

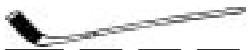
DT – Transition Games Manual - 2019

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<http://hockeycoachingabcs.com>



TRANSITION GAMES TO TEACH THE 4 GAME-SITUATION ROLES

When the players have learned the basic skills by doing **one-way** drills where offensive or defensive responsibility is repeated but there is **no transition**, then it is time to practice using the skills in more **realistic situations** that demand both good technique and game understanding.

Transition games allow the coach to create any numerical situation that happens in a hockey game. The players practice the situation **under game pressure** in the same zone as it would occur in a game.

Levels 3 and 4 show transition games where players **passively** wait in the neutral zone and become **active** when the puck is passed **over the blue line**. These games can be used to create power-play and penalty situations or to create various numerical situations at each end.

In levels 5 and 6 transition games the players **come into** and **leave the play** according to the game situation, so the coach doesn't have to be continually blowing his/her whistle, but is free to talk to the players as the game is going on.

Any of the game formations can be used for transition games. The D200 cross-ice games and D600, D700 and D800 small-area formations use the same rules as the D100 and D400 transition games that are described below.

HOW TO ORGANIZE A TRANSITION GAME

To organize a transition game the coach must decide what **individual or team skill** to work on and then devise the game. Take your time and go slowly, first **step by step**. Let the players do everything in slow motion so that the game is understood.

When the players are comfortable with the flow of the game the coach can add modified rules to practice individual or team skills. The transition game itself is like a template for teaching all the various situations in the game.

Individual and team-skill work can be added by modifying the rules. For example, to work on the team-skill of **cycling** deep in the offensive zone have the rule that all goals must originate from plays below the goal line. An example of how to work on individual skills would be to designate the **number or type** of passes that must be used or what kind of shot is required to score.

It works best if you start a transition game 1-on-1 and work on game-situation roles 1 and 3. The individual techniques are the foundation for all team play and the 1-on-1 gives all of the players a chance to understand the flow of the game.



After the coach has decided what **needs** to be worked on and where on the ice it should be done, then the flow of the game – who gets support during the play, determines the type of transition game to use.

In transition games you go **from offense to defense and from defense to offense**. The coach can create the situation he/she wants to work on by having the passive players:

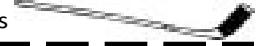
1. Give support to the defense
2. The offense
3. Both the offense and the defense.

When the new players come into the play they must assume the **appropriate** game-playing role of either offensive or defensive support.

The cards in this level will show D100, full-ice games and D400 half-ice games that show:

- 1 Transition games where players wait in the neutral zone for a breakout pass and the play goes toward the other end. This game isolates situations in the neutral zone and at each end (*game-situation roles 1, 2, 3 and 4*).
- 2 Transition games where the attacking team gets support from teammates joining the play (*game-situation role 2*).
- 3 Transition games where the defending team gets support from back checkers (*game-situation role 4*).
- 4 Transition games where both the offensive and defensive teams have supporting players join the play (*game-situation roles 2 and 4*).

As the play continues their roles change from defensive to offensive or offensive to defensive responsibilities and all 3 playing situations: offense, defense and loose puck will be encountered.



CARD 153 LEVEL 3 – 4 LEARNING THE GAME



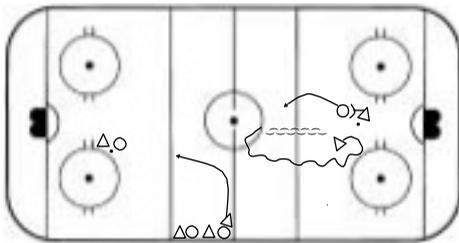
D, ORIENTATION

PLAYING ON 1 GOAL

Play a half-ice 1-on-1, 2-on-2, 3-on-3, 4-on-4, 5-on-5 or any odd-numbered situation to practice the 4 player roles, the rules and transition from offence to defense. The unit that gains the puck either plays the puck to neutral zone to a new unit, or they must carry the puck and all players get onside before entering the zone again. The other option is to have the attacking team pass twice before they can score. All of these rules give sufficient time for the opponent to regroup for defense.

D-3032

CARD 154 LEVEL 3-4 LEARNING THE GAME



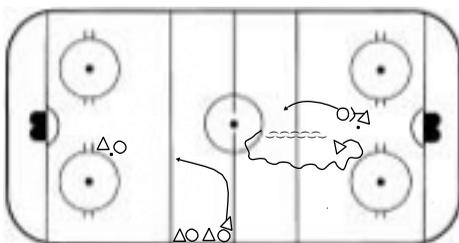
a b
D, ROLES 1, 2 AND 3

HALF-ICE TRANSITION GAME OF 1-ON-1 THEN 1-ON-2

1 offensive player attacks 1-on-1 versus a defender. A backchecker follows the play from the boards and gives defensive support from a few meters away on the defensive side, (a).

continued on card 155

CARD 155 LEVEL 3 LEARNING THE GAME



a b
D, ROLES 1, 2 AND 3

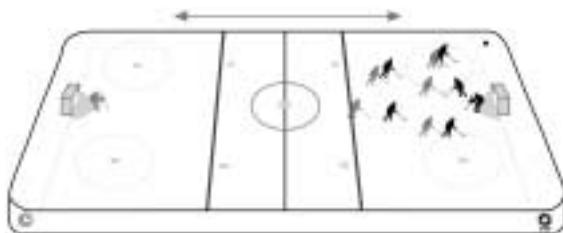
HALF-ICE TRANSITION GAME OF 1-ON-1 THEN 1-ON-2

When the defense regains the puck the backchecker skates to the red line and turns back, trying to score on a new defender who has skated from the lineup on the boards, and plays a defensive 1-on-1, (b).

To work on all 4 roles, you can do this as a 2-on-2 with 2 defenders supporting and then going on offense versus the original attackers.

Variation:

To enable the defender to get into the neutral zone, the original backchecker skates to the far blue line before turning back to attack.

**CA RD 233****LEVELS 5-6****LEARNING THE GAME****D, ORIENTATION****PRINCIPLES OF USING TRANSITION GAMES TO LEARN TO UNDERSTAND THE GAME**

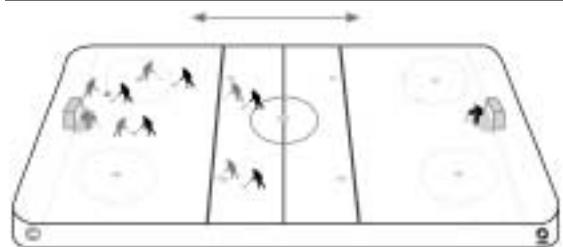
- All defend-attack-leave half-ice and full-ice games can isolate the defensive-zone team-play skills of 1-on-1 up to 5-on-6 as well as the penalty-killing skills.
 - All attack-defend-leave half-ice, full-ice and cross-ice games can isolate the defensive-zone team-play concepts from the 1-on-1 up to 5-on-6.
- All continuous half-ice and full-ice games with both offensive and defensive support can be used to practice specific positions in all situations.

All full-, half- and cross-ice games where 1 defensive player waits outside of the defensive zone are good for practicing defensive skills in outnumbered situations, e.g., 5-on-5 full-ice game with 1 defensive forward staying in the neutral zone creates a 5-on-4 in the zone.

D-5/6001

GAMES WITH PLAYERS WAITING FOR THE PUCK IN THE NEUTRAL ZONE

1. Transition games where players wait in the neutral zone for a break-out pass and the play goes towards the other end. This game isolates situations in the neutral zone and at each end (game-situation roles 1, 2, 3 and 4).

CARD 234**LEVELS 5-6****TRANSITION GAMES****C300****DEFENDING 3-ON-3, 2-ON-2, IN THE DEFENSIVE ZONE**

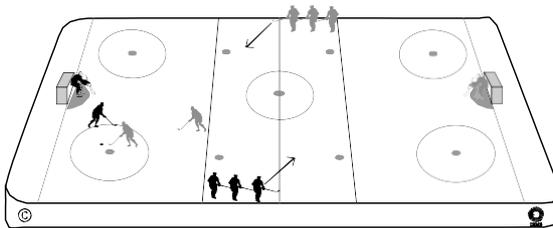
Attack-Defend-Pass-Leave Sequence. In order to isolate offensive and defensive situations; play a full-ice game of 5-on-5 where each team leaves 2 players in the neutral zone when 1 team attacks 3-on-3 and 2 players from each team stay in the neutral zone as the opponent attacks the other goal 2-on-2. The game is organized in the following manner:

- 1 team attacks 3 versus 3 and when the defending team gets the puck they pass to the neutral zone and there will be a 2-on-2 situation at the other end.
- In the 3-on-3 situation, 1 line plays 2 defenseman and 1 forward as a backchecker while defending. The other 2 forwards attack 2-on-2 the other way.
- The other line has 3 forwards on offense and 2 defensemen for the 2-on-2 at the other end. Many other numerical situations can be practiced using this method. Have all forwards take turns being the backcheckers.
- Halfway through the game, change so the other team plays the 2-on-2 and 3-on-3 situations.
- The shifts can be timed or the players can change on the go after they have attacked and defended.
 - * Any number of players from 1 to 5 can wait in the neutral zone.
- A modification of this game is to have the defensive team wait in the neutral zone and play against the team that is breaking out of their defensive zone.

C300-5/6002

DEFEND- ATTACK GAMES

2. Transition games where the attacking team gets support from teammates joining the play (game-situation role 2).

CARD 235
LEVELS 5-6
TRANSITION GAMES


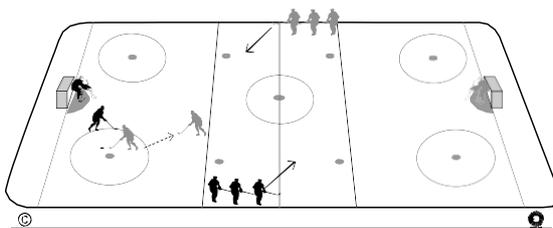
**D100 , FULL-ICE
DEFEN D- ATTACK GAME**

- After a goal, or when the defender regains the puck and crosses the blue line, he/she attacks the other way versus the new player at the point. The original defender goes to the back of the line.
- At advanced levels the coach can add more players and a regroup in the neutral zone with the original players follow the play until the puck crosses the offensive blue line.

This game works on all situations up to a 3-on-3 but is especially good for teaching the 4 game-situation roles deep in the offensive and defensive zones.

In this game you line the players along the boards in the neutral zone.

- Start with a 1-on-1 situation with a player from the lineup supporting the attacking player at the point.
- * * The offensive player tries to score and the defensive player tries to regain the puck and attack the other way.

CARD 236
LEVELS 5-6
TRANSITION GAMES


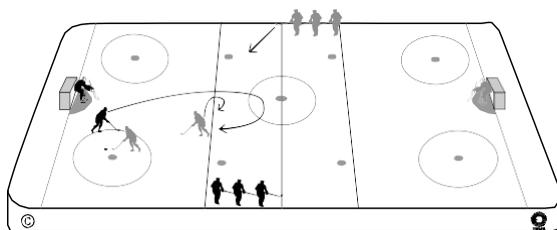
**D100 FULL ICE DEFEN D GA ME
WIT H A PASS TO T HE POINT**

- After a goal or when the defender crosses the blue line, he/she attacks the other way versus the new player at the point. The original attacker goes to the end of the line in the neutral zone.

This game works on all situations up to a 3-on-3 situation. The pass to the point creates a situation where the defender must keep the attacker from screening the goalie, getting a pass or scoring on a rebound.

- Start with a 1-on-1 and the attacker gets support from a teammate waiting in the neutral zone when the puck crosses the blue line.
- The attacker may pass to the point. The point man cannot walk in and shoot, but must pass or shoot within 2 seconds. This enables the defender to continue playing the 1-on-1 low. (This simulates that the point man is being covered.)

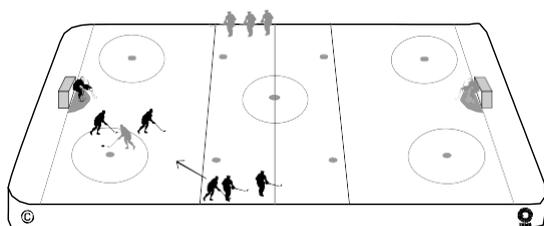
At advanced levels the coach can add more players and a regroup in the neutral zone with the original players not leaving until the puck crosses the offensive blue line. This is great for working on defensive gap control.

**CARD 237****LEVELS 5-6****TRANSITION GAMES****HALF-ICE DEFEND-ATTACK GAME WITH A PASS TO THE POINT**

- Start with a 1-on-1 and the attacker gets support from the lineup in the neutral zone when the puck crosses the blue line. The attacker may pass to the point. The point man cannot walk in and shoot, but must pass or shoot within 2 seconds.
- This enables the defender to continue playing the 1-on-1 low.

The pass to the point creates a situation where the defender must keep the attacker from screening the goalie, getting a pass or scoring on a rebound.

- After a goal or when the defender skates out to the red line with the puck, the point man mirrors him and turns, defending the original goal.
- When the defender crosses the blue line with the puck, the original attacker goes to the end of the line in the neutral zone.
- At advanced levels the coach can add more players and a regroup in the neutral zone. The new offensive player skates to the far blue line before turning back to attack.

ATTACK-DEFENSE GAMES**3. Transition games where the defending team gets support from backcheckers (role 4).****CARD 238****LEVELS 5-6 ATTACK – DEFENSE GAMES****D100****FULL-ICE ATTACK-DEFENSE GAME**

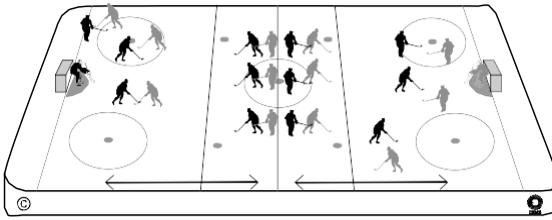
Use the D100 formation starting with a 1-on-1 game with the extra players waiting in the neutral zone.

- The defensive player gets support from a teammate when the puck crosses the defensive blue line.
- The 1-on-1 now becomes a 1-on-2 and the original defender concentrates on the attacker's body while the backchecker picks up the puck and attacks in the other direction while the original attacker backchecks.

- When the puck crosses the offensive blue line the defending player gets support from a teammate making it 1-on-2.
- On a goal, or when the defenders gain the puck, the new backchecker attacks the goal at the other end.
- When the puck is cleared over the defensive blue line the original defending player returns to the lineup on the boards.

This flow of, give defensive support, attack the opponent's net, and then defend, continues.

As many as 3 supporting players can join the play or the coach can send 1, 2 or 3 players to support in order to have the players recognize the game situation.

CARD 239**LEVELS 5-6****TRANSITION GAMES**

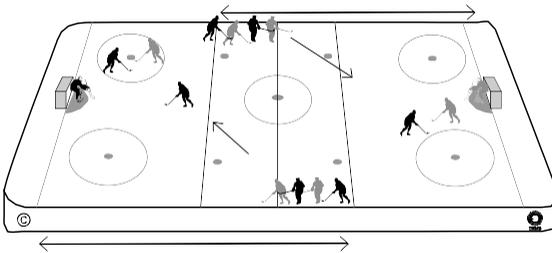
**HALF-ICE GAME OF D400 WITH
THE EXTRA PLAYERS WAITING AT
THE RED LINE**

Play either 1 or 2 D400 half-ice Attack-Defend games at once. Teams are organized into 2 lines of 1, 2 or 3 players each. 1 line attacks or defends while their teammates rest near the red line.

- When the defending team gets the puck they must break out over the blue line and pass to a waiting teammate at the red line. If the puck is simply dumped out then it is a loose puck and any one of the active players can get it.
- When a successful pass is made the passive players go onto offense and attack versus the players who were just on offense.
- When these new attackers lose the puck or are scored on, they must defend against the passive players who are waiting for a pass near the red line.

This game works on all 4 game-situation playing roles and the 3 playing situations.

Play timed games or up to a certain score. Play tournaments and add modified rules that stipulate individual or team skills.

CARD 240**LEVELS 5-6****TRANSITION GAMES**

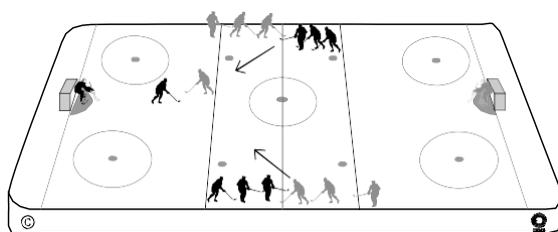
**HALF-ICE GAME OF BACKCHECK –
BREAKOUT – ATTACK – DEFEND –
REST**

In this game the extra players wait along the boards in the neutral zone and backcheck to support the defender when the puck crosses the blue line, making it a 1-on-2 situation.

- When the new defensive player gets the puck he/she skates to the far blue line before turning and attacking the original attacker.
- This flow continues when the puck crosses the blue line and the new defender gets support from a teammate.
- This transition game can be played at 1 or both ends at once. A regroup in the neutral zone can be added to practice keeping a tight gap.

SITUATION ROLES 1, 2, 3, 4

4. Transition games where both the offensive and defensive teams have supporting players join the play (game-situation role 2 and 4).

**CARD 241****LEVELS 5-6****TRANSITION GAMES****D100**

- This is the ultimate transition game to practice all possible play situations from 1-on-1 to 6-on-5.
- To learn the game, start playing 1-on-1 and when the puck crosses the offensive blue line both the attacker and defender get support from the teammates waiting along the boards in the neutral zone.
- The 1-on-1 situation becomes a 2-on-2 and the new supporting players must assume the responsibilities of game-situation roles 2 and 4.

