

Offense to Defense to Loose Puck Transitions in a Game

The video clip below will surprise most coaches when you see how many transitions there are in ONE hockey shift. The nature of the game is that a player is constantly transitioning from offense to defense to loose puck battles. This shows how good habits like facing the puck with the stick on the ice, defensive side, quick offense need to be made a priority when we practice. Transition from offense to defense to loose puck is the constant in the game and the teams that do that best will be the most successful.

Detroit vs. Pittsburgh - a demonstration of the transition between the 3 game situations, and 4 game playing roles in one minute of an NHL game.

0-Loose Puck 1-Offensive 2-Defensive Situations are worked on as well as the Four Game Playing Roles

Offense: Role 1 – player with the puck and Role 2 – players supporting the puck carrier.

Defense: Role 3 – player checking the puck carrier. Role 4 – players covering away from the puck.

(The colours are from the posting on the transitions in a hockey game that shows one minute of Detroit vs. Pittsburgh and the colours appear at the top when Detroit is 0-battling for a loose puck 1-on offense 2-on defense.. It is a great example of what really happens in a hockey game and why it is a game of transition. The video was prepared by Kai Katajalehto who coaches in Finland.)

The video link is below.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140409155804705>