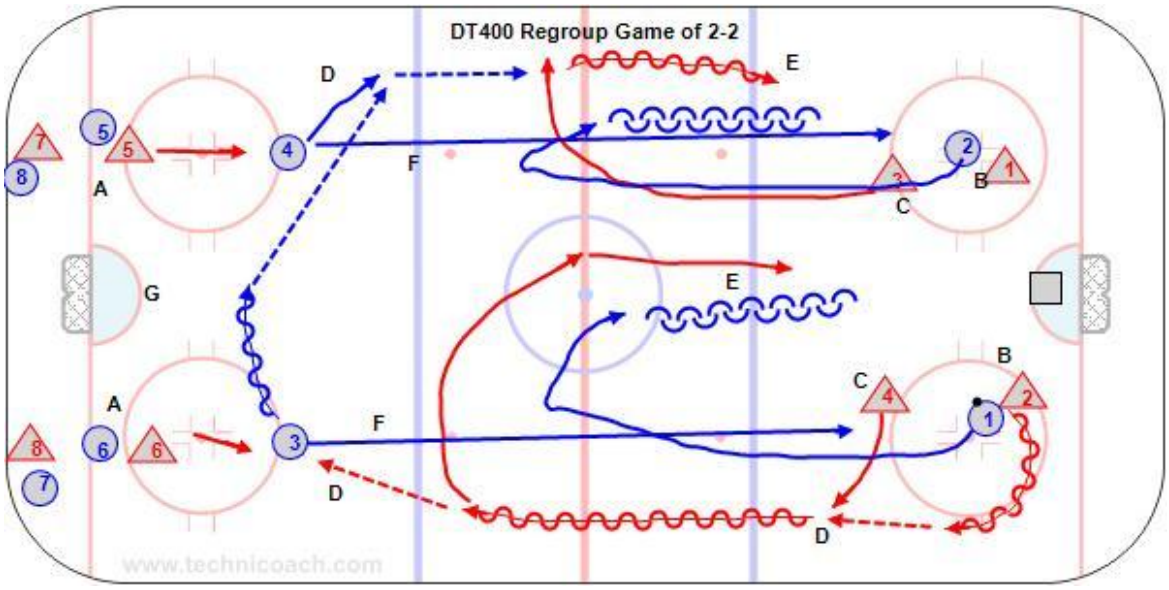
C. Defenders 3 and 4 support 1 and 2 from the top of the circles.

D. After a goal, frozen puck or breakout 3 and 4 regroup with the opposition 3 and 4 who hinge and pass.

E. 3 and 4 attack vs original offensive 1 and 2.

F. After hinging the new 3 and 4 support the defending 1-1 from top of the circles.

G. Continue this flow of hinge and pass-support-breakout-regroup-attack-defend-rest.



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.

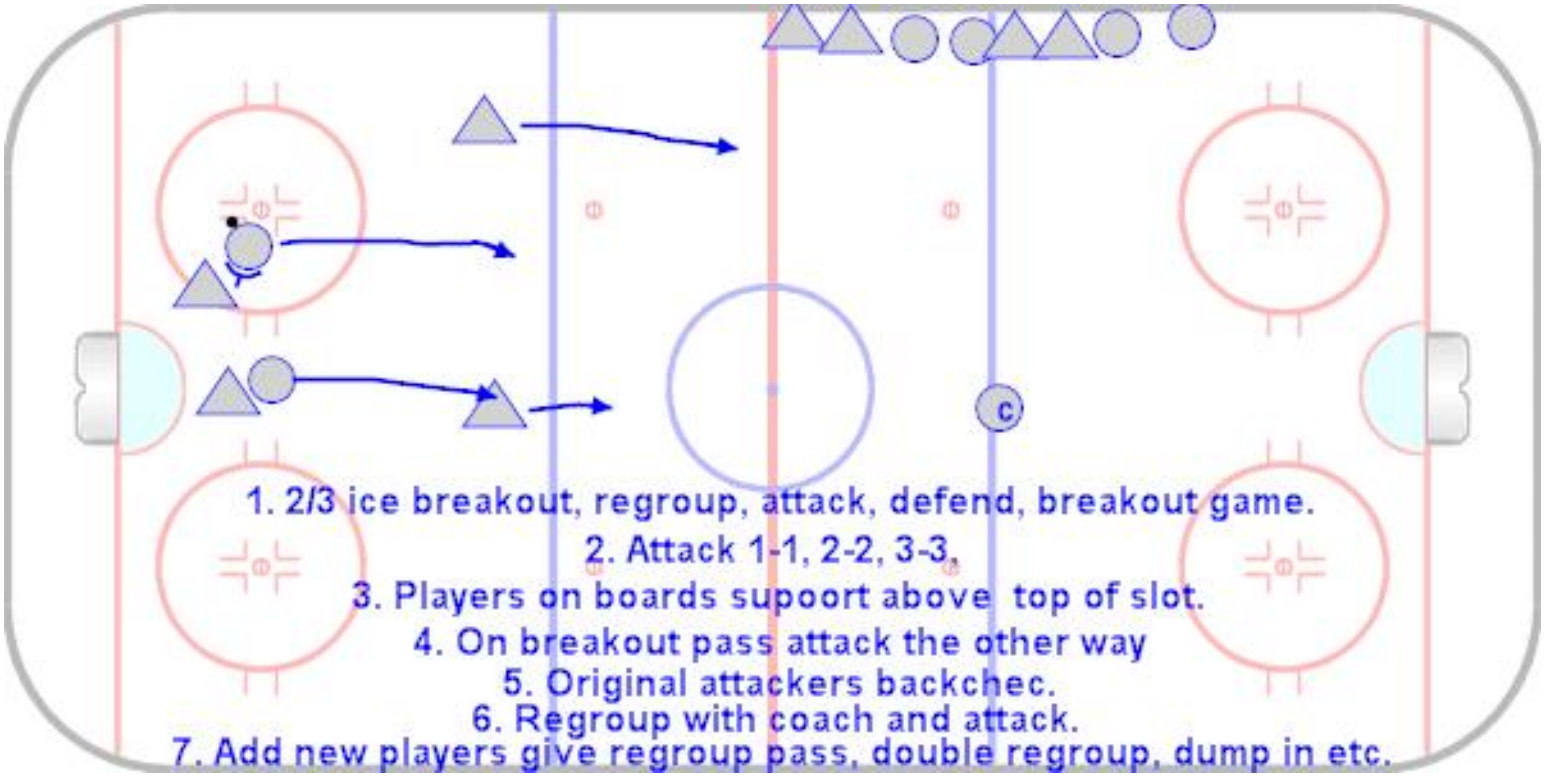
Description:

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.


C
1. 2/3 ice breakout, regroup, attack, defend, breakout game.
2. Attack 1-1, 2-2, 3-3,
3. Players on boards supoort above top of slot.
4. On breakout pass attack the other way
5. Original attackers backchec.
6. Regroup with coach and attack.
7. Add new players give regroup pass, double regroup, dump in etc.