VARIATIONS:

Create any numerical situation by adjusting how many players support the active players. To create even-numbered situations give support with as many defenders as attackers and as many attackers as defenders.

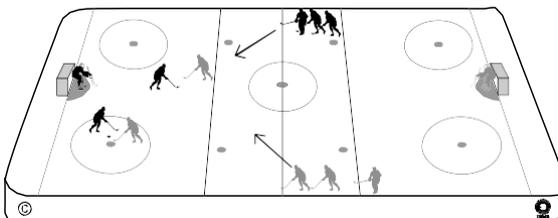
- That is, on a continuous 2-on-1, 2 players would support on defense and 1 would give offensive support.
- The 2-on-1 and 1-on-2 would become a 3-on-3 in the end zones and a 2-on-1 or 1-on-2 in the neutral zone. A 2-on-2 and 3-on-1 through the neutral zone becomes 4-on-4 in the end zones. A 3-on-2 or 2-on-3 through the neutral zone becomes 5-on-5 at each end.
- The supporting players can simply line up on 1 side of the ice and join the play according to the 1-2-3-4-5 principles of team play, or they can play their own position, i.e., as defensemen or forwards.

In the diagram the forwards are on 1 side and the defensemen on the other side.

- The forwards give support to their defense and the defense give support to their forwards when the puck crosses the blue line.
- In the 1-on-1 to 2-on-2 situation in the diagram the defenseman will support from the point and may jump into the play.
- The forward must cover the new defenseman and then get open for a breakout pass when the defender gets the puck, or go low and pick up a loose puck if the defender pins the attacker.

When you have a continuous 2-on-1 the first backchecking forward must give low support to the defender and the second backchecker must cover the new defenseman. By using this continuous game the coach can teach team-play concepts as well as work on individual techniques.

The coach can adjust the number of supporting players to create uneven situations, e.g., a 2-on-1 with only 1 backchecking forward and 1 supporting attacker would create a 3-on-2 in the end zone and a 1-on-1 in the neutral zone. When 2 forwards backcheck and 1 attacker joins the play, you have a 2-on-3 attack in the end zone and a 2-on-1 through the neutral zone. The situations are limited only by the imagination of the coach.

CARD 242**LEVEL 4****BASIC SITUATIONS****D400 ,
GAME-SITUATION ROLES 1, 2, 3, 4****A HALF-ICE TRANSITION GAME OF 1-ON-1 THEN 2-ON-2 IN THE DEFENSIVE ZONE**

The team can practice various half-ice situations using this transition game. It is best to have the teams wearing only 2 colors.

- 1 player attack 1 versus 1.
- When the puck crosses the blue line 1 forward (F2), from the defending team and 1 defenseman (D2) from the attacking team follow the play into the zone.

- The backchecker must cover the new defenseman, who supports the attack.
- When the defenders regain the puck or a goal is scored, they break out as far as the red line and then turn back and attack 1-on-1, F2 versus D2.

Keep score and use this method to play games and tournaments. Other situations such as 2-on-1 to 3-on-3, 2-on-2 to 4-on-4, 3-on-1 to 4-on-4 and 3-on-2 to 5-on-5 can be played.

DT4 - Pass Low - Plays from Point- e h

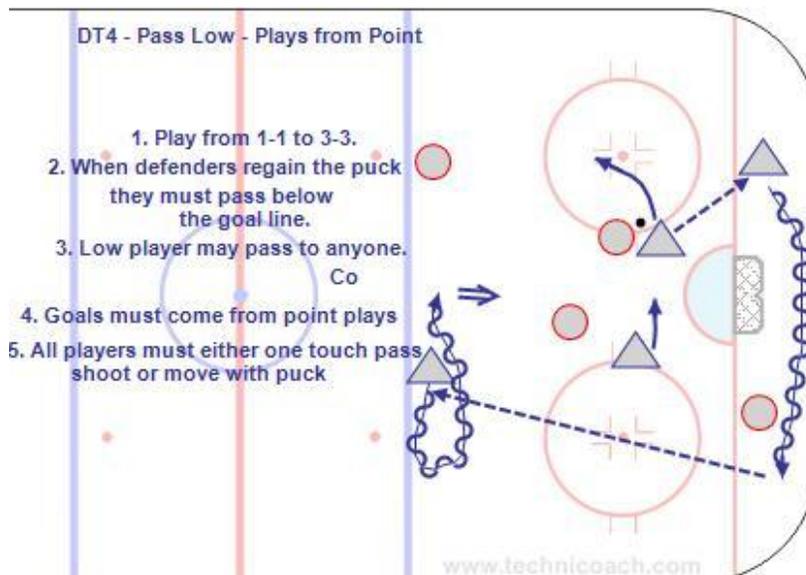
Key Points:

Pass to low man on transition and goals must originate 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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821120758557>



DT4 - Jokers at the Point Various Rules

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. The defender practices covering the point. Low players screen, tip and rebound while defenders box out and take sticks.

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 at the Point Must Shoot

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3. Point Jokers Check Jokers

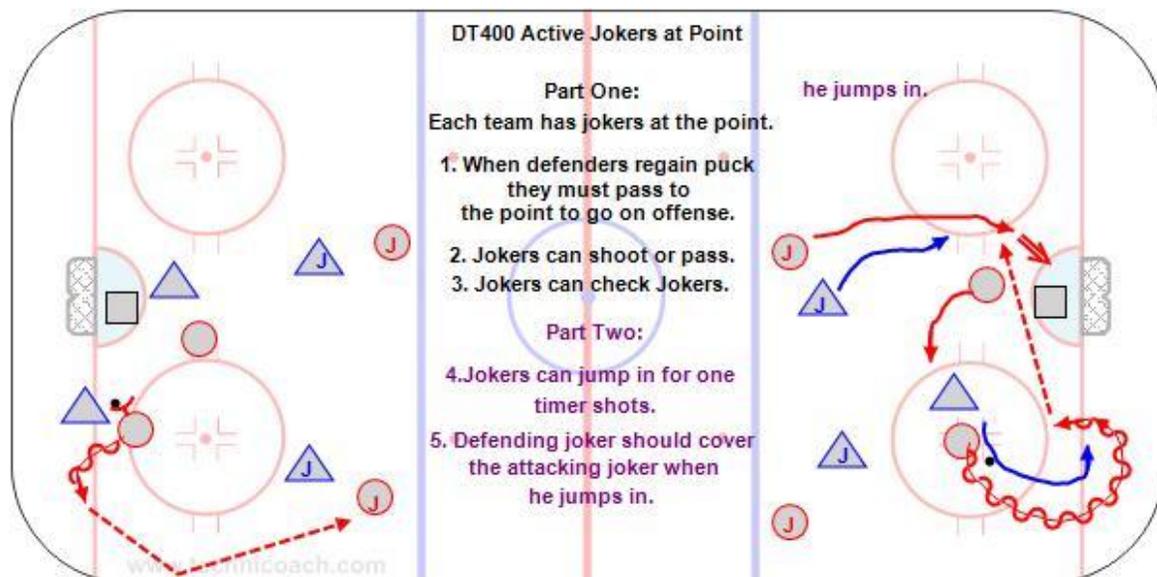
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Part Two:

4. Jokers can jump in for one timer shots.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150103160640456>

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



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.

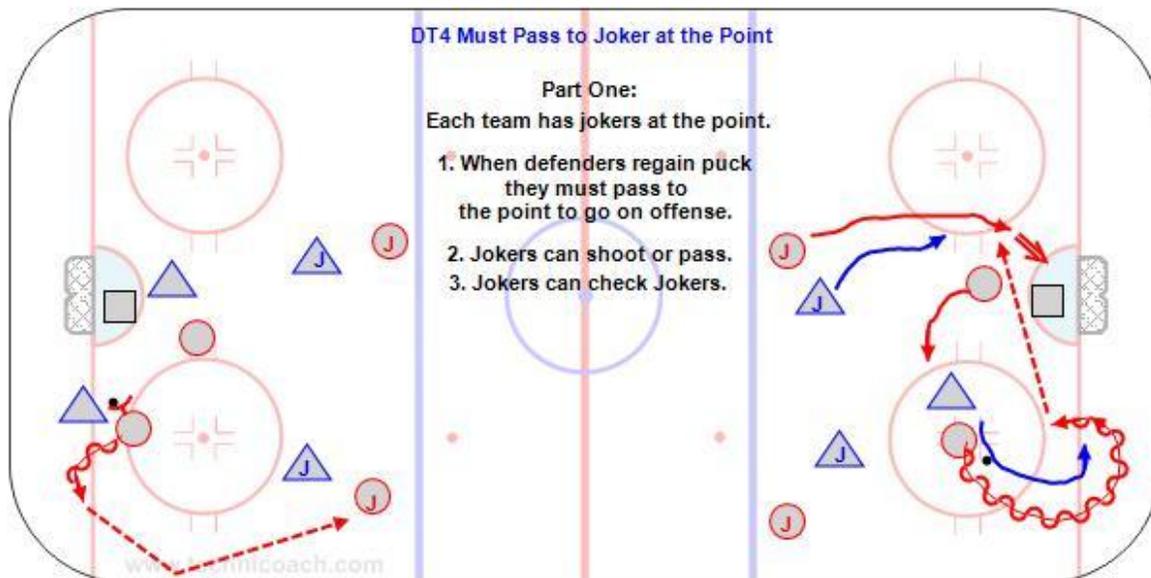
The jokers at the point must get open and take a shot or make a pass. The defender practices covering the point. Low players get open and defenders cover man to man.

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012091408474755>



DT4 One Pass One Second - Russian U20

Key Points:

One touch passes and one timer shots are used. Face the play with the stick on the ice and give quick support.

Description:

1. Play at one or both ends.
2. Transition to offense by making one pass.
3. Puck must stay inside the blue line or defenders get it.
4. Keep score.

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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.

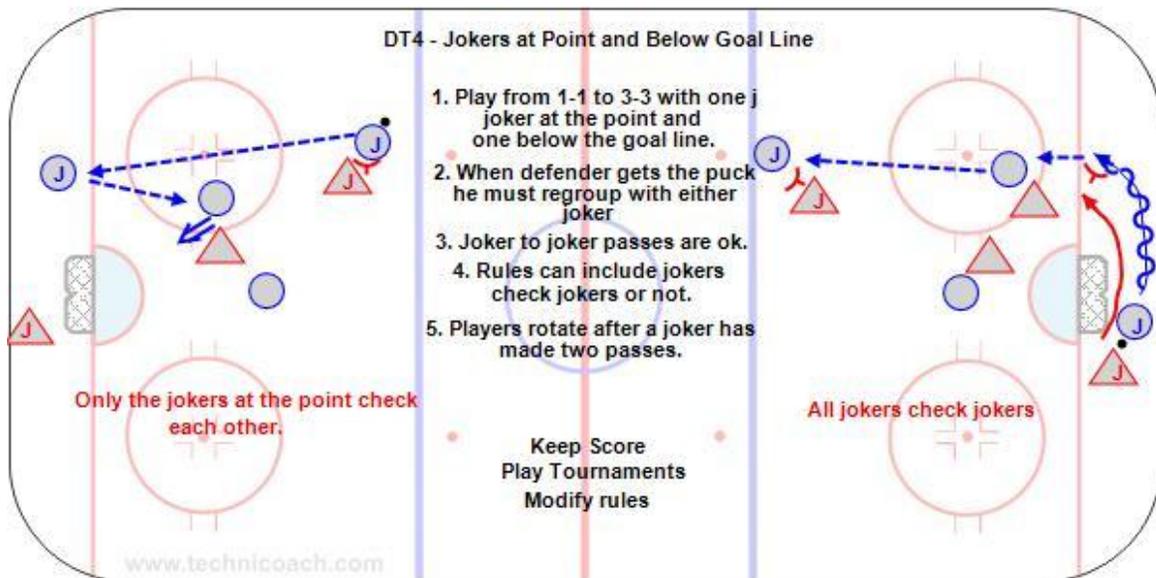
Description:

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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DT4-Jokers at Point and Below Goal Line - ultimate sets e h uth

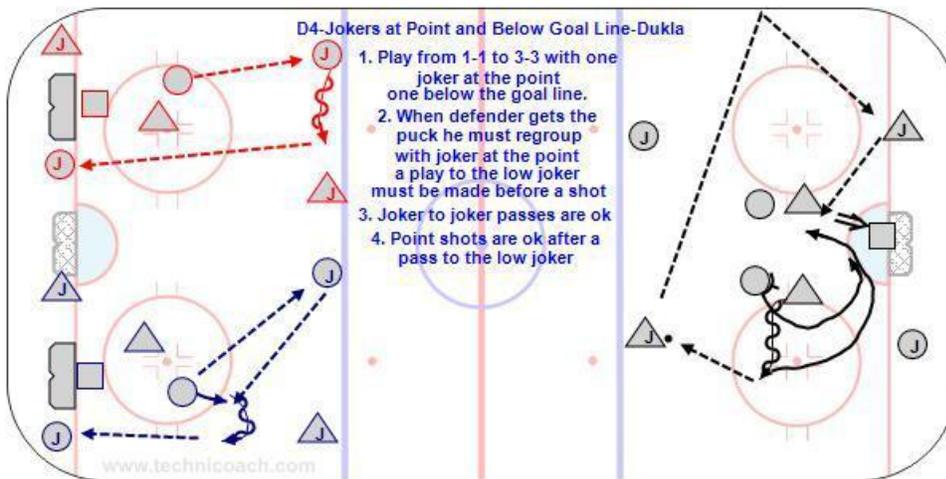
Key Points:

Regroup and get open. Defender go from role 3 to 4 and attacker from role 1 to 2.
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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DT4 - Jokers at Point and Below Goal Line

Key Points:

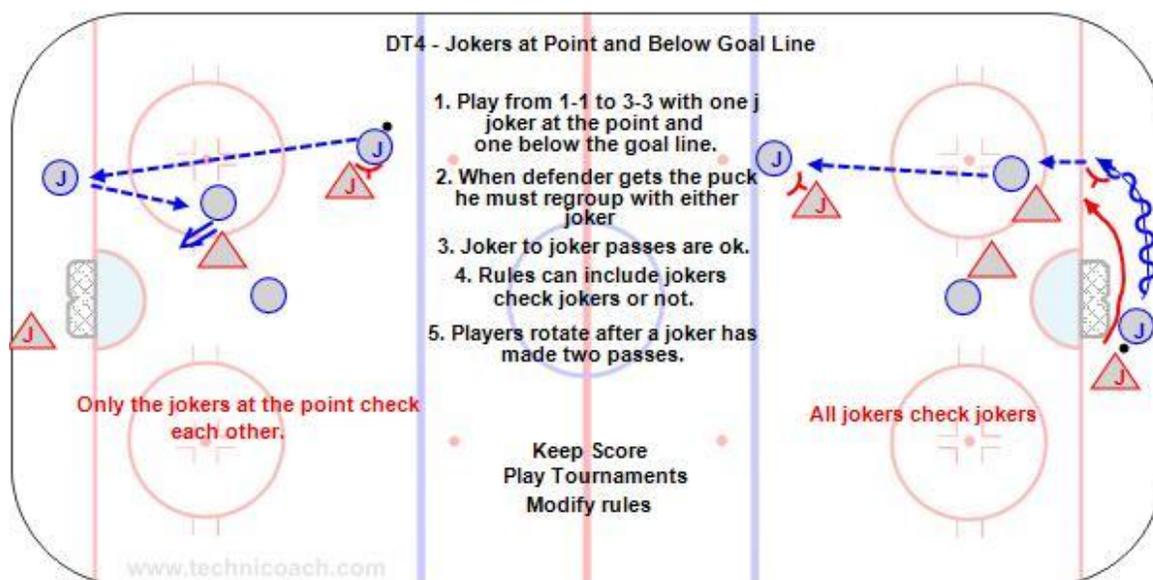
This game is a little bit different because the jokers behind the net and at the point move around. The point jokers can check each other and move in for one timers but not join the rush. In this game the low jokers are not checking each other because I was getting them used to making plays from below 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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DT500 - 1-1 to 3-3 Nets Back to Back - U18F

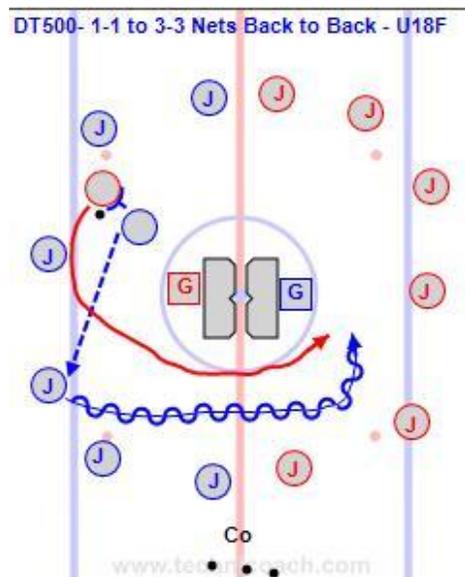
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20130120110852626>



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.

