

T – Hockey A Game of Transition

In a game between two even teams.

Your team will get the puck about 180 times.

The opponent will get the puck about 180 times.

Loose puck situations happen between going from offense to defense and from defense to offense.

Three Game Situations Percentages

Your team is on offense 35% of the time.

Your team is on defense 35% of the time.

The puck is loose 30% of the time.

Video Example:

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160402113829885>

<https://youtu.be/Jh0SYNZiGwU>

There is a coloured circle at top right hand corner to represent the game situation.

Green – your team is on offense.

Red – your team is on defense.

Yellow – loose puck.

Coaches Challenge: Prepare our players to play this game of 'ConstantTransition.'

These video clips 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.

Video prepared by Finnish coach Kai Katajalehto.