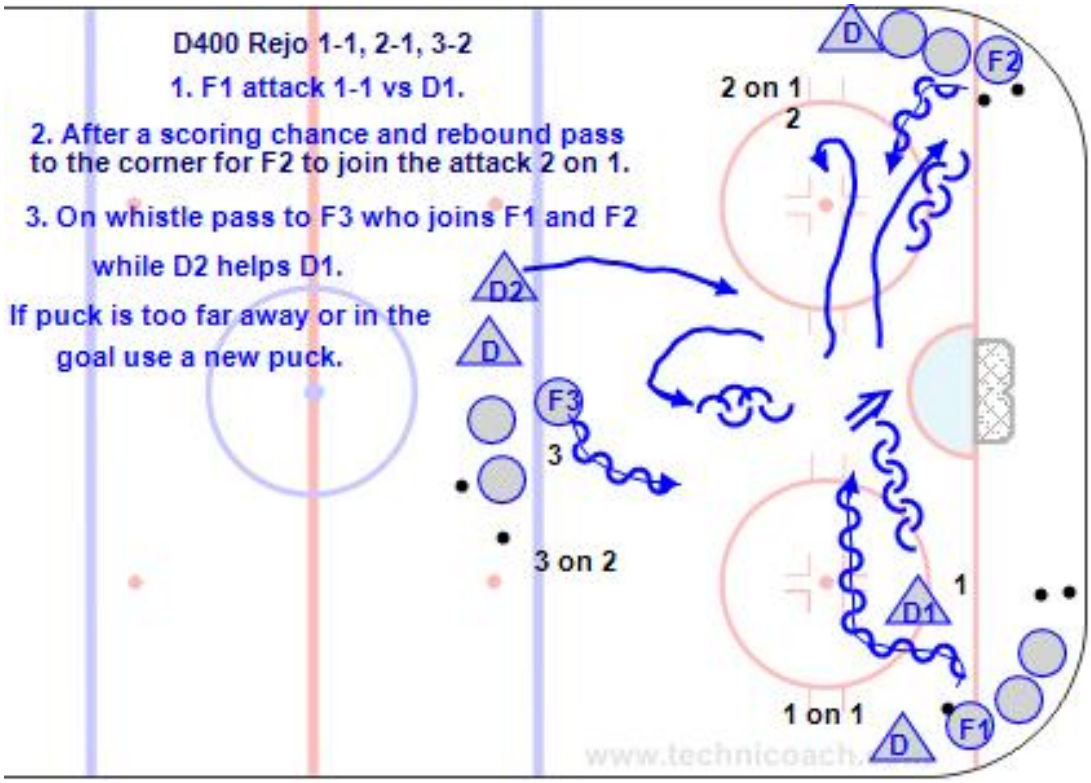
D400 Rejo 1-1, 2-1, 3-2

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.



DT400 Support-Regroup-Hinge-Attack-Defend

Key Points:

New players give defenders support from the top of the circles as if they were wingers. If the puck is carried above there they can.

Description:

1. Red 1-2 attack Blue 1-2.

2. Blue 1-2 defend.

3. Pass to Blue 3-4 after a turnover or goal.

4. Blue 3-4 breakout the other direction.

5. Red 1-2 follow the play as defenders

6. Blue 3-4 regroup with Red 3-4.

7. Red 3-4 hinge at least once.

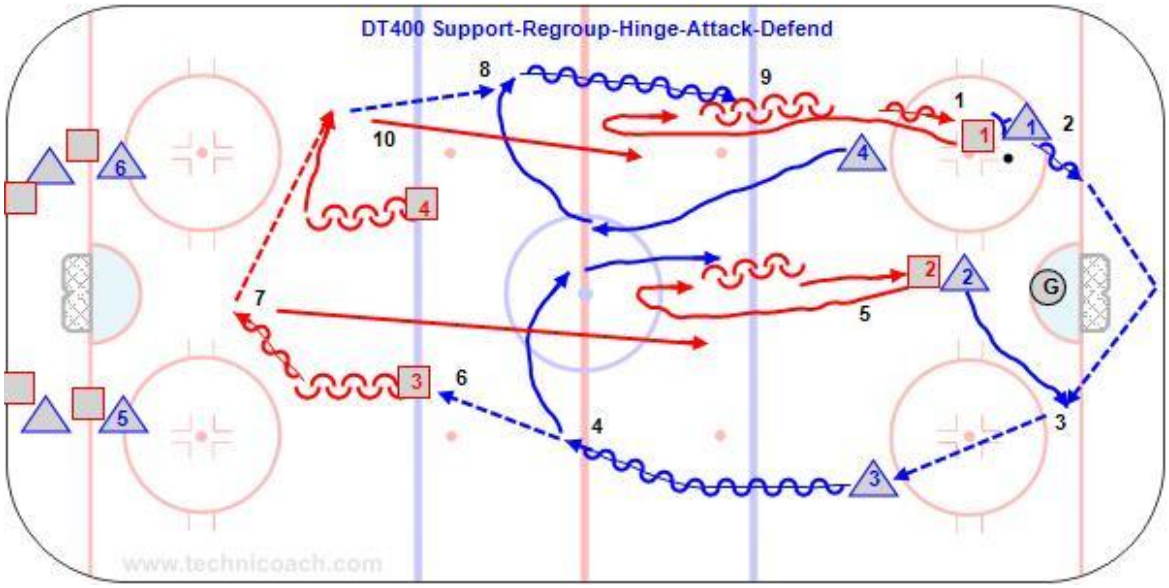
8. Red 3-4 pass to Blue 3-4.

9. Blue 3-4 attack vs Red 1-2.

10. Red 3-4 follow attack to support Red 1-2.

11. Blue 5-6 move to nzone ready to regroup with Red 3-4.

Continue this rotation of support-regroup-hinge-attack-defend.



DT400 Transition Game of 1 on 1 - Yursi-Juuso IIHF Symposium

Key Points:

Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump-ins the defender must read where the checker is coming from and the attacker create good checking angles.

Description:

1.Divide the team into two colours and opposite forwards and defense play against each other at both ends.

2. F1 attack vs. D1 after skating through the middle circle.
3. Fight for rebounds and loose pucks.
4. On transition pass to F2 at the top of the circle.
5.F2 skate through the middle circle and attack vs. D2.
6. Add a regroup with the forward circling back.
7. Add a neutral zone dump-in and the D and F fight for the loose puck.

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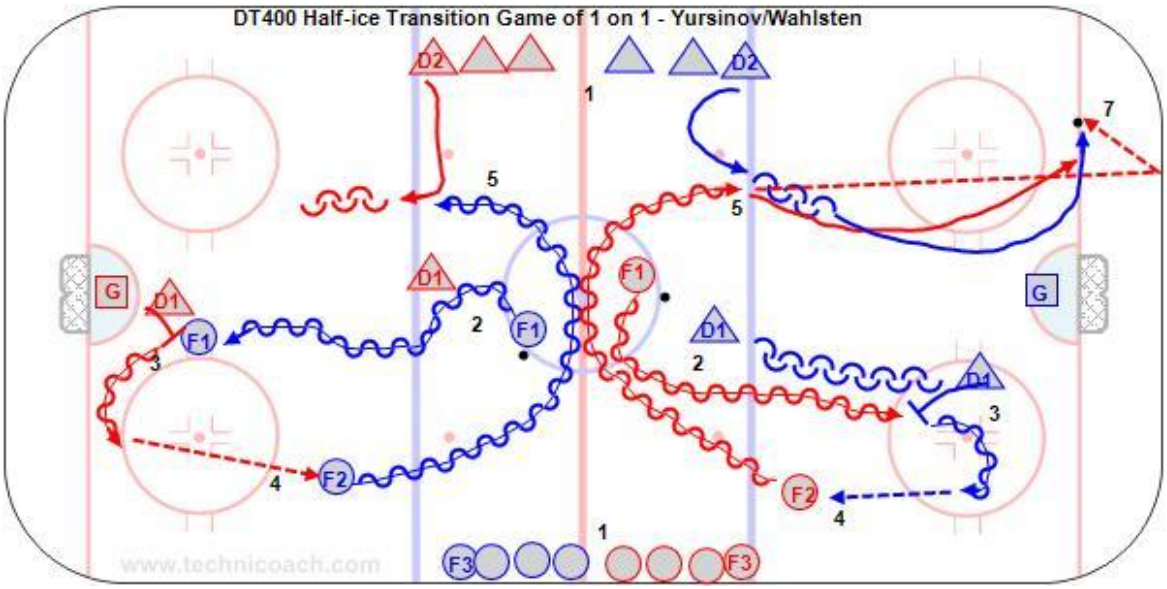