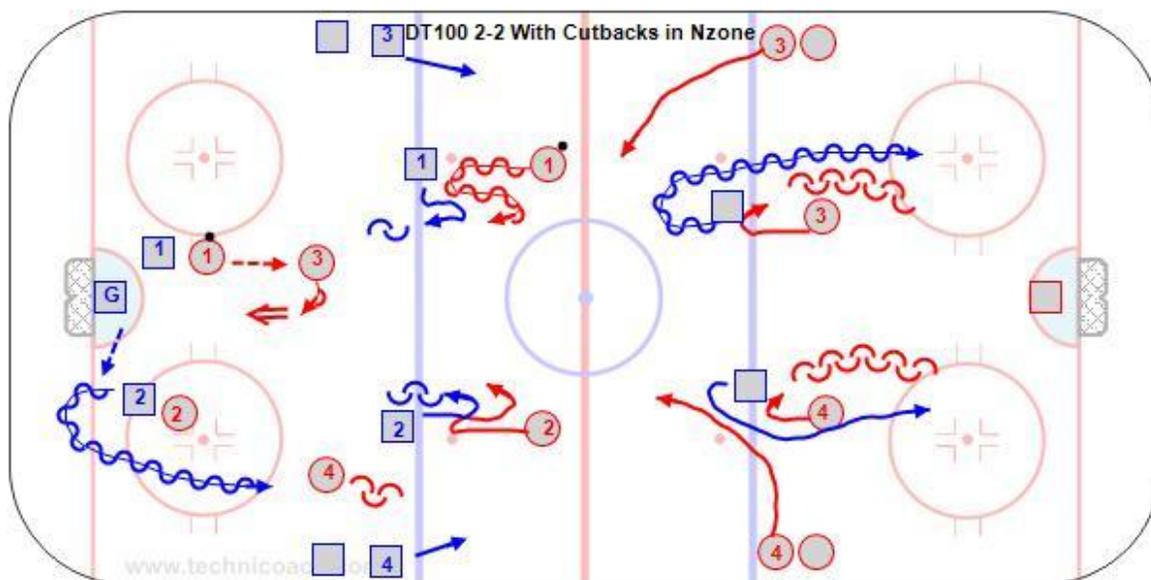
Description:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130213165526595>



DT100 2-2 with Regroup

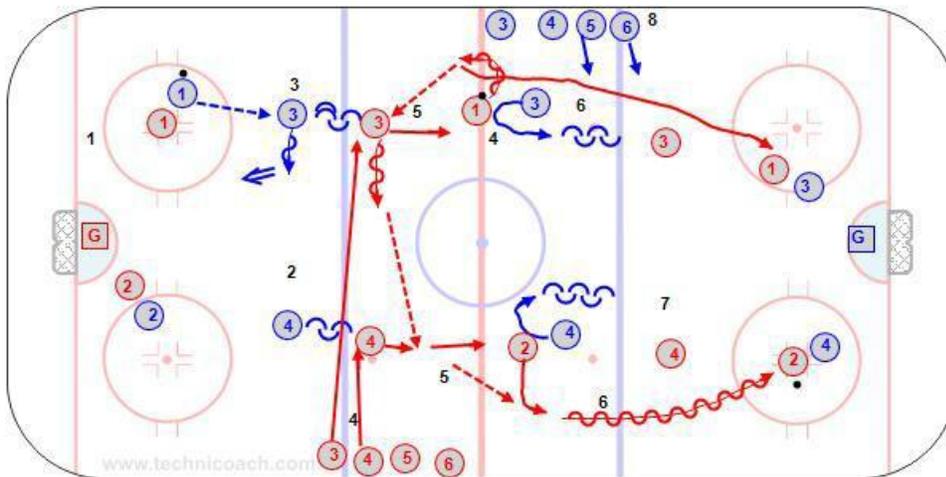
Key Points:

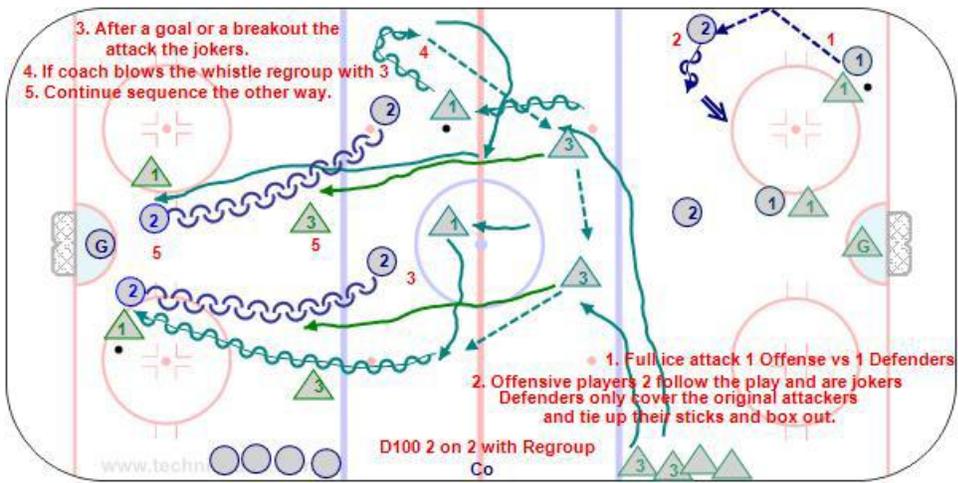
This transition game has active support from offensive jokers at the point and then the original defenders follow the attack and there is a regroup in the neutral zone before crossing the offensive blue line. Progress to the attacking team regroup with the original defenders on a whistle. Supporting 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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130226091128433>





DT100 - 1-1 D Join Rush-F Backtrack - U18 F

Key Points:

Defense line up in the Nzone on one side and forwards on the other side. Defense join the attack and the forward must backtrack and communicate with his defenseman who to cover in the defensive zone. One puck, zero whistles. Game not a drill so regroup on dump outs. Coaches talk to players when they come back to line up. Keep score. Progression from drill of 1-1 and support at other end on whistle. Options are to play 2-1 or send out 1 or 2 F or other combinations.

Description:

1. Red F1 attack 1-1 vs. the Black D1.
2. Red D1 follow the play when puck crosses red line and support from the point.
3. Black F2 tag up at the far blue line and backtrack through the middle lane.
4. On turnover, frozen puck or goal Black D1 pass to Black F2 and join the rush.
5. Black F2 attack Red D1 and Red F1 backtrack to cover Black D1.
6. Black D2 follow and support the attack from the point.
7. Red F3 tag up and backtrack between the dots and cover Black D2 at the point.
8. Play 3-3 in the zone.
9. Breakout with Red F3 attacking Black D2.
10. Red D1 join the rush and Black F2 backtrack.
11. Continue this sequence.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180127143007466>

<https://youtu.be/NeyvfdRTWwY>



DT100 - 2-2 Offensive Point Support - U18 F

Key Points:

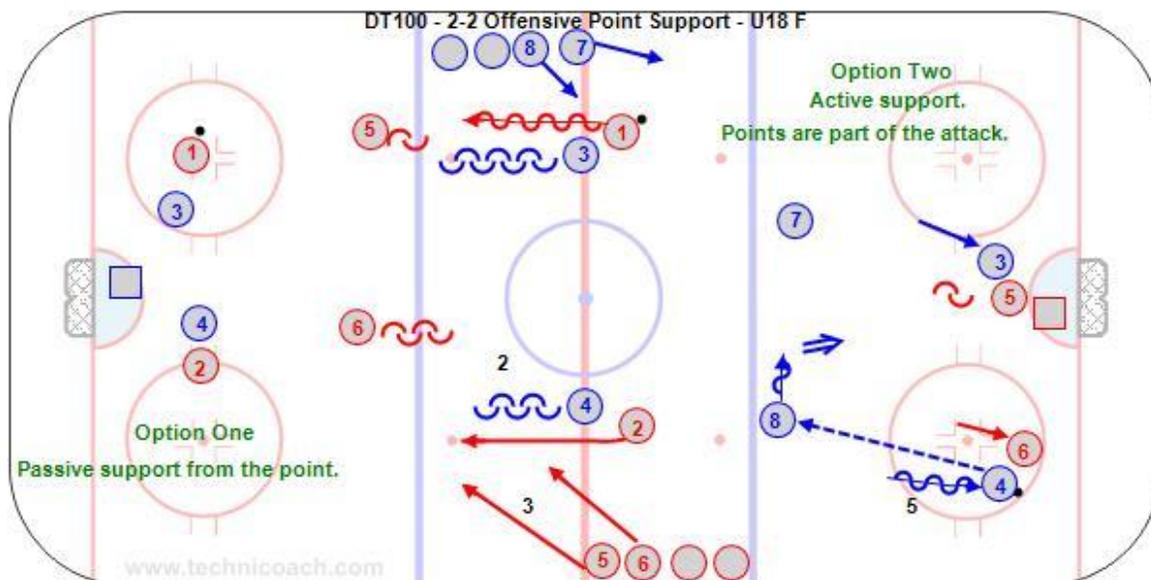
Face the players when explaining the drill and hold the white board in your hand instead of talking to the glass. In transition games the new players can be either passive or active. Learn the flow of the game by first giving passive support. Forwards and defense play the point so everyone learns how to defend a full ice attack. Making the point players active works on point shots, boxing out, screen, tip, etc. Having only two colours works well when doing a lot of game situations. Leave from the red line on each side.

Description:

1. Full ice 2 on 2 and the offense gets support from two players at the point.
2. Start with a 2-2 attack and the two reds attack two blue defenders.
3. Two reds follow from the red line and give passive point support.
4. Play a low 2-2. Shoot in pucks that come to the blue line.
5. On a goal, frozen puck or clean breakout the blue attack vs. the reds at the point.
6. After one rep each switch to having the point active limited to going as far as the top of the circle.
7. Point players can now pass or shoot. If puck is just dumped out in neutral zone then regroup.
8. Play this transition game 1-1 to 3-3 or send out from 1 to 3 and the players must read the new situation.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=2&s=20170527092859257>

<https://youtu.be/bKXMczzdoxs> or One Drive <https://1drv.ms/v/s!AukXg5gWoW-932gfsvyy8siRKN36>



DT100 - Continuous 2-1 - Passive Support – Pro

Key Points:

One puck with no whistles. Go for the rebound but defenders allow transition after the puck is out of the scoring area. Move the puck quickly and make the first pass early in the offensive zone. Extra players rotate in from the boards in the neutral zone. This is a great template either active or passive to work on situations up to 3-2. i.e. Have D1 join the rush, F1 back pressure, D1 and F1 join the rush etc. to create many situations.

Description:

1. Start with a 2-1, F1-F2 attacking D1. F3-F4 and D2 follow the play into the zone.
2. After the puck is out of the scoring area F1-F2 allow D1 to make a breakout pass to F3-F4.
3. F3-F4 attack the other way 2-1 vs. D1.
4. F5-F6 and D3 follow ready for a new 2-1.

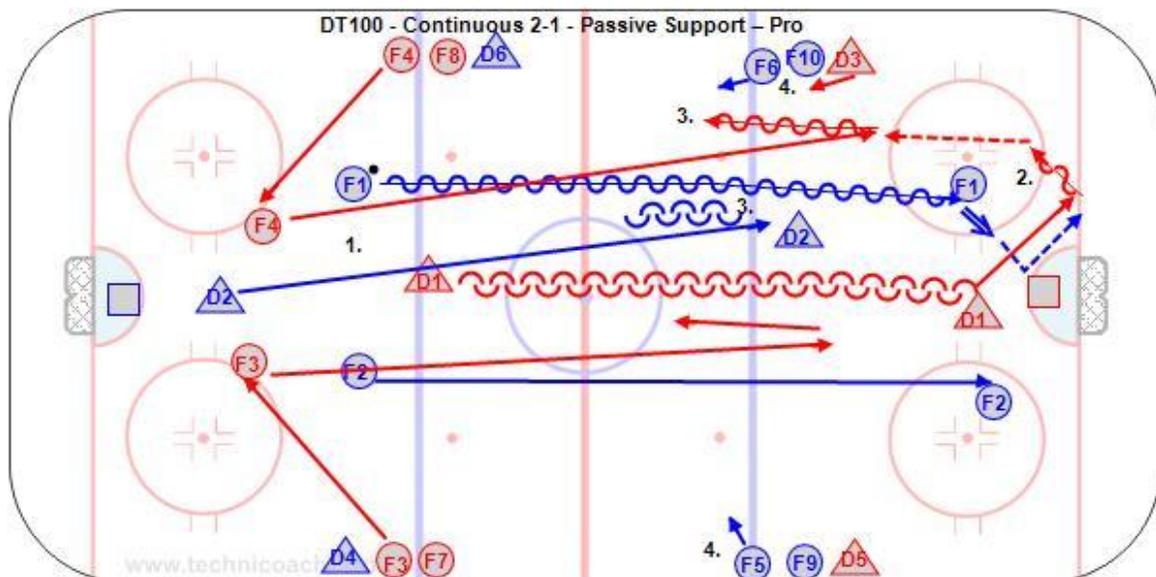
*This can be made into an active 3-3 at each end by finishing the play.

*Keep score and create a game and play situations 1-1 to 3-2.

*Regroups in the neutral zone and dump-ins create opportunity to work on breakouts and forechecking.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20160922094456914>

<https://youtu.be/CoUI2PxuCLQ>



DT100 - Continuous 2-2 – F1 Backtrack- Pro

Key Points:

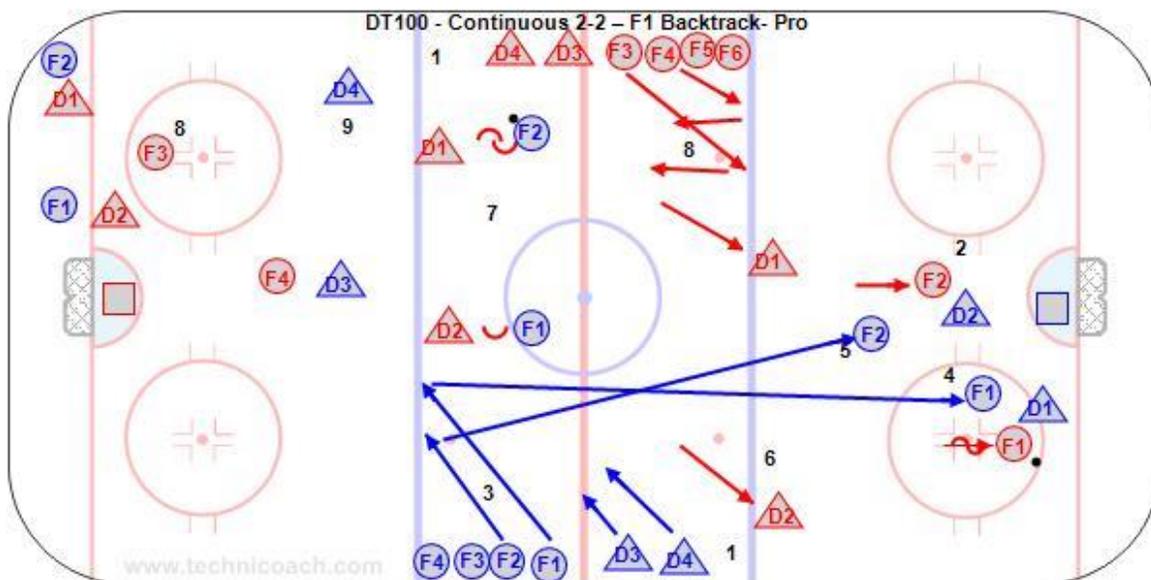
Two defensive forwards tag up at the far blue line and then back track through the middle lane and the first F back support low in the defensive zone. Description is for two colours – video has all the D in black.

Description:

1. Red on one side in neutral zone and Blue on the other side.
2. Red F1-F2 attack vs. Blue D1-D2.
3. White F1-F2 tag up at the far blue line and backtrack through the middle.
4. F1 backtrack deep and support D1-D2 making it 2 on 3 low in the defensive zone.
5. F2 skate back to the mid high slot.
6. Red D1-D2 follow and support the attack from the blue line.
7. On transition Blue F1-F2 attack Red D1-D2.
8. Red F3-F4 tag up - backtrack and F3 support D1-D2 low.
9. Blue D3-D4 support from the point.
10. Continue this flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180612112709510>

<https://youtu.be/TDQa903bOxI>



DT100 - Continuous 2-2 No Positions - U18 F

Key Points:

Everyone plays both forward and defence in this transition game. They have to FIO (figure it out) in the defensive and offensive zones so two players are deep on the attack and defending and two at the point on offense and two covering the point on defense. 'Keep Score', it is a 'Game' with no whistles and constant 'Changing on the Go.'

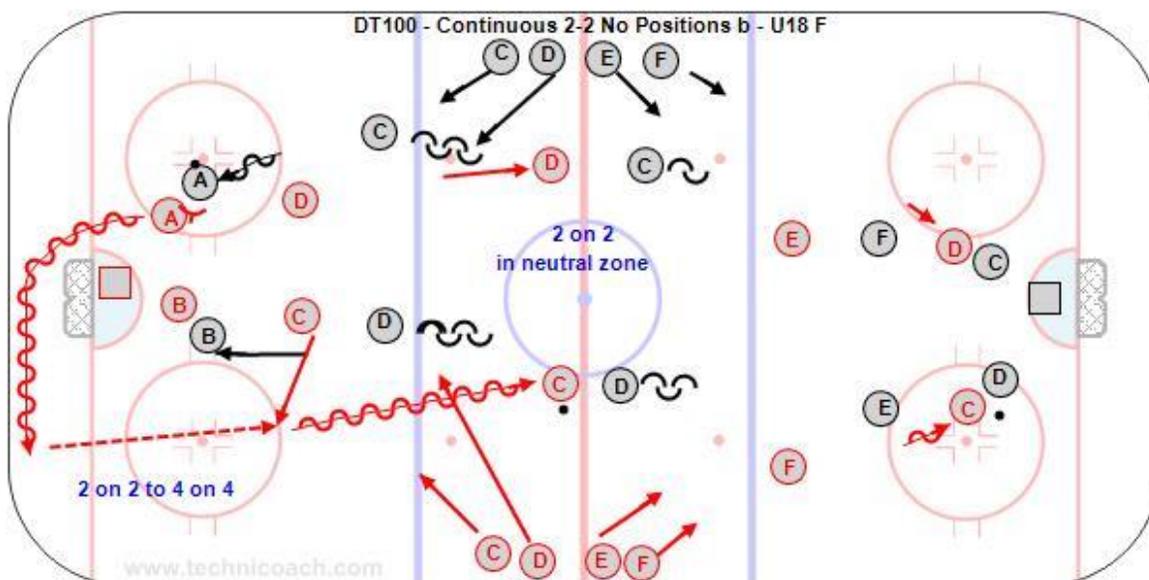
Description:

1. Black A-B attack vs. Red A-B.
2. Black C-D follow when the puck crosses the blue line and support at the point.
3. Red C-D follow from the other side and cover the point.
4. Play 4-4 in the zone.
5. On a goal, frozen puck or change of possession Red C-D attack vs. Black C-D.
6. Red E-F support the attack at the point and Black E-F cover the point.
7. Continue this flow.
8. This sequence can be done 1-1 to 2-2, 2-1 to 3-3, 3-2 to 5-5 or random combinations that create odd man advantages in the attacking or defending end.

