

## DT400 Quick Transition Game - U15

### **Key Points:**

Players must quickly transition between the 4 game playing roles.

Offense: Role 1. Puck carrier. Role 2. Support puck carrier.

Defense: Role 3. Check puck carrier. Role 4. Cover away from the puck.

### **Description:**

1. Play 2 on 2 to focus on transition between the four game playing roles.
2. Extra players wait at the blue line or to create a tight area game at the top of the circles.
3. Attack and try to score.
4. On a goal, frozen puck or turn-over the defending team pass to waiting teammates.
5. New offensive players attack vs. the players who lost the puck on offense.
6. Players who passed now rest.

*\* Keep score and have tournaments.*

*\* Any number from 1-1 to 5-5 can be used and move the waiting players to reduce or expand space.*

*\* Modified rules can be used to focus on individual or team skill.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20141224104512232>