DT400 Transition Game of Low Battles with Point Support

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 tree 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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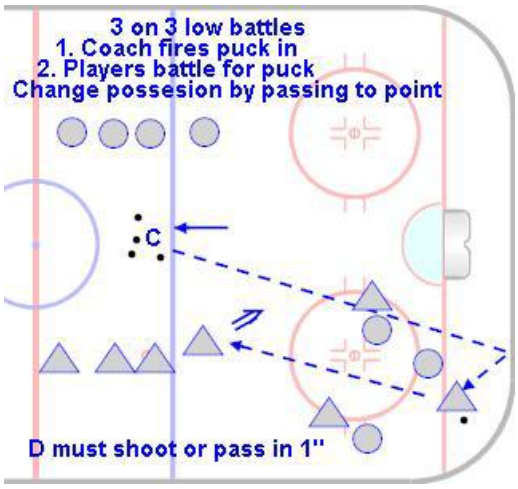

DT400 Two Net Game – CW

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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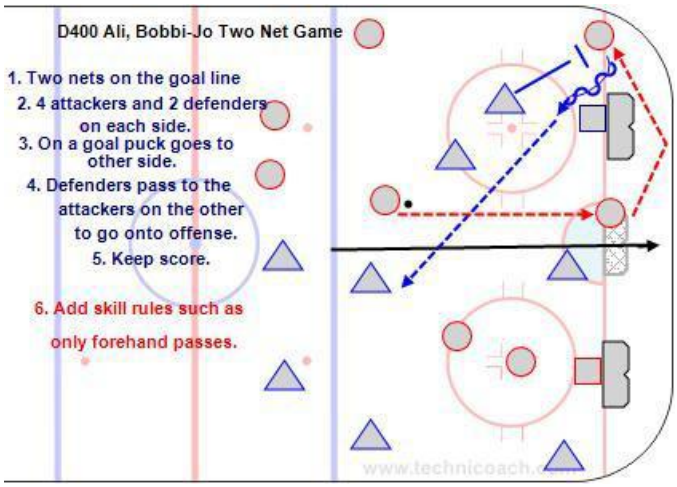

DT400 2/3 Ice Games of Attack-Defend-Breakout

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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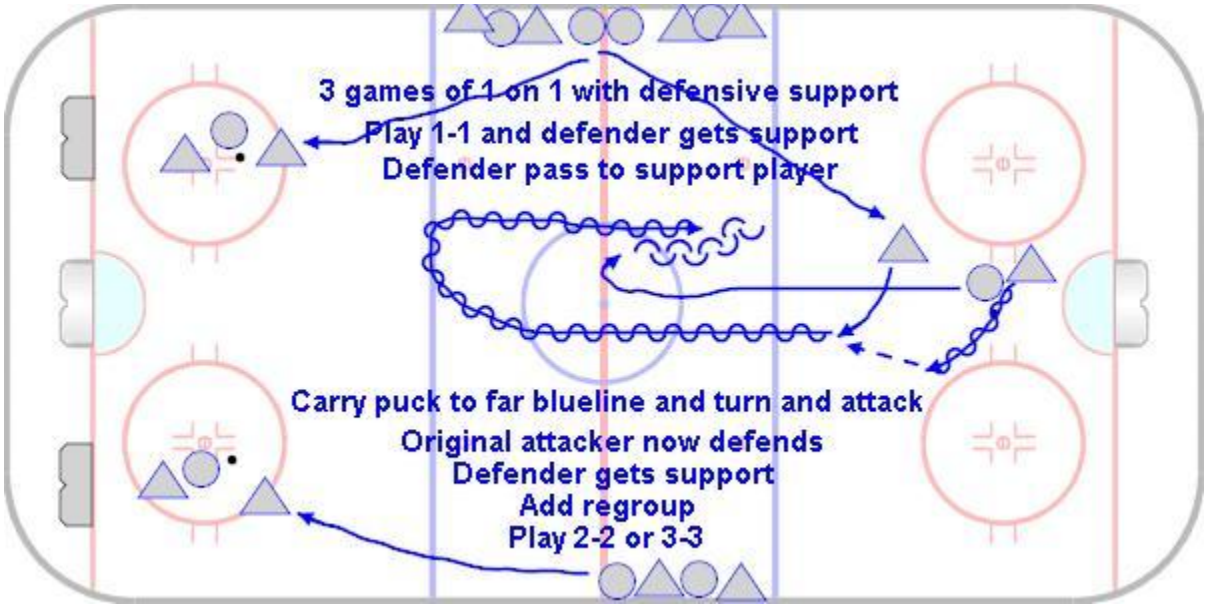

DT400, 4-2 x 2 - Pro

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. I have posted this game with other groups playing. It is one of those universal games played all over the hockey world. This is a pro group playing.

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.

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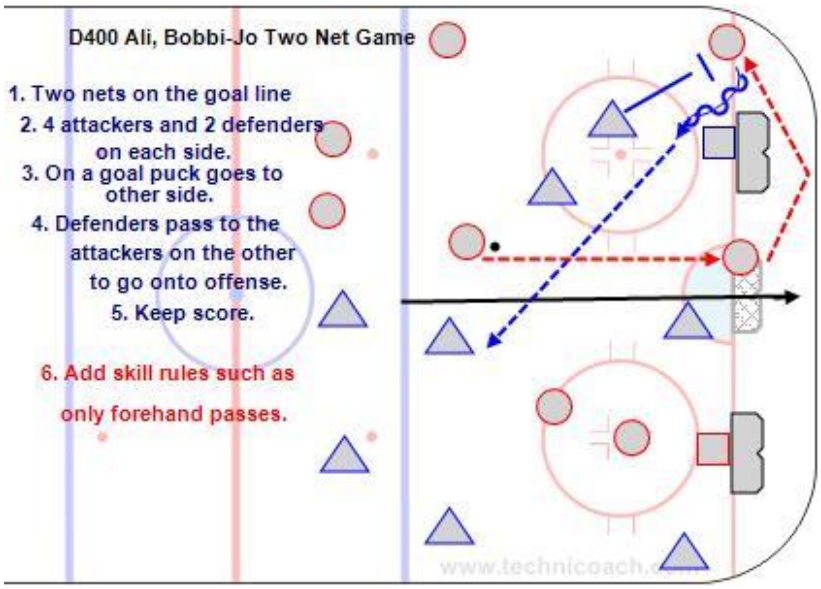

DT500 Nets Back to Back with Jokers

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"- 60".
-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.