**Teach players to read the game situation by sending out 1-2 or 3 new attackers or defenders. This causes players to communicate and adjust how they defend or attack. It may be a power play or penalty kill; players have to read it and act. Dump the puck in to work on the forecheck or quick breakout. Use your imagination as a coach to develop players with 'Game Sense'.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180406113316204>

<https://youtu.be/lczCYMOjLuA>



DT100 Continuous 2-1 to 3-3 and 2-2 to 4-4 With Tag-up – U18 F

Key Points:

Defenders collapse low in the zone. Create 2 on 1's by attacking the widest defender on the 2-2 rush and use crosses, drops and picks. Add competition by keeping score and timing the game or play to a certain score like first team to 3 goals.

Description:

1. Extra forwards and defense line up on the sides in the neutral zone.
2. Start with a 2 on 1 attack Blue F1 and F2 vs Red D1.
3. When the puck crosses red line red F1 and F2 tag up at far blue and backcheck.
4. Blue D1 support rush from the point.
5. Play 3-3 at each end. New players go the other way.

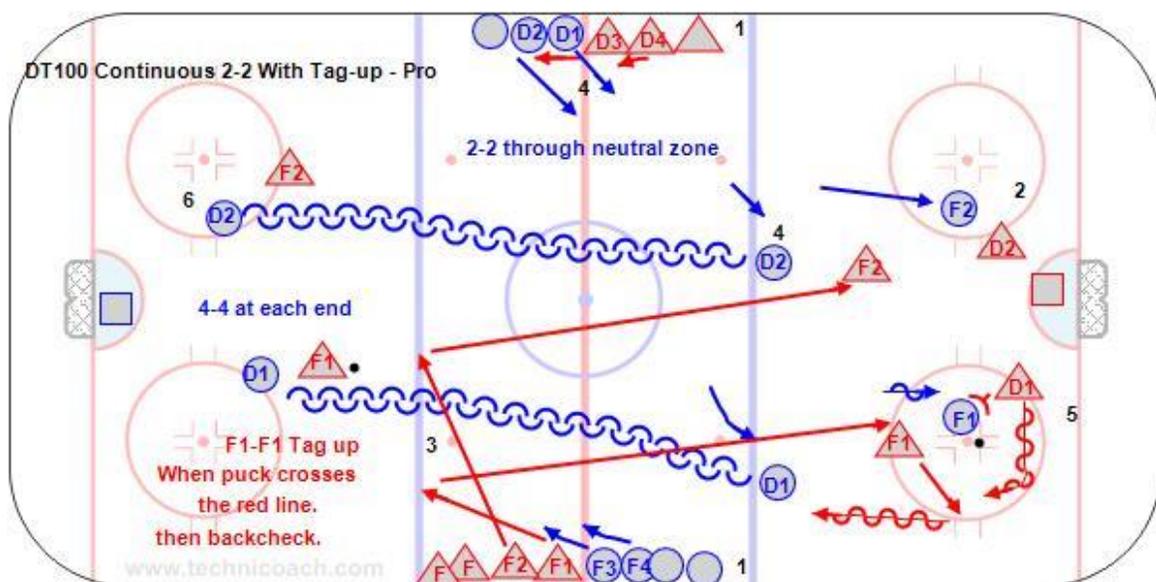
<https://youtu.be/MInmHmN4wvs>

** In the 2-2 to 4-4 game two defending forwards tag up and backtrack between the dots to the mid slot and then cover the points. D1 and D2 play low against F1 and F2.*

https://youtu.be/Zc_IQE9dX8

** You can play this transition game from 1-1 to 3-2, i.e. 1-1 gives a 2-2 at each end, 3-2 gives a 5-5*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180112093049995>



DT100 Continuous 2-2 With Tag-up – Pro

Key Points:

Defenders collapse low in the zone. Create 2 on 1's by attacking the widest defender on the 2-2 rush and use crosses, drops and picks. Add competition by keeping score and timing the game or play to a certain score like first team to 3 goals.

Description:

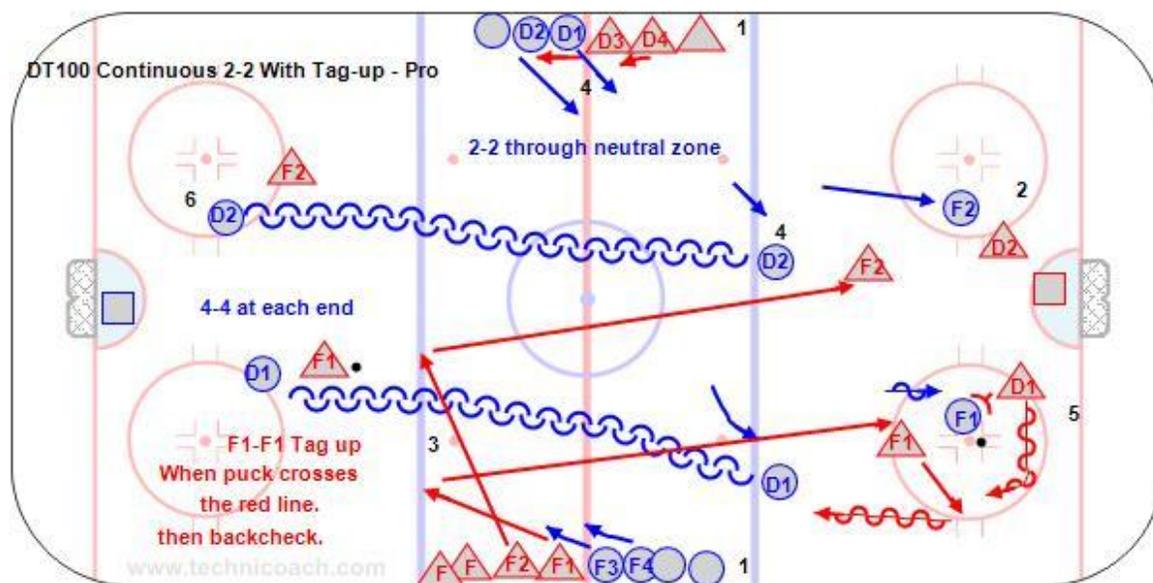
1. Extra forwards and defense line up on the sides in the neutral zone.
2. Start with a 2 on 2 attack Blue F1 and F2 vs Red D1 and D2.
3. When the puck crosses red line red F1 and F2 tag up at far blue and backcheck.
4. Blue D1-D2 support rush from the point.
5. Play 4-4 at each end.

* Flow is 2-2 through the neutral zone, 2 F support D, 2 D support F when the puck crosses the red line.

** You can play this transition game from 1-1 to 3-2, i.e. 1-1 gives a 2-2 at each end, 3-2 gives a 5-5 at each end. You can also send out random numbers so the players have to recognize the situation.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120722101726758>

<https://youtu.be/pBE2B41Zklc>



DT100 Continuous 3-2 to 5-5 – Dukla Czech U20 – TPS Pro Finland

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. In Jihlava, Czech Republic the U20 is leaving from each side and in Turku, Finland they leave from the bench.

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 regroupings can be added.

Dukla U20 – Jihlava, Czech Republic

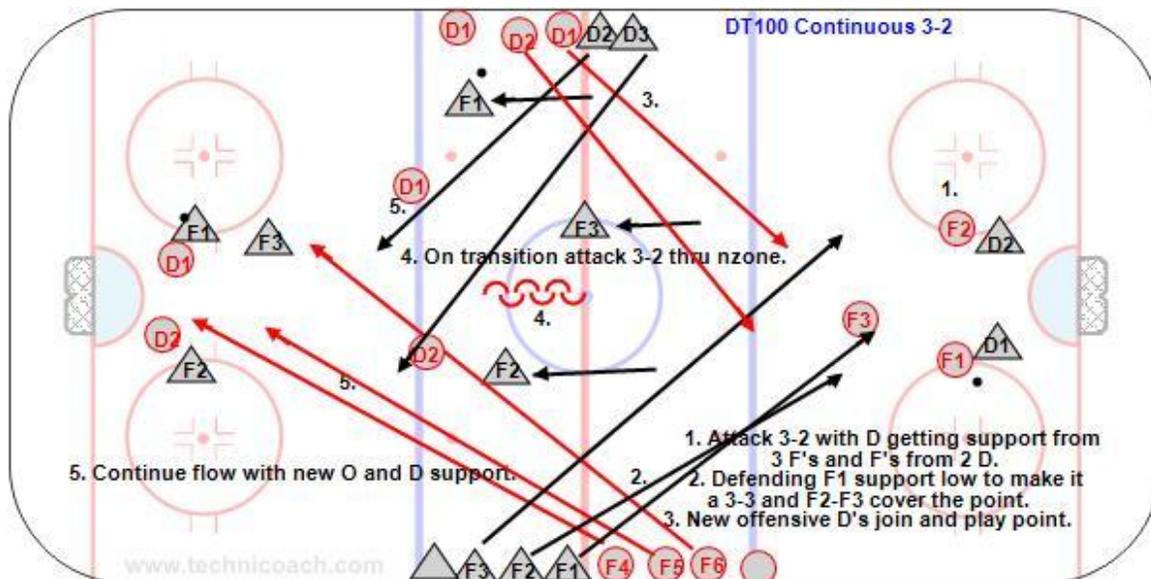
<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821122112111>

<https://youtu.be/xcbokEplsTQ>

DT100 3-2 to 5-5 – TPS, Turku, Finland - Pro

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150104223808287>

https://youtu.be/aAGRjGf_hv4



DT100 Game with F Backchecking x 2 Dukla

Key Points:

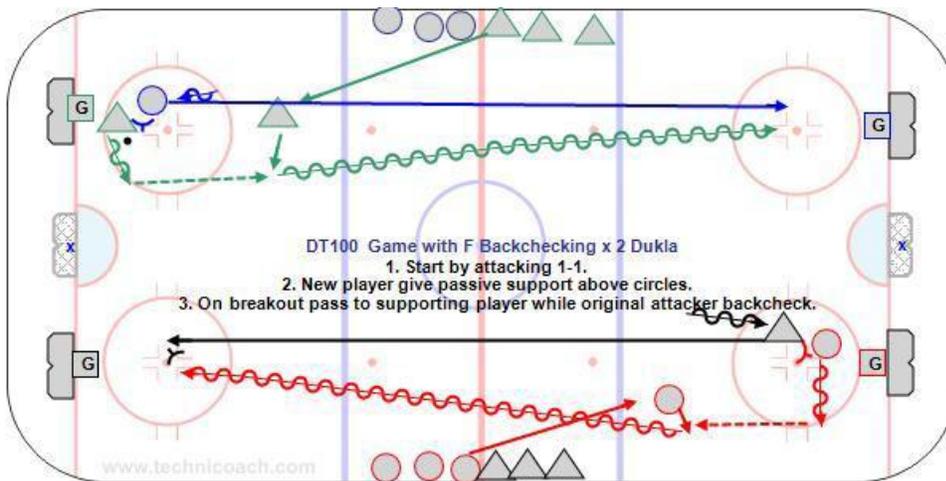
The original attacker backcheck and tie up the attacker stick if there is a shot.
Great game to work on speed in the attack and good defensive habits.

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821114214589>

<https://youtu.be/wvYUcpT-6Ek>



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.

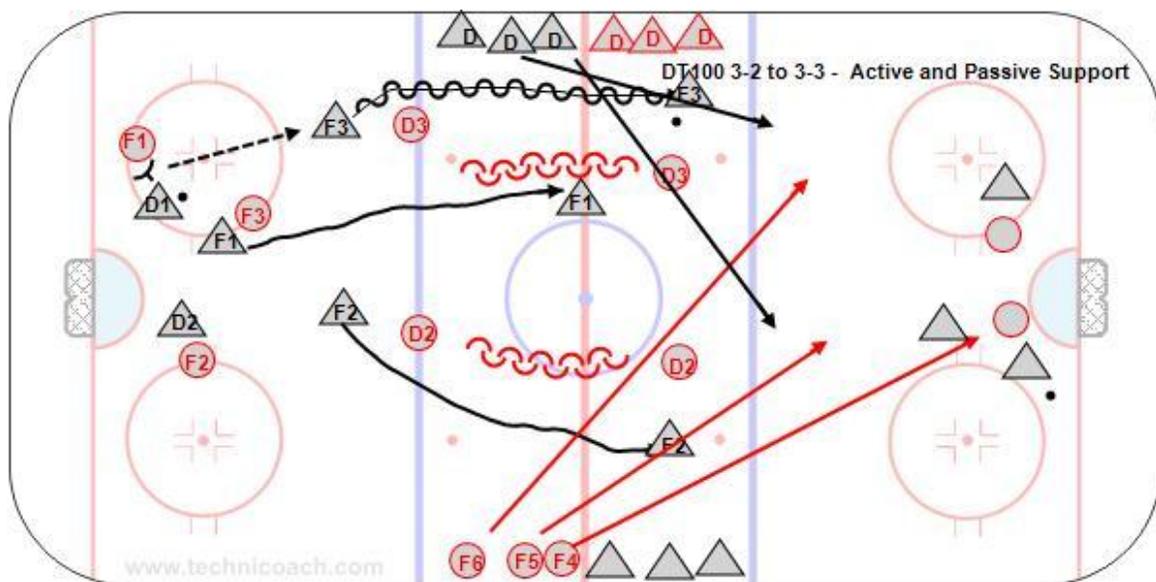
F1 joins F2-F3 attacking 3 on 2 in the nzone.

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090803190601255>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090902091317423>



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 regroupings or dump-ins to create different situations.*

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



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

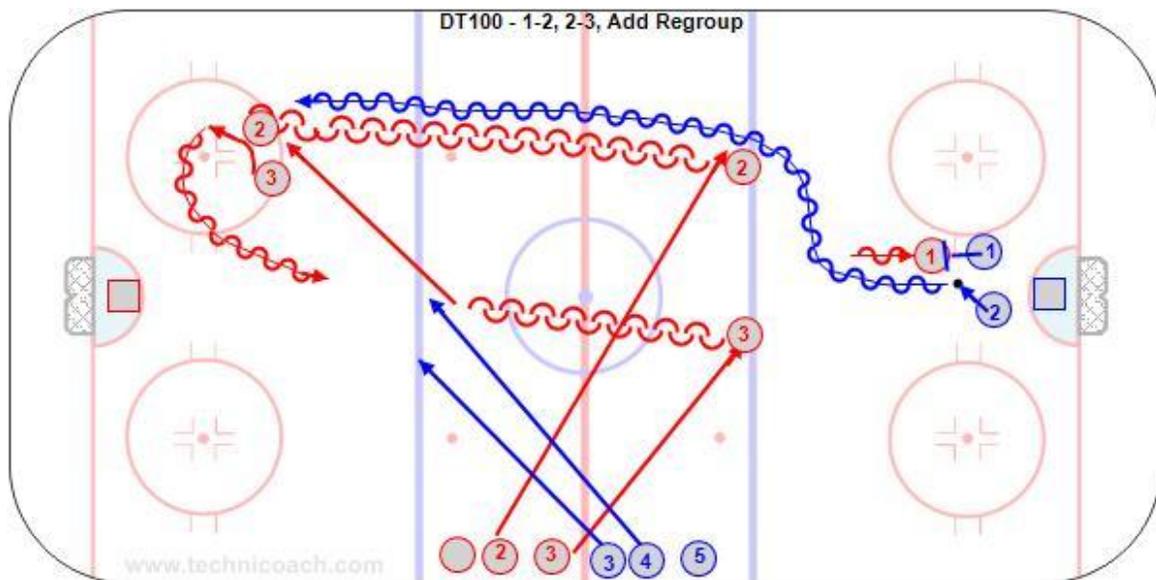
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131201174929789>



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.