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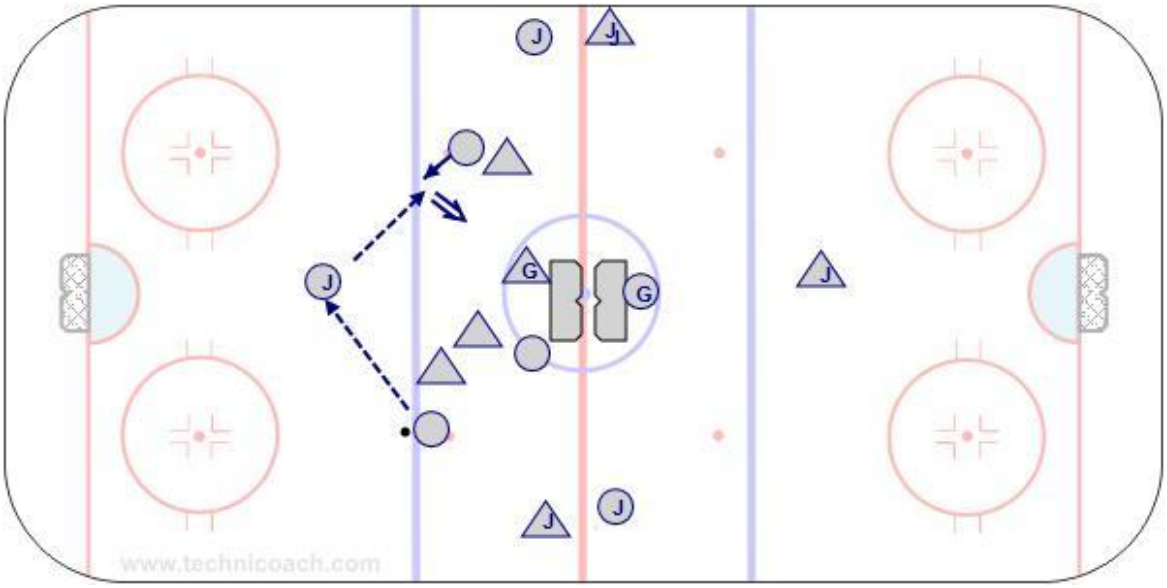

DT 2-4 Gaining Position in the Slot

Key Points:
Offensive players fight for offensive side and to keep their stick free and defensive players fight for defensive side and to control the attackers sticks.

Description:
1. All players are in front of the net in two colours.
2. Start with the coach calling red offense and they try to get open and the blue cover them and control their stick.
3. Progress to 2 coaches at the point. One on each team. When they pass the players change roles O to D and D to O.
4. Play a game where the defenders must pass to their coach at the point to be on offense.
5. Offensive coach can shoot or pass.
5. Everyone stays within the dots and below the top of the circles.

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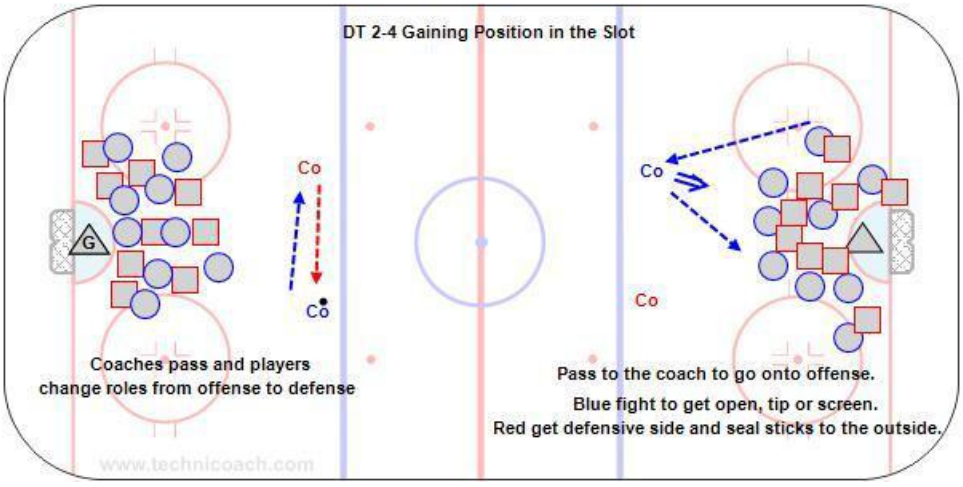


DT 2-4 Gaining Position in the Slot

Key Points:

Offensive players fight for offensive side and to keep their stick free and defensive players fight for defensive side and to control the attackers sticks.

Description:

1. All players are in front of the net in two colours.

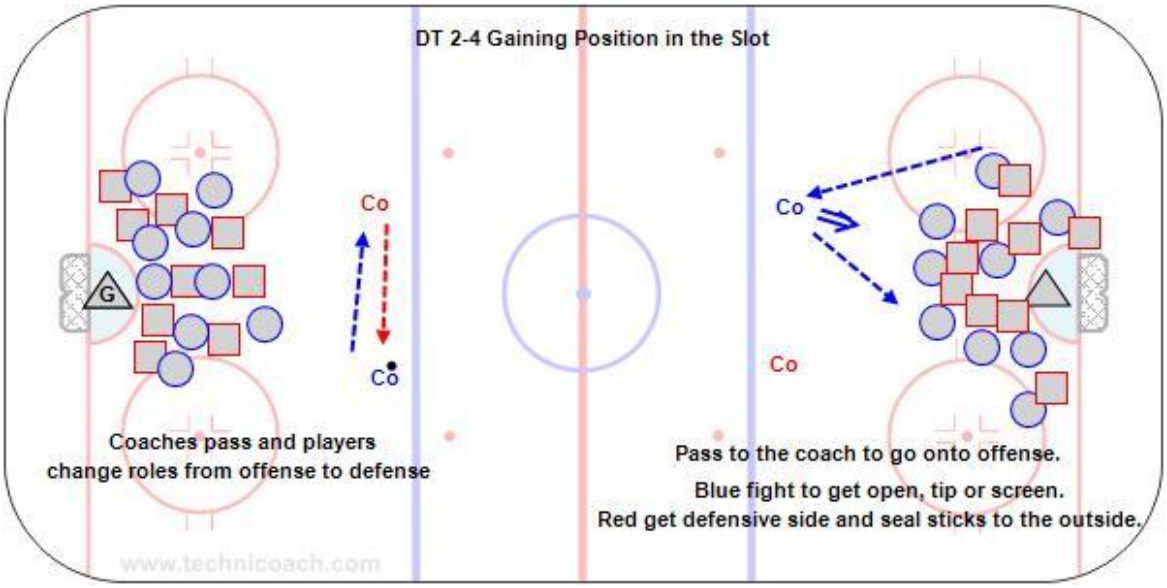
2. Start with the coach calling red offense and they try to get open and the blue cover them and control their stick.

3. Progress to 2 coaches at the point. One on each team. When they pass the players change roles o to d and d to o.

4. Play a game where the defenders must pass to their coach at the point to be on offense.

5. Offensive coach can shoot or pass.

5. Everyone stays within the dots and below the top of the circles.



DT 100 Swedish Transition 1-1

Key Points:

Players lined up in the neurtral 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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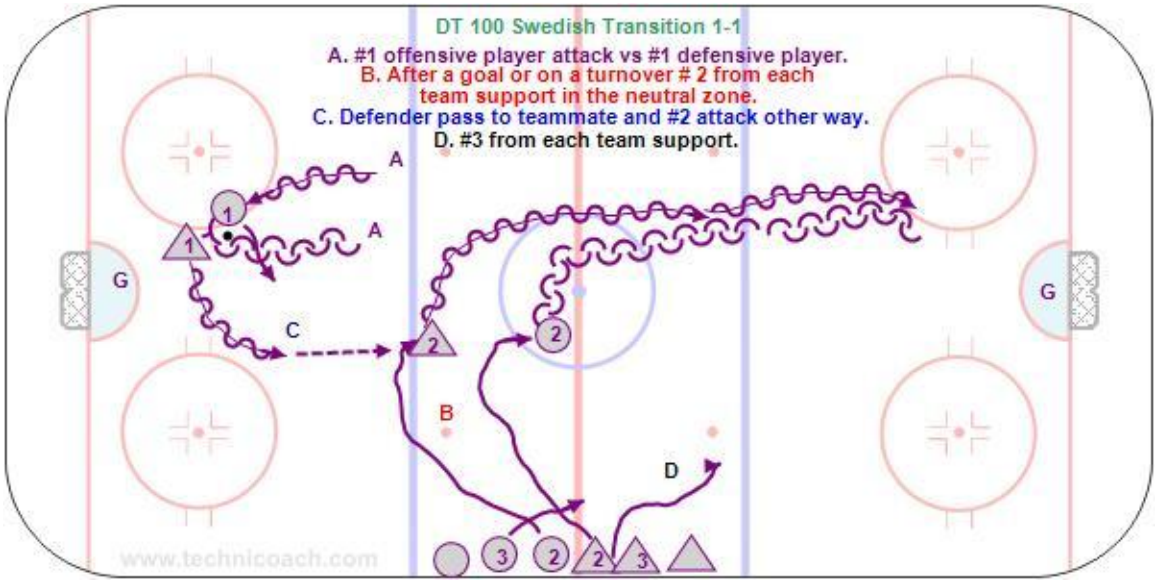

DT 400 Continuous Game of 2 on 2

Key Points:

Allow the attackers to cross the blue line before leaving.

Sequence is Support-Attack-Defend-Breakout-Rest

Description:

1. Players line up behind the blue lines on each side.

2. Offensive 1 and 2 attack vs defenders 1 and 2

3. Defenders 3 and 4 leave and the support the defense from the top of the circle.

4. Offensive 1 and 2 must attack with speed.

5. After a goal, frozen puck or breakout pass 3 and 4 skate to the far blue line and turn to attack the original offensive 1 and 2.

6. Two players leave to support the defending team.

7. Continue this flow.

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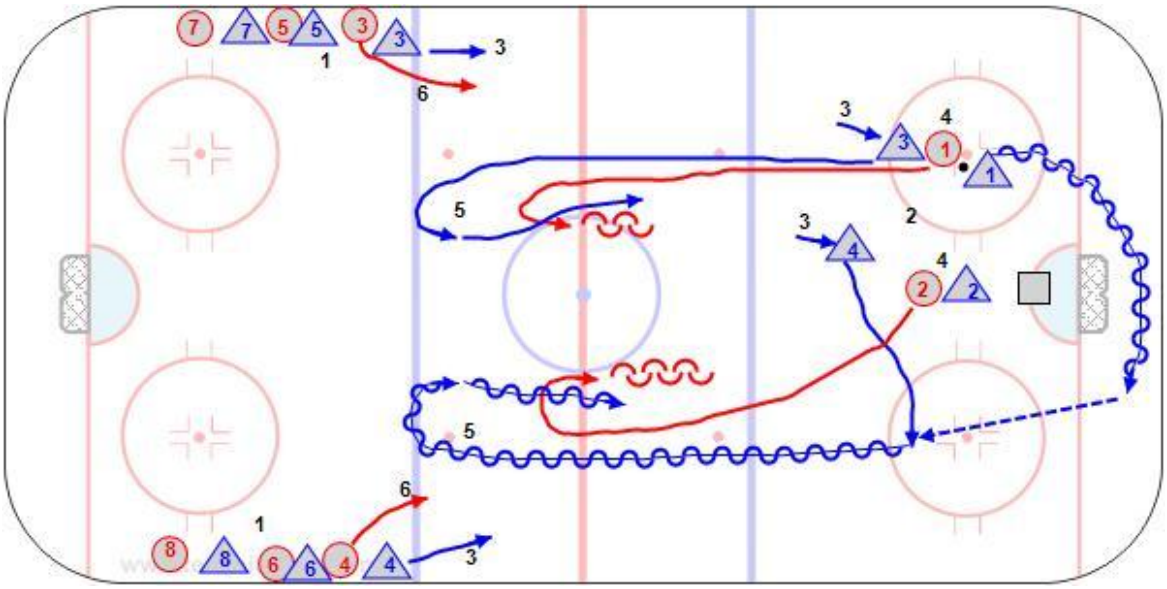

DT 400 Game with Attack-Defend-Rest Rotation

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, 4o-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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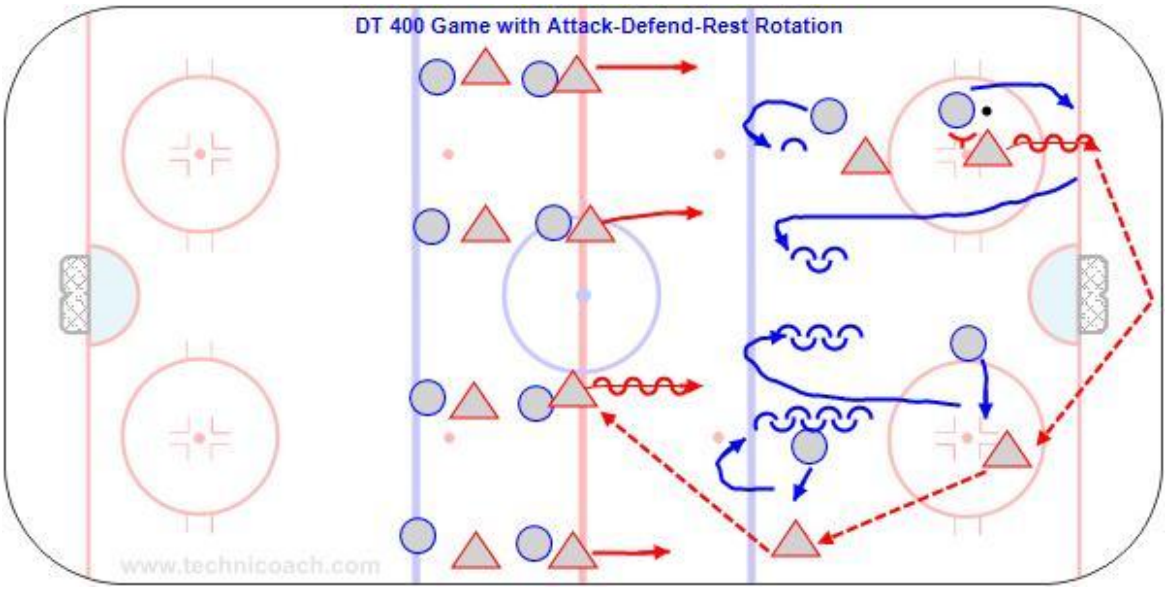


DT 400 Two Net Game - Joker at Point

Key Points:

Players constantly transition from offense to defense and defense to offense. They must fight to get on the defensive side.

Description:

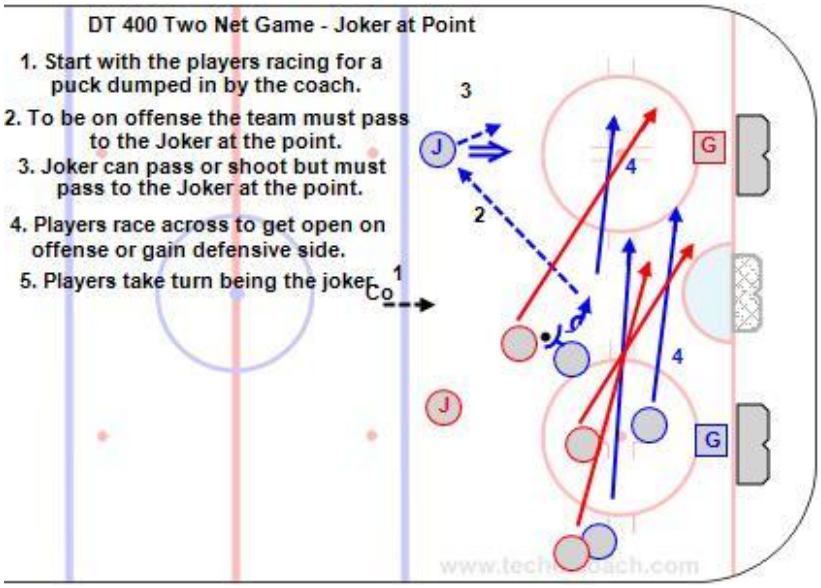
1. Start with the players racing for a puck dumped in by the coach.