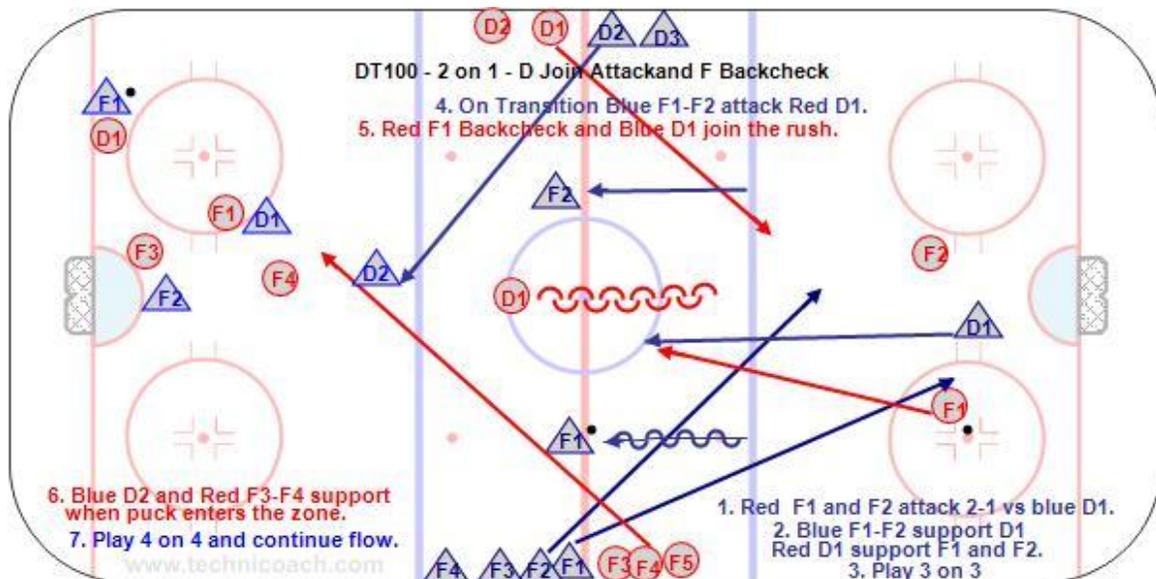
Defense support from the point, defend and then join the attack.

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121104082851444>



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.

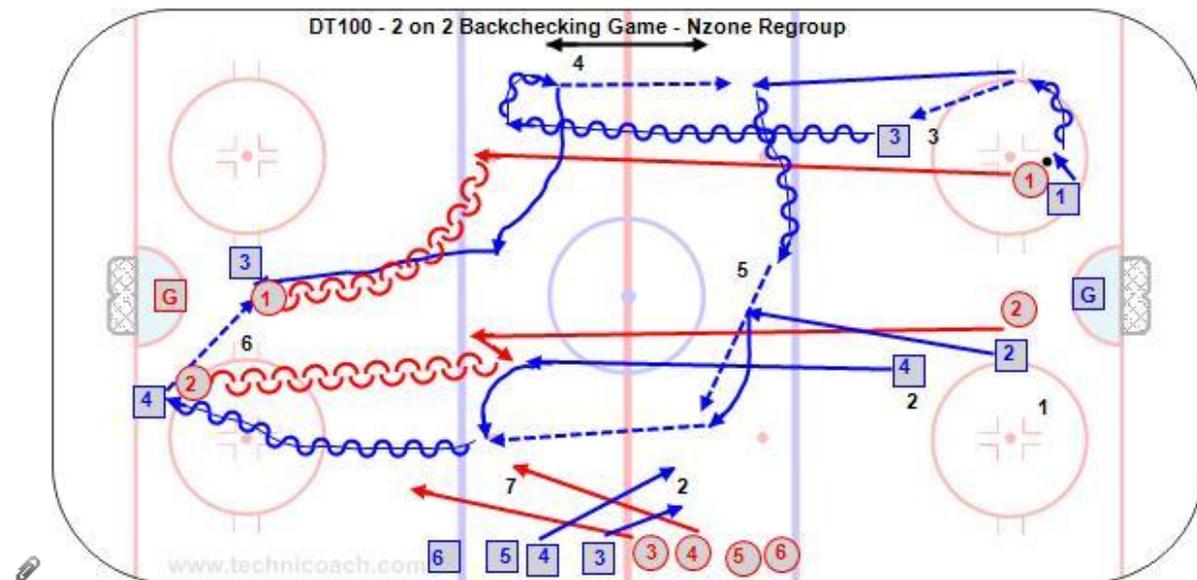
4. B3 and B4 skate over the red line and then regroup with either B1 or B2.

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.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=2013021009195661>



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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131129144043591>



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

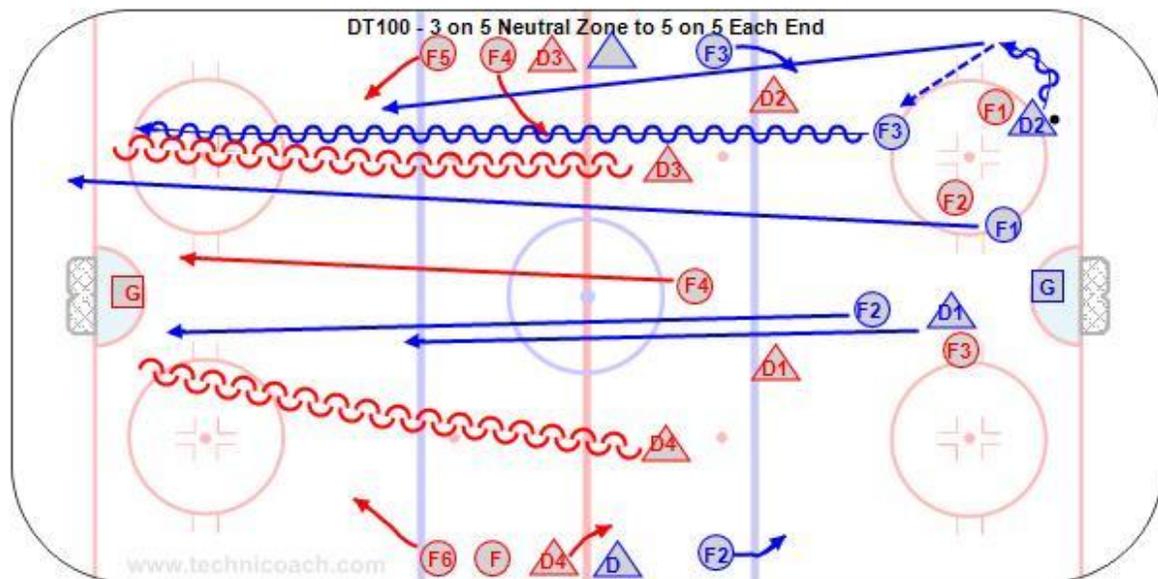
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131202154139402>



DT100 Game with F Backchecking x 2 e h

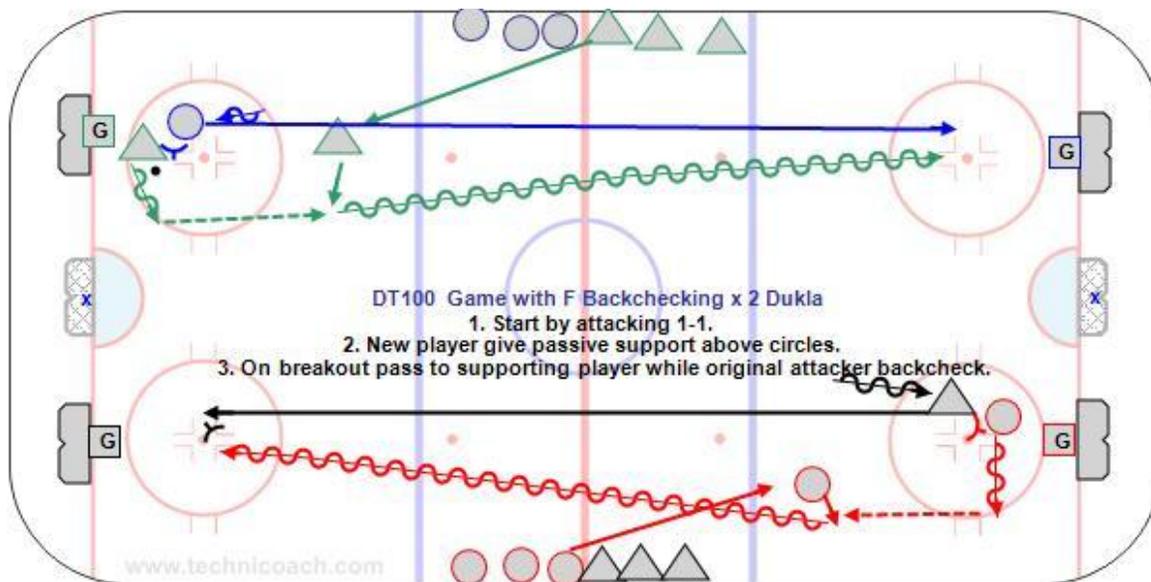
Key Points:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821114214589>



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

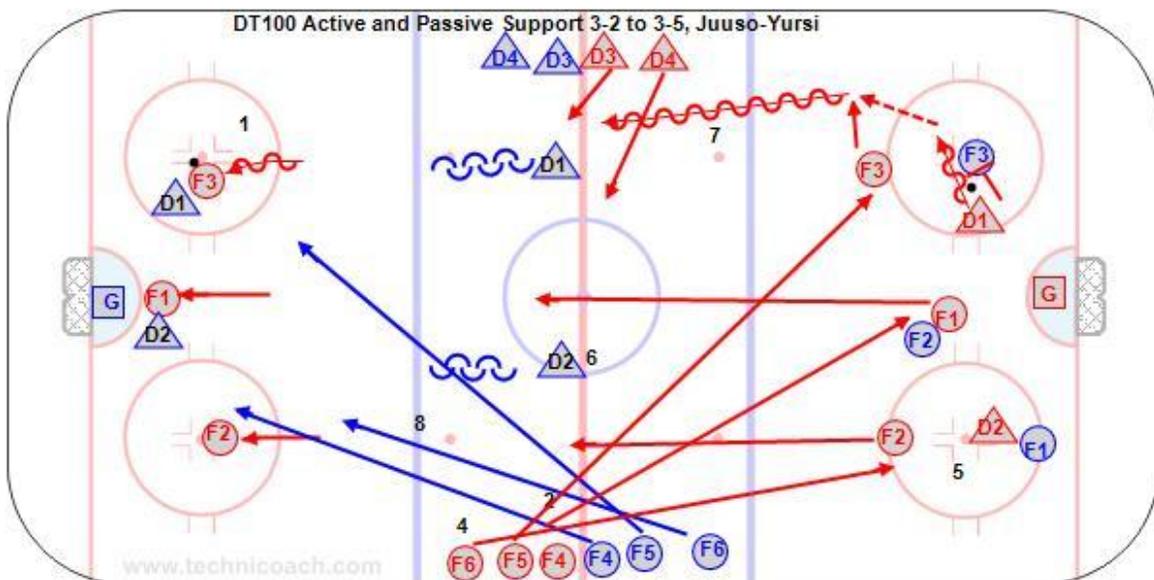
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131130154308175>



DT100 Continuous 1-1

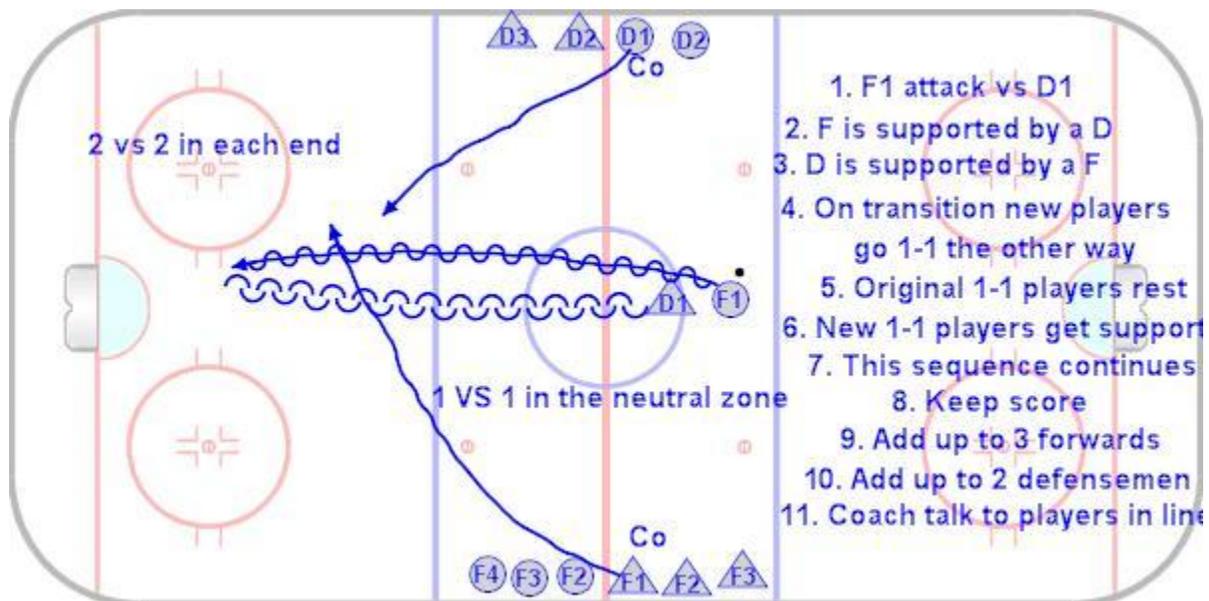
Key Points:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821121211421>



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:

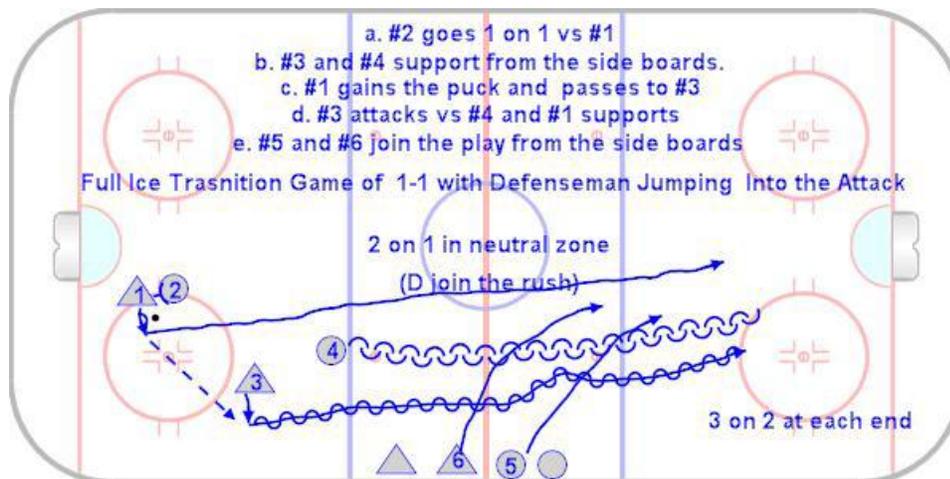
- Start with #2 attacking vs #1.
- #3 support on defense and #4 support the attack.
- After a goal or a defensive breakout #3 attack vs #4.
- The original defender #1 join the attack (#2 return to the lineup when the puck crosses the blue line.) This creates a 2-1 in the neutral zone.
- #5 and 6 join the play after the attack crosses the blue line and actively play a 3-2. #6 play the offensive point position.
- 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)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130209093428688>



DT100 Continuous 1 on 1 D - Join Attack F Backcheck

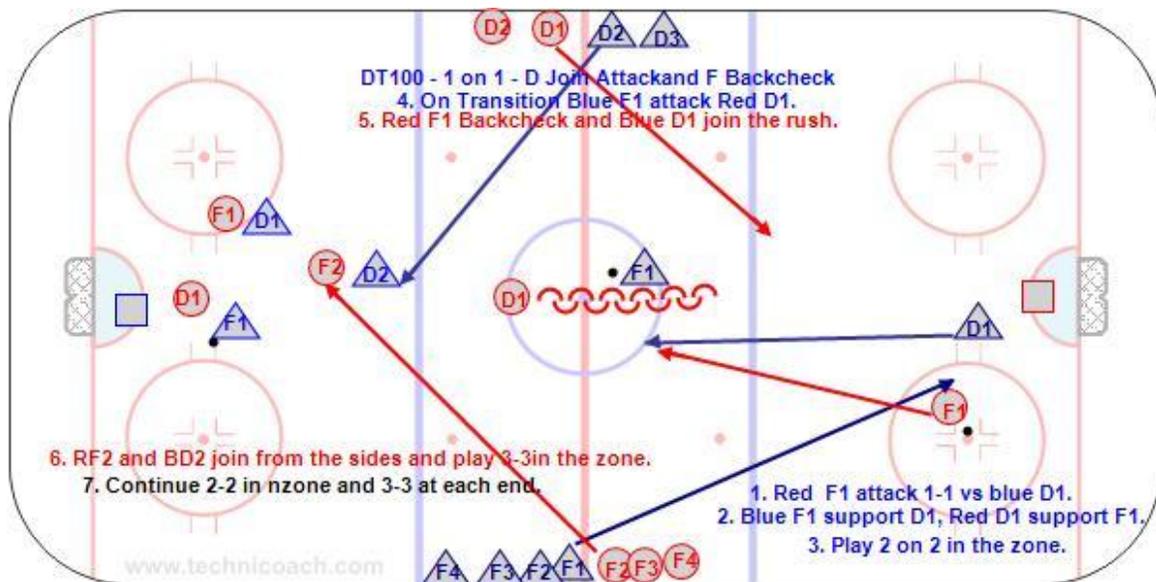
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121104082522829>



DT100 Continuous 2-1 with 85ers

This is an 85 born team with two players who made the NHL, one is now and NHL head coach. Another player won the Hobey Baker award. Most of the others played major junior or NCAA..

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.

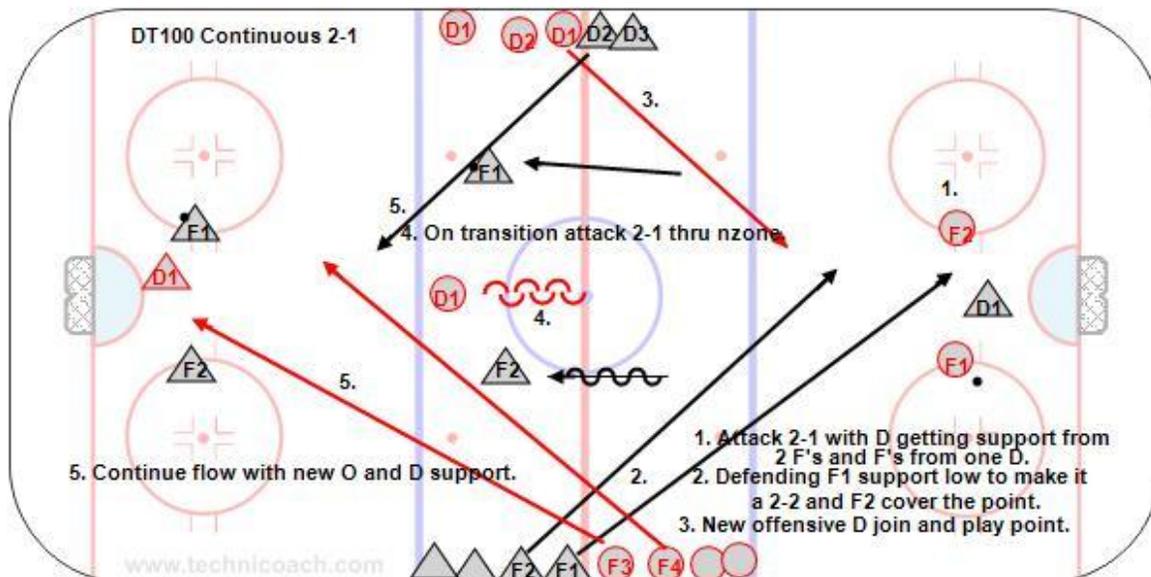
Description:

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 regroup can be added.

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DT100 Continuous 2-1, 2-2 – Detroit

Key Points:

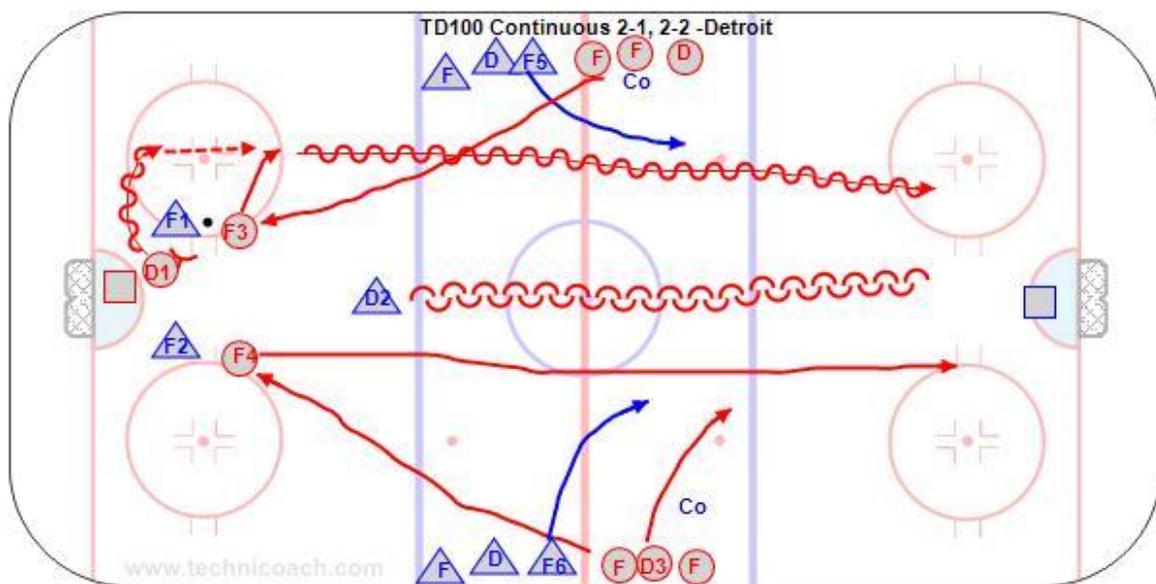
Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

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 regroup.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101208083750407>



DT100 Continuous 2 on 2 – Passive Support

Key Points:

The two attacking forwards play attack 2 on 2 and then play a low 2-2 vs. the two defenders.

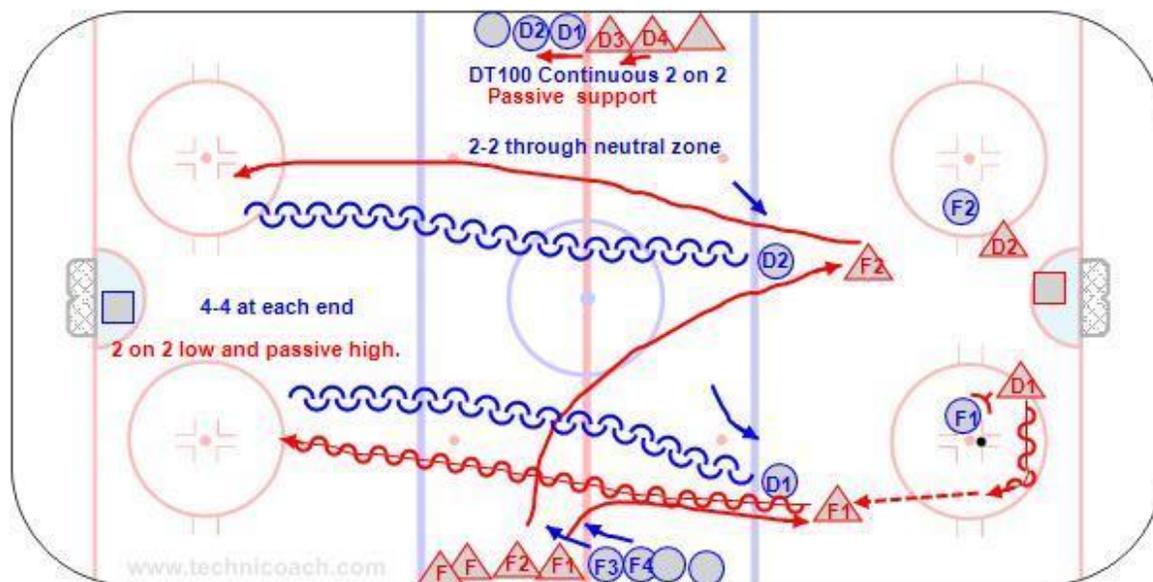
Description:

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 Red F1 and F2 give passive support from the mid-slot area and attacking team Blue D1 and D2 support F's.
4. Play 2 on 2 low 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.

The video is a demonstration by Wahlsten and Yursinov at an IIHF seminar. The second video is a pro camp. The new forwards come in the zone lower and help on loose pucks.

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

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140706173523451>



DT100 Continuous 2 on 2 D - Join Attack F Backcheck

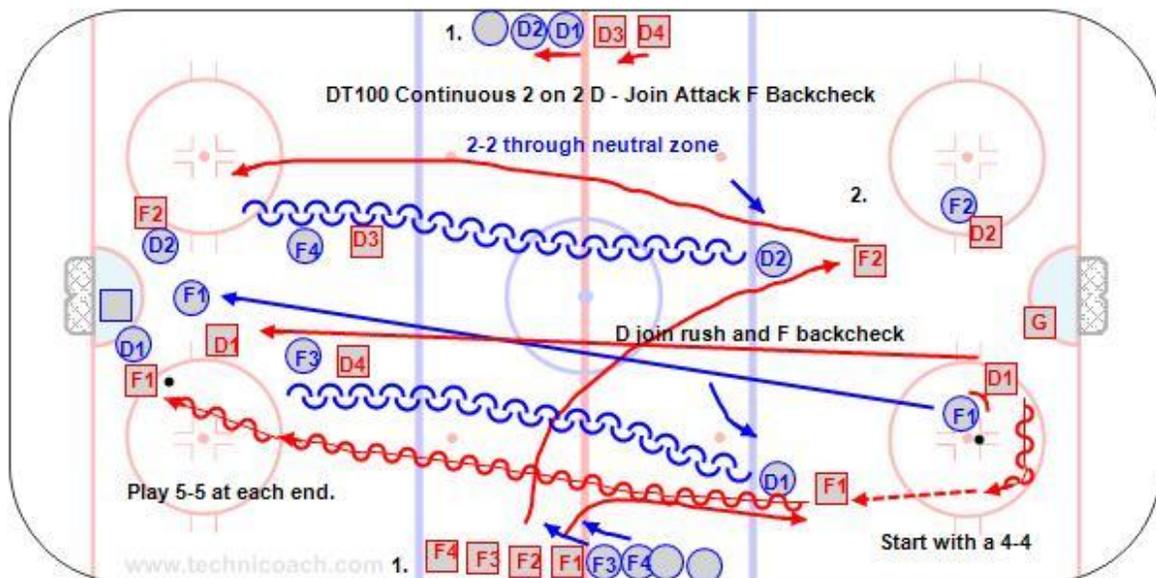
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121026092747403>



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.

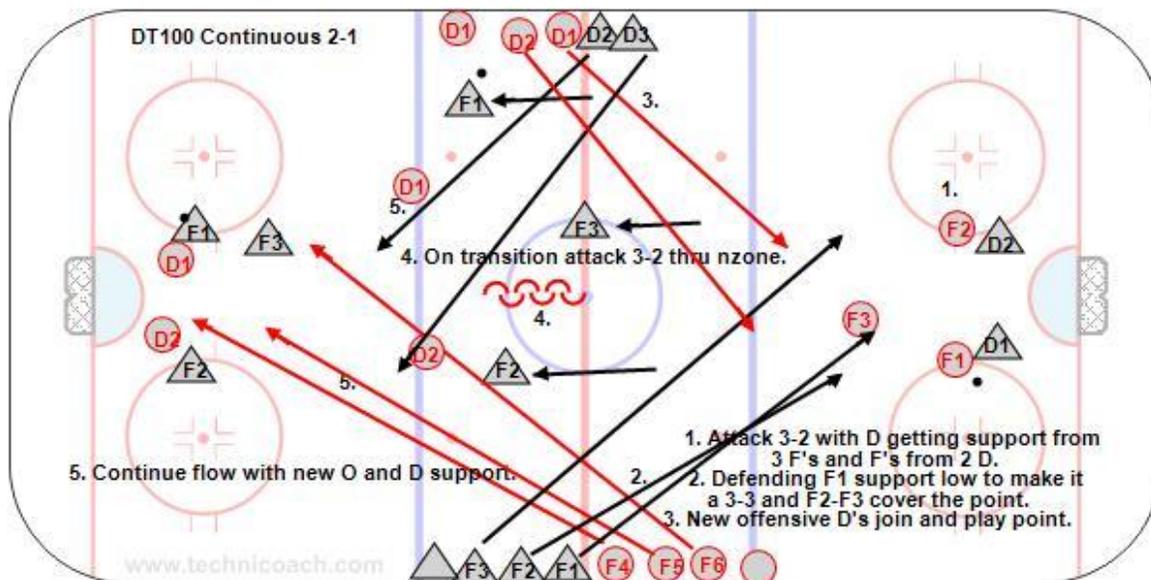
Description:

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 regroupings can be added.

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DT100 Continuous 3-3 With Passive Support

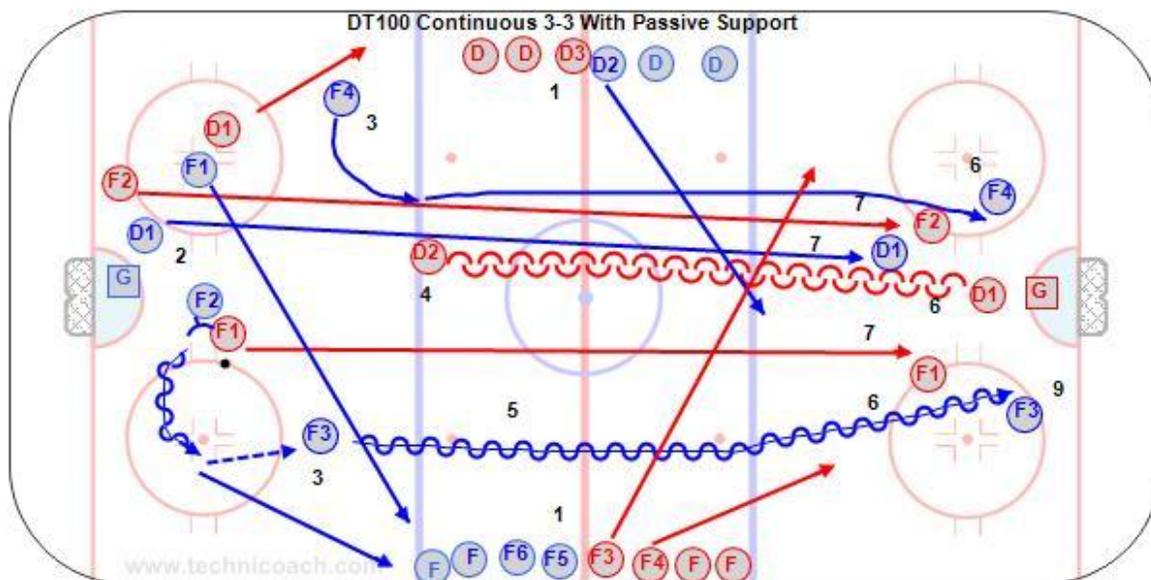
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130201093049702>



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.

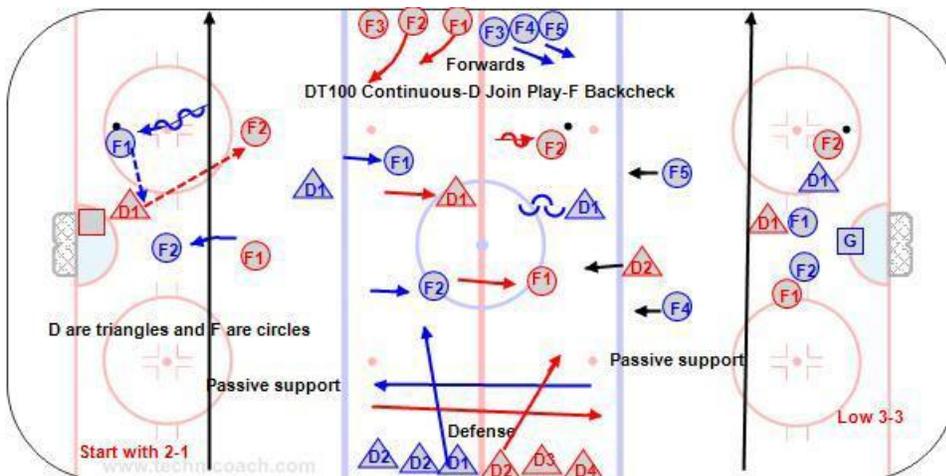
Defense - give passive support - defend - join attack - forecheck - rest.

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 defender 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.

<http://hockeycoachingabcs.com/mediagallery/media.php?s=20090726093546253>



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.



DT100 Support-Defend-Attack

Key Points:

When the attackers pass back hinge before passing up ice.

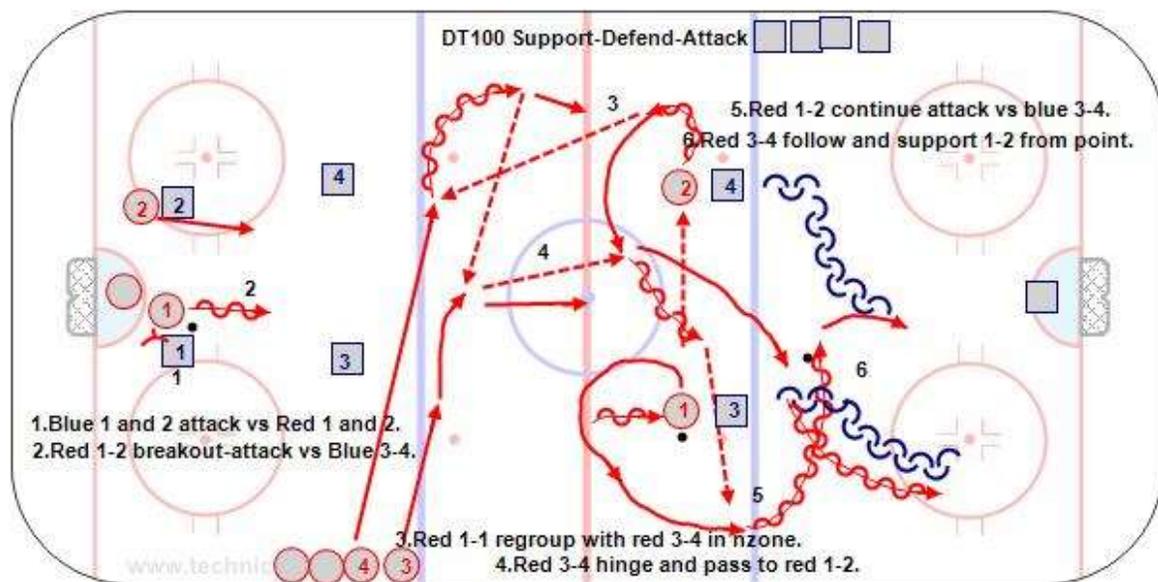
Pass while skating.

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 1-2 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.