2. To be on offense the team must pass to the Joker at the point.

3. Joker can pass or shoot but must stay at the point.

4. Players race across to get open on offense or gain defensive side.

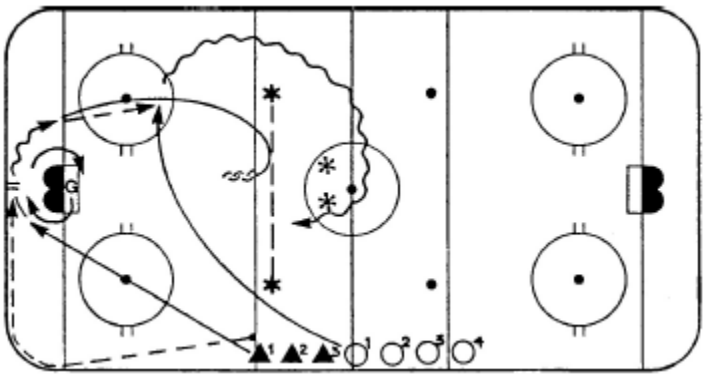
5. Players take turn being the joker.

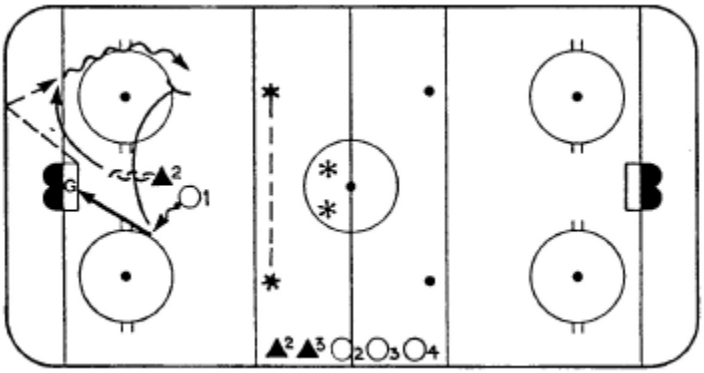


DT - Half ice 1-1 G with Two Goals to Teach Transition from Defense to Offense in DZ - Koutsi97

Key Points:
- D1 to breakout with the puck to the middle of the ice by skating
- O1 to start the back-check

Description:
1. D1 starts by dumping the puck behind the net (goalie to stop)
2. D1 skates to the puck and drive skates to middle ice
3. O1 reads the breakout and times himself for a breakout pass from the D1
4. D1 follows the pass, pivots, closes the gap and plays 1-1 with O1
5. if D1 wins the puck, he tries to skates to NZ through the faceoffs dots (a goal)
- after save goalie passes to D1, after goal D2 start the drill again, coach stops the drill after 20s
- coach can put two cones to the faceoffs dots as a goal if needed





DT - Half ice 1-1 transition game with two goals to teach transition from defense to offense in DZ - Koutsi97

Key Points:
- D1 to breakout with the puck to the middle of the ice by skating
- O1 to start the back-check

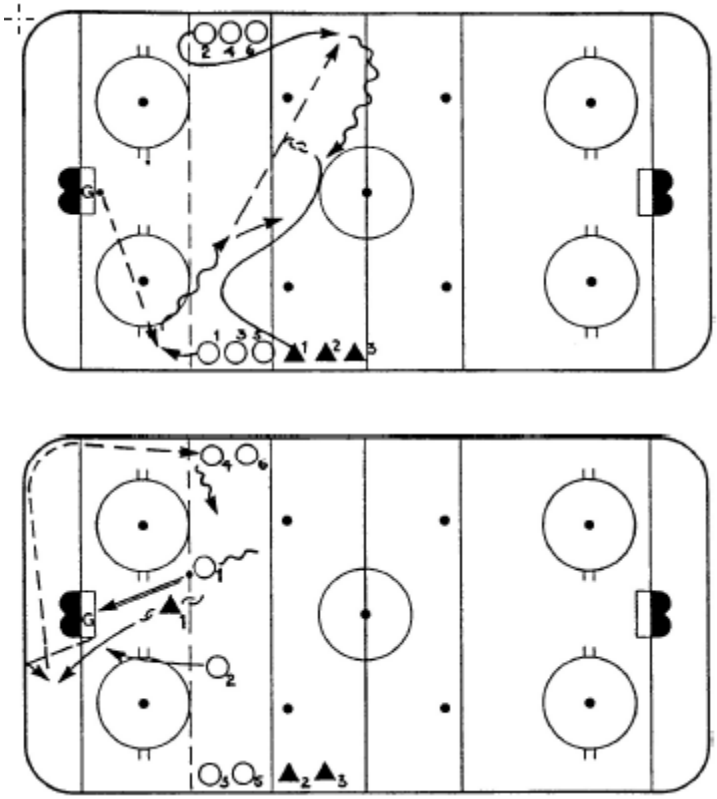
Description:
1. D1 starts by dumping the puck behind the net (goalie to stop)
2. D1 skates to the puck and drive skates to middle ice
3. O1 reads the breakout and times himself for a breakout pass from the D1
4. D1 follows the pass, pivots, closes the gap and plays 1-1 with O1
5. if D1 wins the puck, he tries to skates to NZ through the faceoffs dots (a goal)
- after save goalie passes to D1, after goal D2 start the drill again, coach stops the drill after 20s
- coach can put two cones to the faceoffs dots as a goal if needed

1-1 12a-1.png
1-1 12a-2.png

DT - Half ice 2-1 Game to Teach Transition from Defense to Offense in DZ - Koutsi97

Key points:
- O1 and O2 to score AND back-check(player /w puck; threat to score, shoot, player /wo puck; drive to the net, rebound)
- D1 to win the puck and give breakout pass (quickly to open ice and pass)

Description:
1. goalie start by passing to O1
2. O1 skates to center and passes to O2
3. D1 start at the same time as O1, pivots and closes the gap
4. O1 and O2 play 2-1 against D1
5. D1 tries to win the puck and give a breakout pass to O3 or O4
- after save or goal, the goalie passes to D1 who continues breakout to O3 or O4
- after 20s coach whistles and next O's starts the drill again.