DT 100 Swedish Transition 1-1 - Swedish Youth

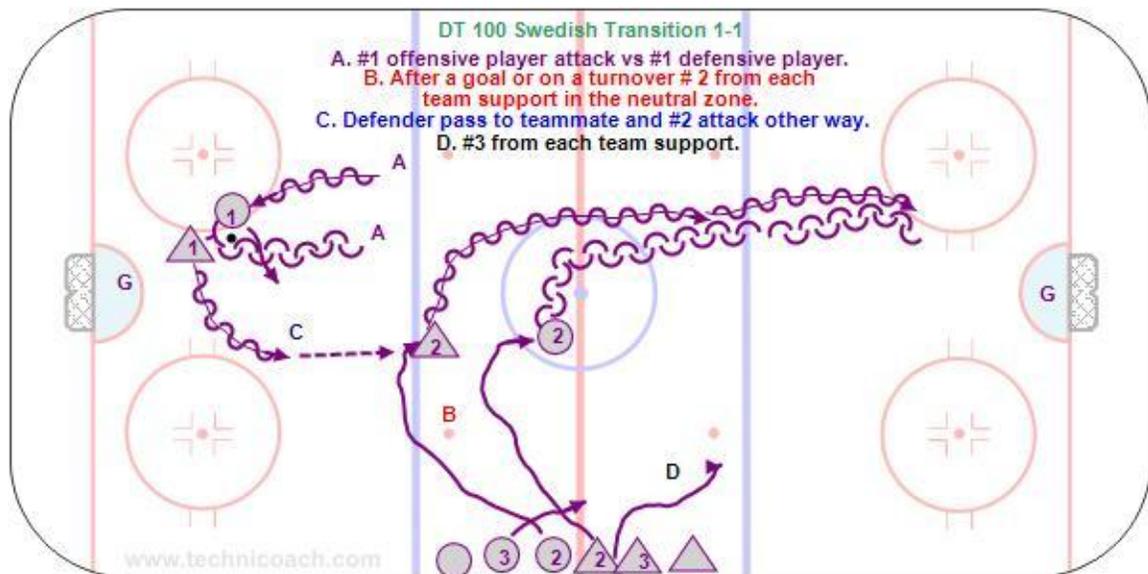
Key Points:

Players lined up in the neutral 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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100418084335301>



D100 - Two Thirds Ice 2-2 – Pro

Key Points:

Create 2-1's on one defender. Protect the puck, get open for a pass. In a 2-2 there are all 4 game playing roles.

1. Puckcarrier.
2. Support the puck carrier.
3. Check the puck carrier.
4. Cover players away from the puck.

Description:

1. Move the nets up to the top of the circles.
2. Blue F1-F2 start vs. Red F1-F2.
3. Coach shoot the puck in to start.
4. Coaches spot new pucks on goals or if the puck is out of play.
5. 30" shifts.
6. F3-F4's leave from the goal line on the next whistle.
7. Keep score.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=2017071711210417>

<https://youtu.be/vaCAXq3jmBM>



DT100 Backchecking Transition Game

Key Points:

Attack quickly and the defender tie up the stick on the rebound then look for the puck.

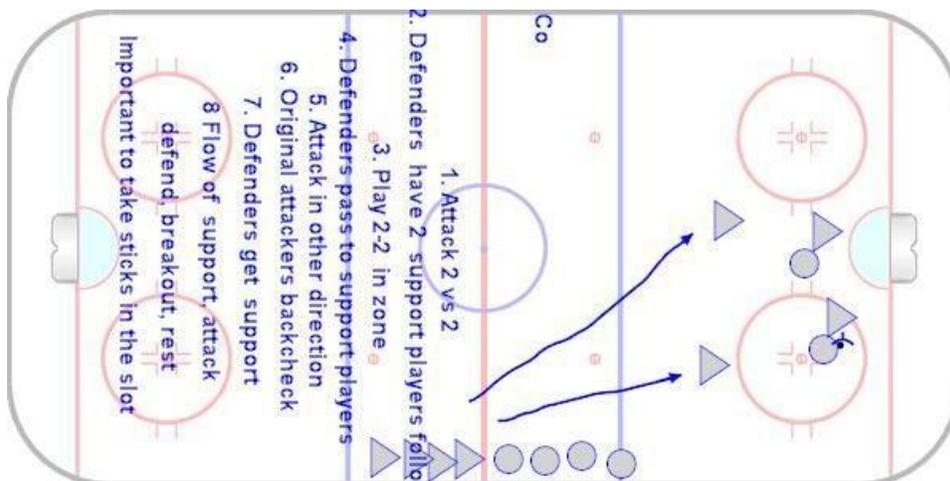
Description:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080719141212210>

<https://youtu.be/xoHj-6vH7d4>

<https://youtu.be/wvYUcpT-6Ek> (Czech team doing two games at once with only F backchecking.)



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:

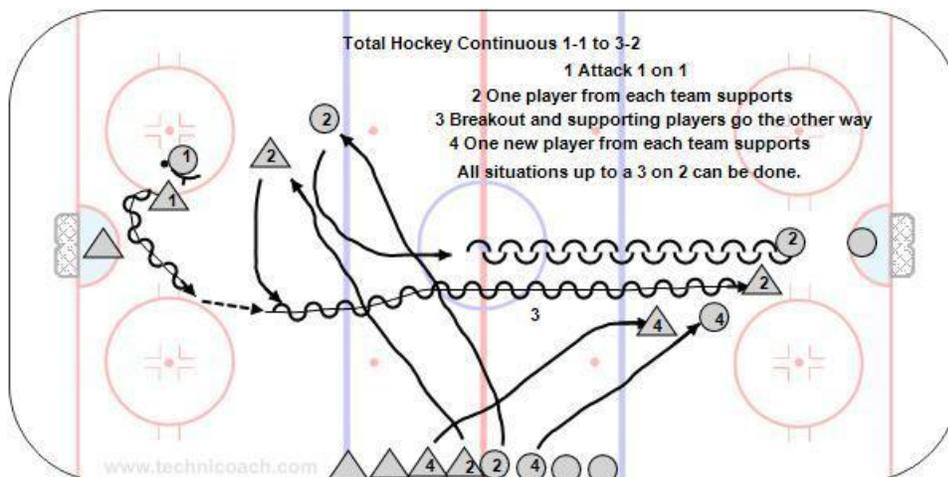
1. DT100 formation along the boards in the nzone.
2. Start with a 1-1 and when the puck crosses the blue line each player gets support from the lineup on the boards.
3. Various situation up to a 3-2. i.e. A 2-1 thru the nzone with the defender getting 2 and attacker 1 supporting player makes a 2-1 in 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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DT200 - 2-1 x 2 – Pro

Key Points:

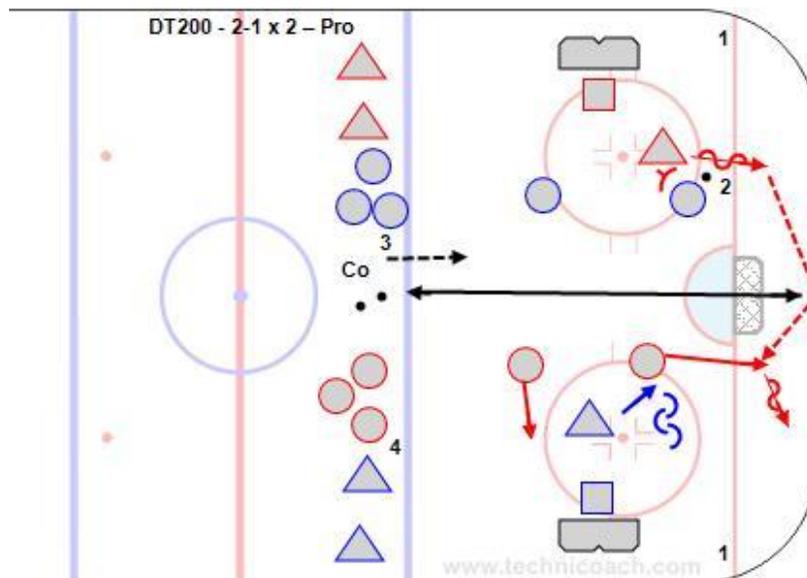
Defender must skate hard to open ice to gain time and space to make an outlet pass and supporting players on the other end must get open. Defender work with the goalie and prevent the puck from crossing the 'Royal Road' and keep the puck to one side of the ice.

Description:

1. Two reds vs. two blue at one end and two blue vs. one red at the other.
2. This is a one puck transition game.
3. Start with the coach dumping the puck in and have more pucks on goals or the puck out of play.
4. Pass to team mate coming on when the whistle goes.
5. Play shifts of about 30'.
6. Keep score.
7. Either time the game or play to a score, i.e. First team to 3 goals wins.
8. Also play series like first team 2 or 3 wins.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170711121730535>

<https://youtu.be/baFcOU0AmWU>



Another really good contest is a 2/3 ice game from USA Hockey where you must regroup behind your net before attacking.

<https://twitter.com/USAHPDC/status/884568389582303234> American U15 girl's regroup game

DT200 - 2-2 to 2-0 - 2-2 – Pro

Key Points:

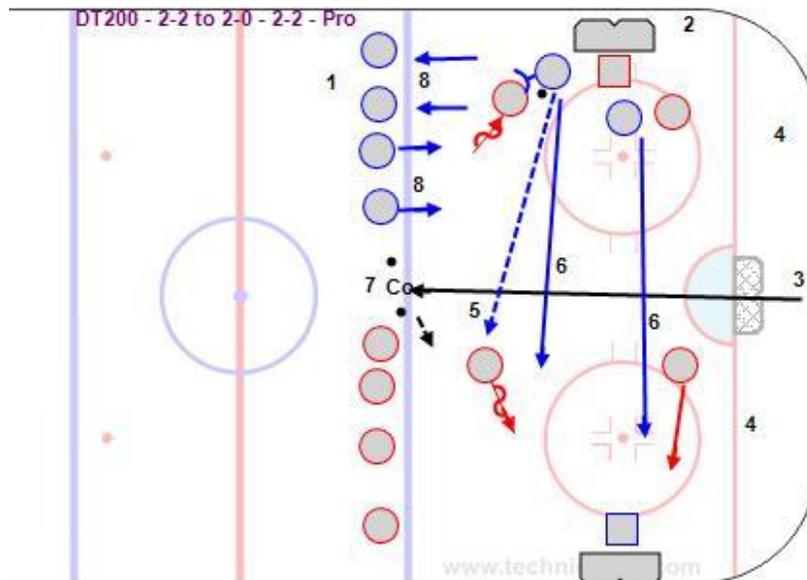
Protect the puck and go to the net and use give and goes, screens, picks on offense. Play tight gaps with body on body and stick on the puck from the net side and communicate playing man on man or switch on defense. Keep score and play to a score or time limit. Modified rules can be added. Various situations can be created by playing 3-3 or uneven situations like 2 on 3.

Description:

1. Play cross ice with the extra players waiting at the blue line and coach has pucks to keep play going.
2. Nets can either be against the boards or out far enough for players to go behind the net.
3. Divide the ice in half with paint or the coach is in the middle at the blue line as a guide.
4. Play 2-2 at one end with 2 players from the defensive team waiting to attack at the other end.
5. Defenders pass the puck to up teammates who attack the other net.
6. Original attackers back track and play defense vs. the new attackers.
7. Coach pass to the offensive team after a goal.
8. New defenders come in after the breakout pass is made.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171216095814924>

<https://youtu.be/4CF4HIXOkf8>



DT200 - 3-2 x 2 – MRU

Key Points:

Defense communicate and deny passes across the midline. Forwards create 2-1's and attack the net quickly using give and goes.

Description:

1. Three reds vs. two blue on one half and three blue vs. three reds on the other.
2. Start with the coach shooting in a puck at one end.
3. Red attack 3-2 and Blue defend and pass to Blue forwards on transition.
4. Shoot in a new puck after a goal or the goalie freezes it.
5. Play 45" 60" and rotate in new players.

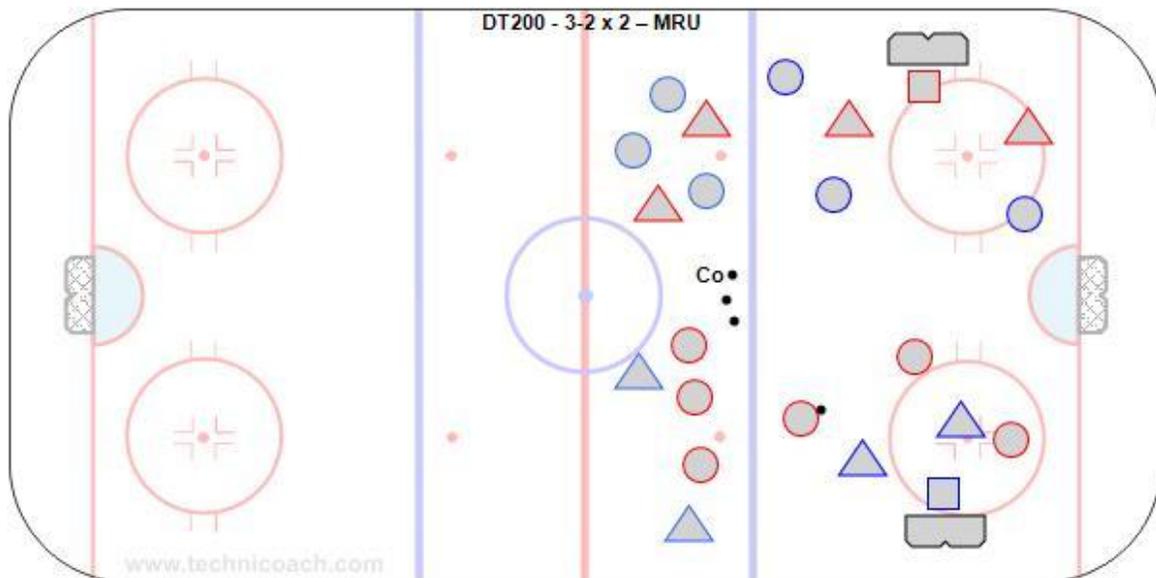
**Use this game to play even and uneven situations up to 3-3 including random situations where the players must read and communicate how many attackers.*

**Option: Paint a line to divide the end into two zones.*

** Keep score.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20170215101048259>

<https://youtu.be/chTIs9Z2tUc>



DT200 - Backchecking Game

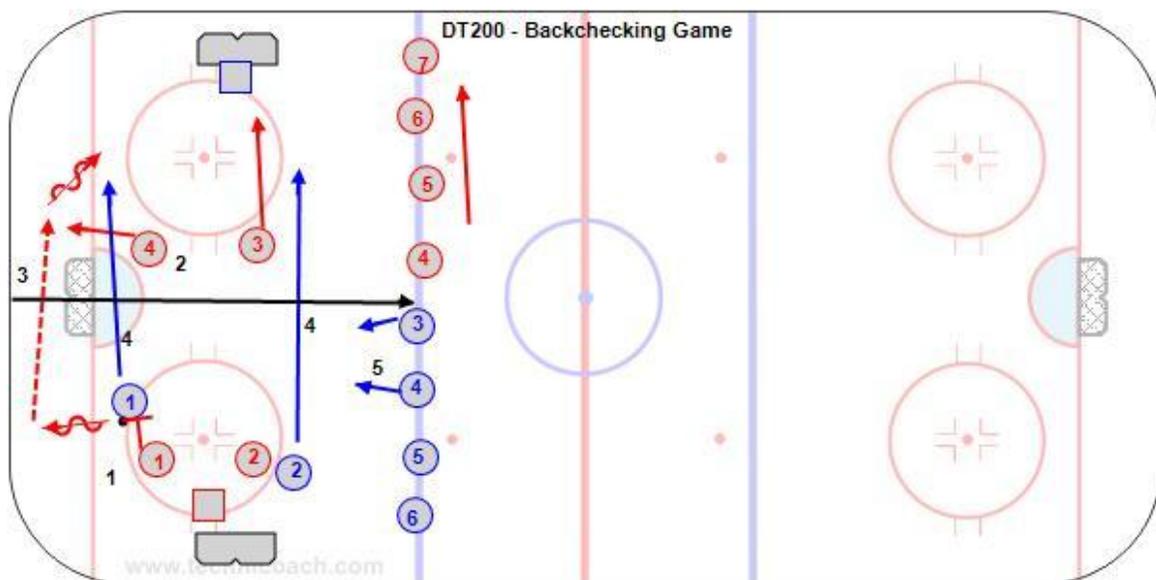
Key Points:

Play form 1-1 to 3-3. This is a good quick transition game to work on speed attacking and back tracking and communicating to cover the right man.

Description:

1. B1-2 attack vs. R1-2.
2. R3-4 support from just over the mid-line.
3. On transition, goal or frozen puck R1-2 pass to R3-4.
4. B1-2 backcheck to defend their net.
5. B3-4 support from just over the mid-line.
6. Continue this flow and play both even and odd situations 1-1 to 3-3.

*Keep Score.