DT - Half ice 2-1 transition game to teach transition from defense to offense in DZ - Koutsi97

Key points:
- O1 and O2 to score AND back-check(player /w puck; threat to score, shoot, player /wo puck; drive to the net, rebound)
- D1 to win the puck and give breakout pass (quickly to open ice and pass)

Description:
1. goalie start by passing to O1
2. O1 skates to center and passes to O2
3. D1 start at the same time as O1, pivots and closes the gap
4. O1 and O2 play 2-1 against D1
5. D1 tries to win the puck and give a breakout pass to O3 or O4
- after save or goal, the goalie passes to D1 who continues breakout to O3 or O4
- after 20s coach whistles and next O's starts the drill again

2-1 8a-1.png
2-1 8a-2.png

DT - Transition from defense to offense in DZ - by Koutsi97

Here's one transition game for half ice to teach transition from defense to offense in DZ:

1) O1 starts with breakout from the goalie and passes give-and-go with the coach (see 1-1 6a-1)
2) D1 start when O1 receives the pass from goalie and pivots to close the center ice
3) O1 plays 1-1 with D1 below the ringette line and/or starts back-checking
4) D1 tries to win the puck and to give breakout pass to O2 above ringette line (see 1-1 6a-2)
- after save or goal, goalie has to pass to the D1 to start a breakout to O2

Targets/Keypoints:
1) O1 target is to score a goal AND back-check D1
2) D1 target is to win the 1-1 AND to give breakout pass to O2
3) D1 to close the gap as soon as possible
4) O2 has to read-and-react and time his movement to support D1

1-1_6a-1.png
1-1_6a-2.png

A progression to the above game. by Koutsi97

1-1_6b-1.png
1-1_6b-2.png

DT Full ice 2-1 Game with One Puck to Teach Transitions

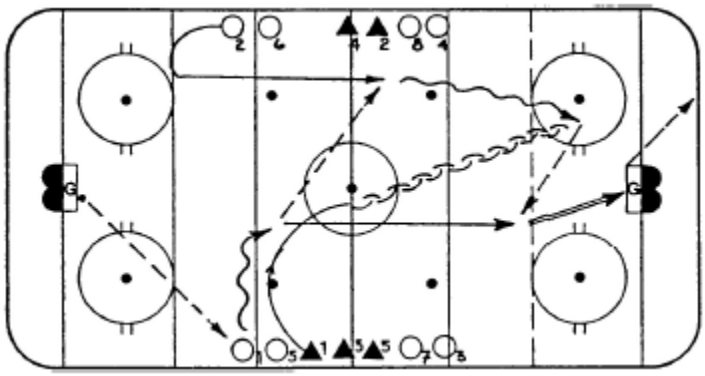
Key Points:

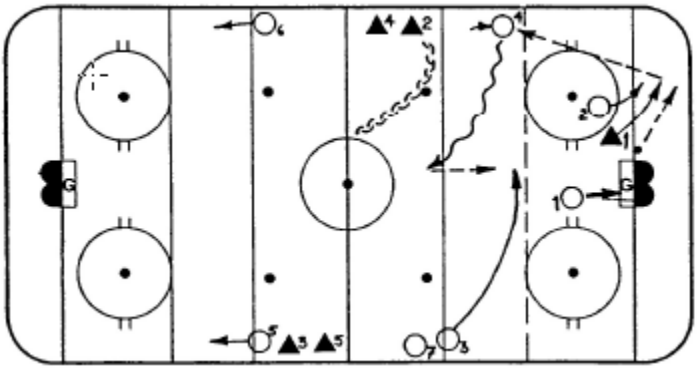
- O1 and O2 to score (shoot, drive to the net, rebound) and to start fore/backcheck
- D1 to prevent goal (defend the middle of the ice, prevent pass, play stick in front of the goal), win the puck and to breakout to O3 and O4

Description:

1. O1 and O2 starts the drill by receiving a pass from goalie
2. O1 and O2 quickly through NZ and play 2-1 against D1 below the ringette line
3. after puck crosses the blue line O3 and O4 can support D1 above the ringette line
4. D1 tries to win the puck and to pass to O3 or O4, or if puck comes over the ringette line O3 and O4 can start new 2-1 against D2

- after save goalie passes to D1 and O1 and O2 can forecheck, after goal goalie passes to D1 who passes to O3 and O4
- O1 and O2 can fore/backcheck only to OZ blue line
- coach can stop the 2-1 after 20s and then D1 breakouts to O3 and O4





DT Full-ice 2-1 Game to Teach Transition from Defense to Offense

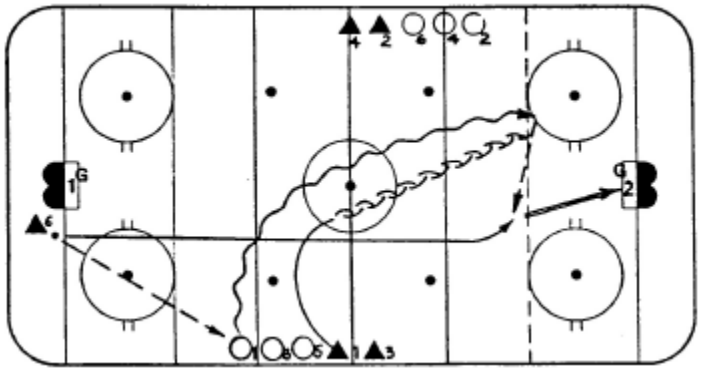
Key Points:

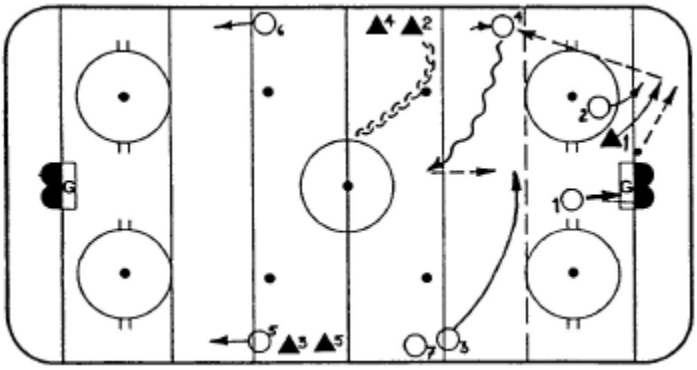
- O1 to score a goal and to start backchecking (only to offensive blue line)
- D1 to win the puck, to breakout with O2 and to support O2 in 2-1 against D2

Description:

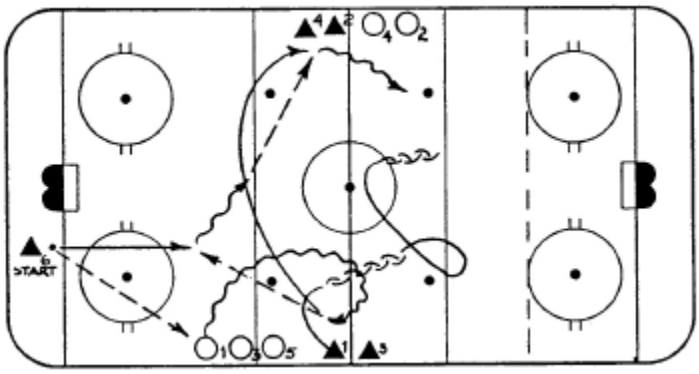
1. D6 starts the drill behind the goal line by giving breakout pass to O1.
2. D6 supports O1 to attack 2-1 against D1 to above ringette line
3. D1 start at the same time as O1, pivots at the red line and plays 2-1 against D6 and O1
4. after direct attack, O1 plays 1-1 against D1 below the ringette line
5. if D1 wins the puck, he passes to O2 and supports O2 to attack 2-1 against D2

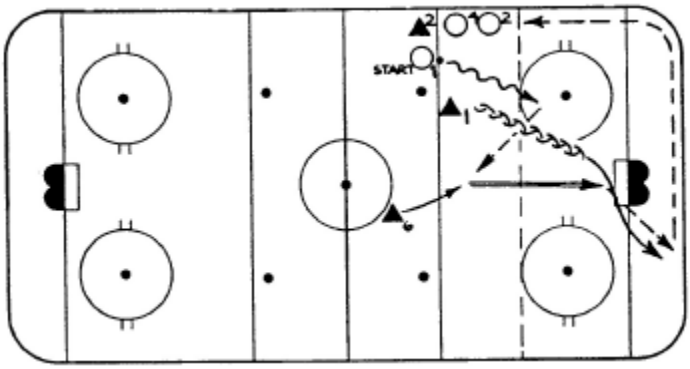
- after save or goal goalie passes to D1, who gives breakout pass to O2
- coach can end the 1-1 after 20s if needed





Variation to this full-ice 2-1 transition game with regroup in the NZ – diagrams on PDF.





DT Half ice 1-2 Game With Two Goals to Teach Transition from Defense to Offense in DZ

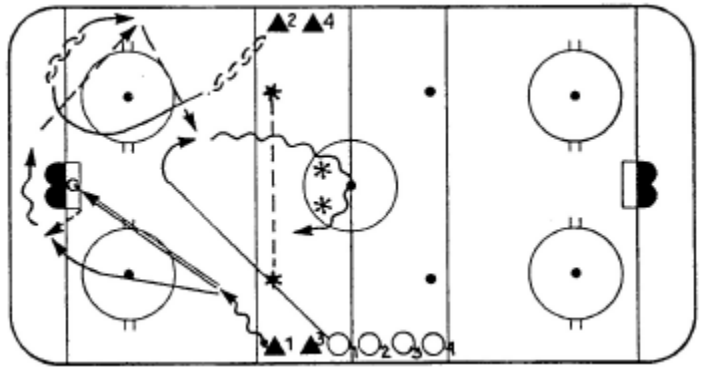
Key Points:

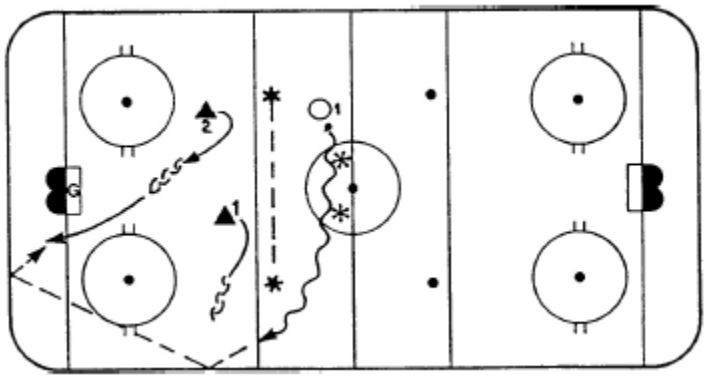
- O1 to dump the puck or to control the puck
- D1 and D2 to hold the blue line, to win the puck quickly and to breakout between the face-off dots

Description:

1. D1 starts the drill by shooting the net or dumping puck behind net
2. D2 start at the same time when D1, goalie passes to D1 or D2 or stops the puck
3. O1 read the breakout and times himself for a breakout pass
4. D1 or D2 makes a breakout pass to O1, and then both pivot at blue line to play 1-2 with O1
5. D1 and D2 try to win the puck and skate or pass with the puck through the NZ face-off dots (a goal)

- after save goalie passes to D1 Or D2, after goal D3 and D4 start a new drill
- O1 can be given the option to dump the puck or not, if dumping then O1 should start forechecking and protect the middle of the ice
- coach can put two cones to NZ face-off dots as a goal for D1 and D2



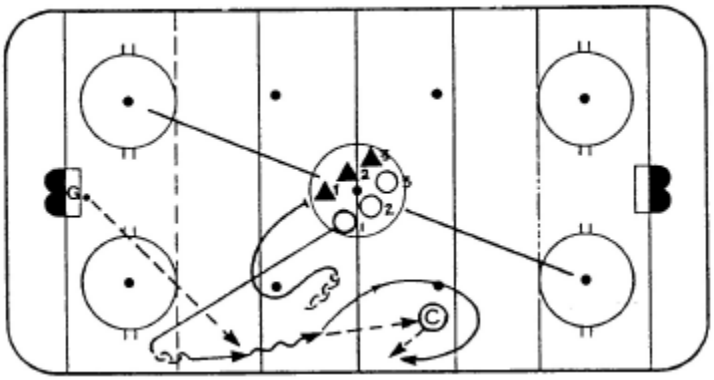


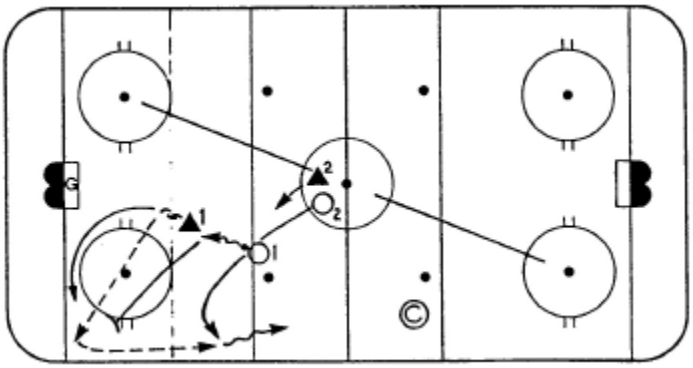
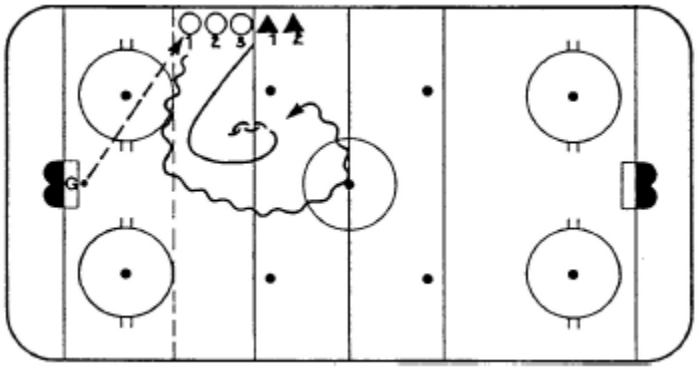
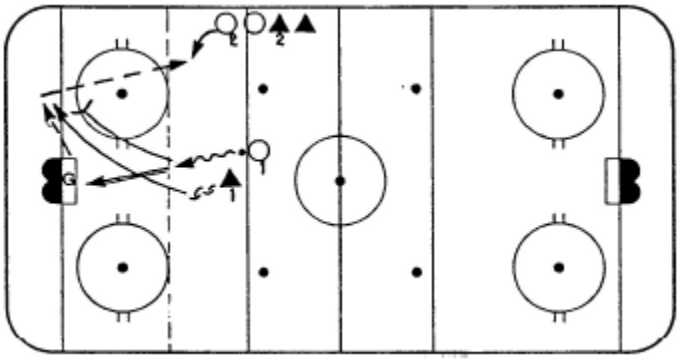
DT Transition From Defense to Offense in DZ: by Koutsi97

Here's one transition game for half ice to teach transition from defense to offense in DZ:

1) O1 starts with breakout from the goalie and passes give-and-go with the coach (see 1-1 6a-1)
2) D1 start when O1 receives the pass from goalie and pivots to close the center ice
3) O1 plays 1-1 with D1 below the ringette line and/or starts back-checking
4) D1 tries to win the puck and to give breakout pass to O2 above ringette line (see 1-1 6a-2)
- after save or goal, goalie has to pass to the D1 to start a breakout to O2

Targets/Keypoints:
1) O1 target is to score a goal AND back-check D1
2) D1 target is to win the 1-1 AND to give breakout pass to O2
3) D1 to close the gap as soon as possible
4) O2 has to read-and-react and time his movement to support D1





A progression to the above game. by Koutsi97