DT200 3 on 3 with 3 Jokers

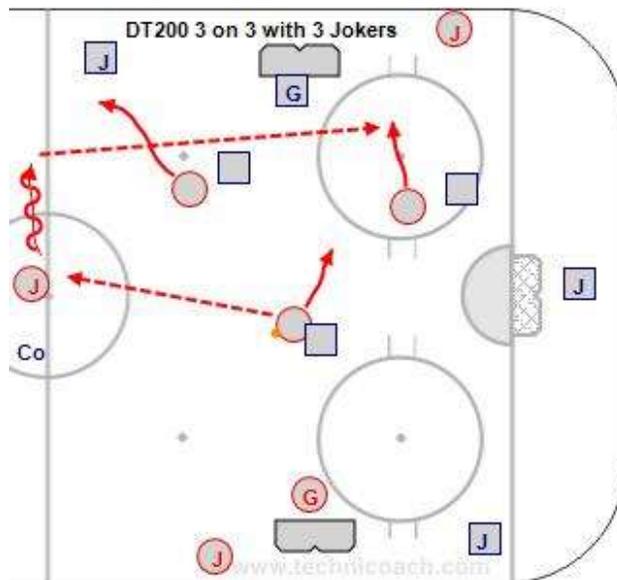
Key Points:

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

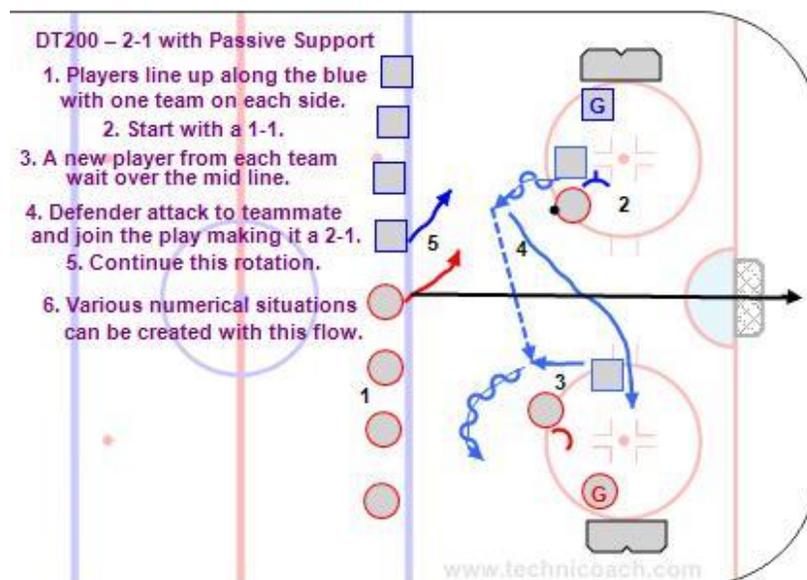
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130309101608500>



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.

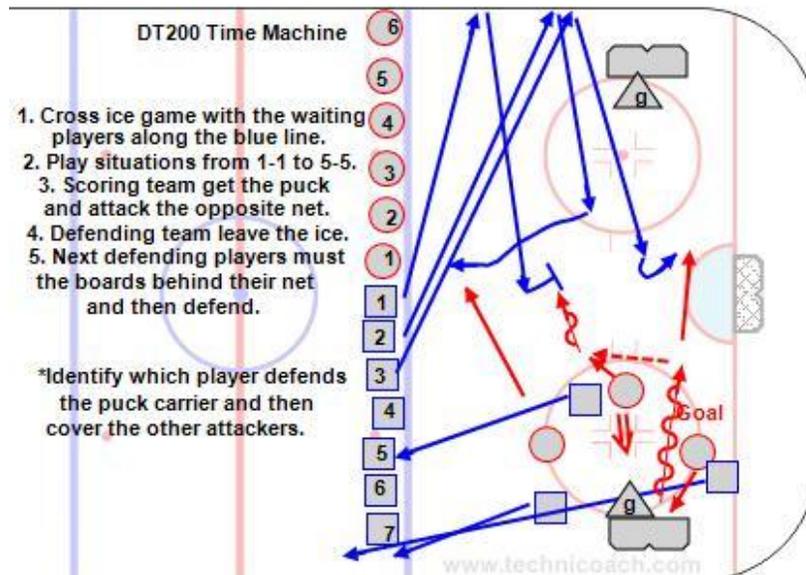
AFTER A GOAL

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.*

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20110726103940667>

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



DT400 1-1, 2-2, Support-Attack-Defend - Two One Net Games at Once

Key Points:

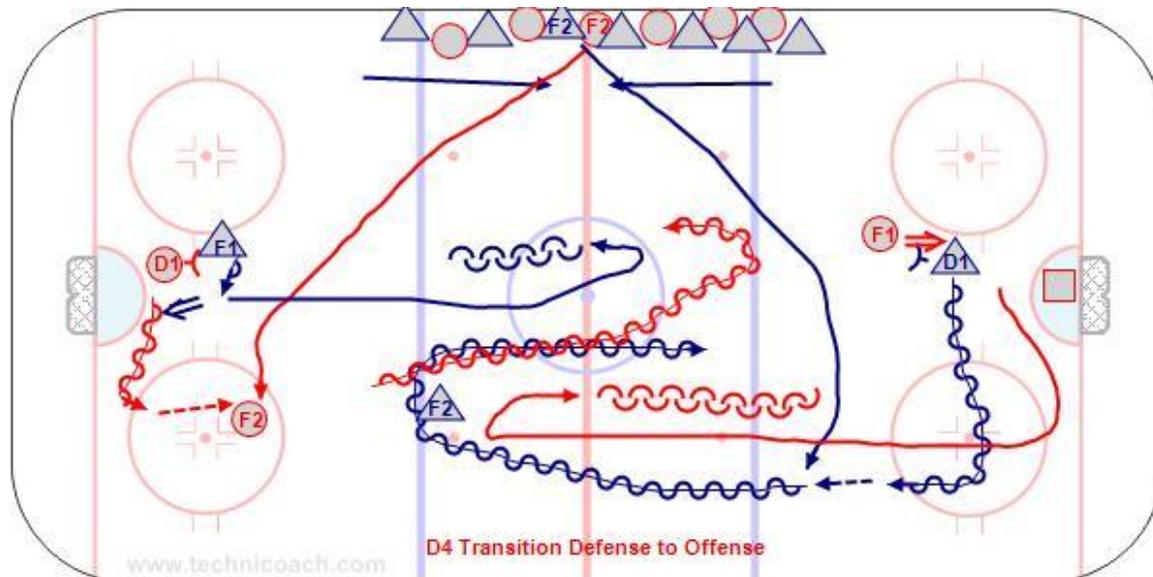
Defending player stay on the defensive side. Supporting player give a target for the pass and get into an open lane.

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 -

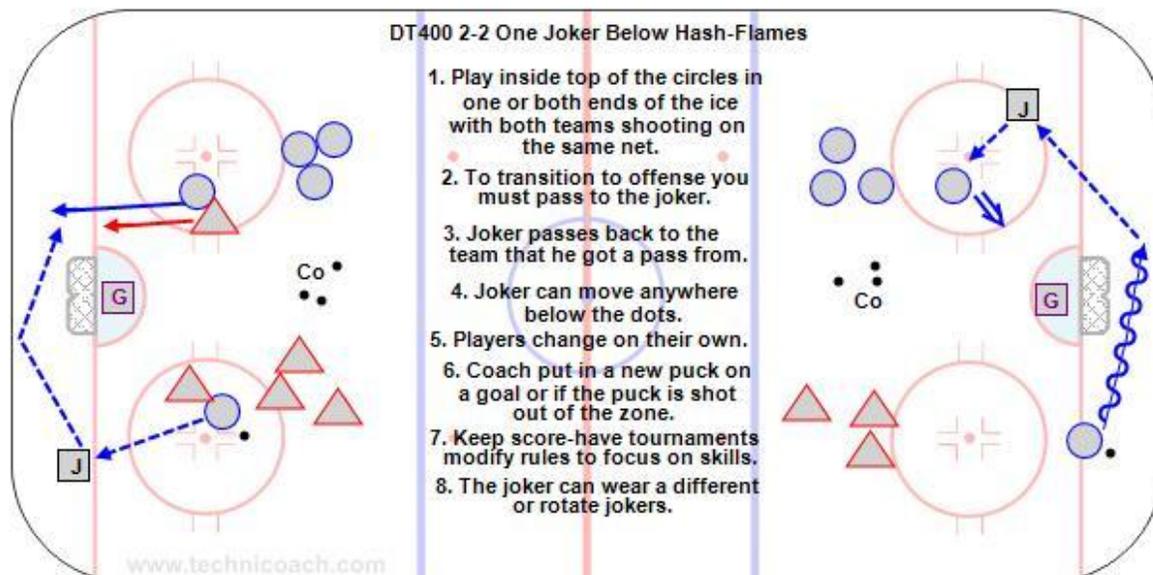
Key Points:

This game focuses on Role 2 - getting open and Role 4 - covering away from the puck. The joker should 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 3-3 Perry Pearn Game Rotation

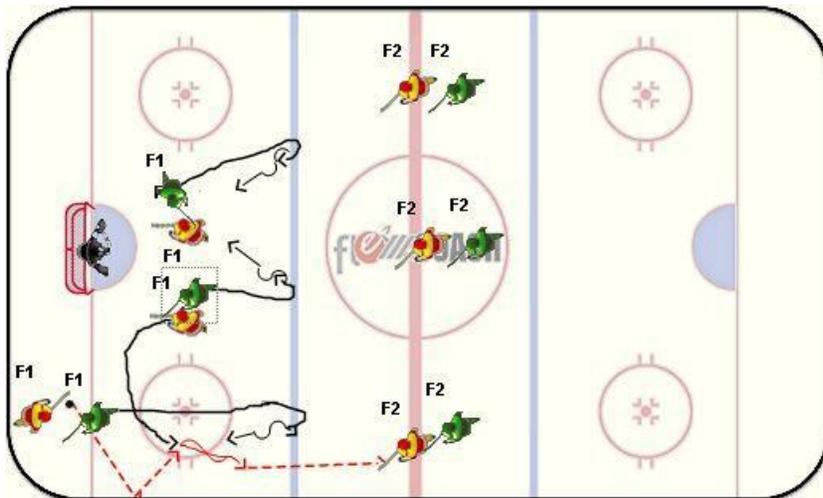
Key Points:

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).

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20111004080131252>



DT400 Game with Two Nets

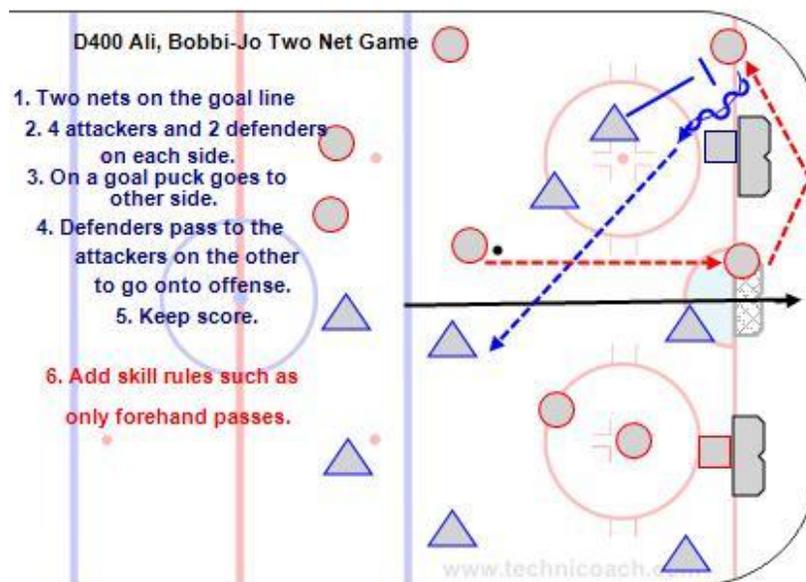
Key Points:

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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20101222074135633>



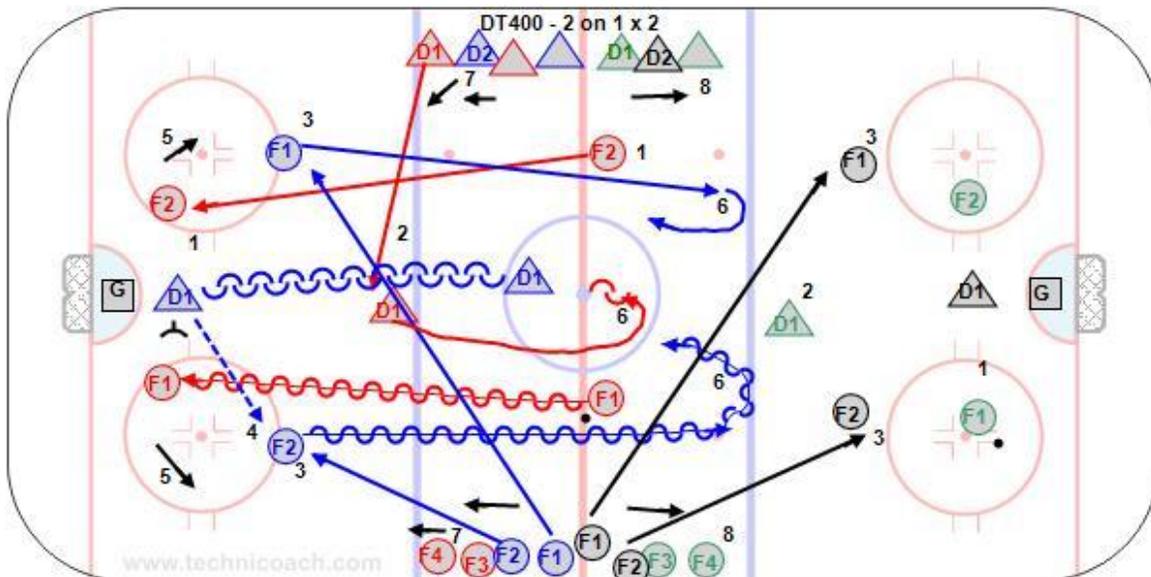
DT400 - 2 on 1 x 2 al e a esat n e

Key Points:

Start by giving passive support and progress to F1 support D1 low while 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 BI D1 and GD1 and BF1-F2 support.



DT400 - 2 on 2 Passive Support 6 Players a e at a h n

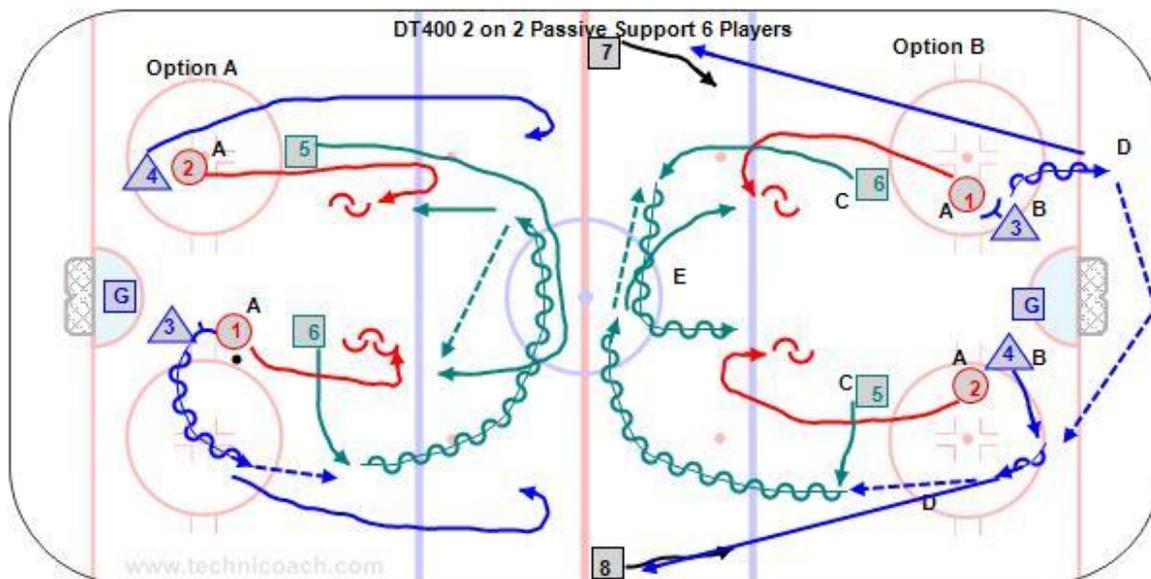
Key Points:

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.



DT400 - Regroup with Jokers Behind Defensive Net

Key Points:

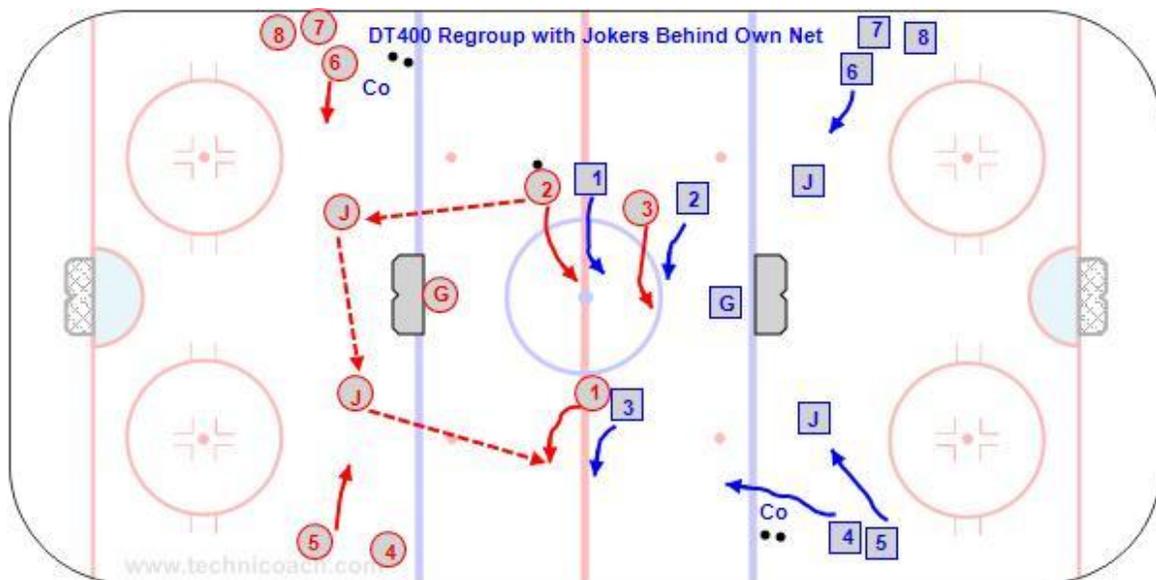
Practice regroup and breakout options. Jokers can pass right away or go D to D, switch, counter etc.

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.

<http://www.hockeycoachingabc.com/media/gallery/video.php?n=20120927102225533>



DT400 Active Jokers at Point - 3

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:

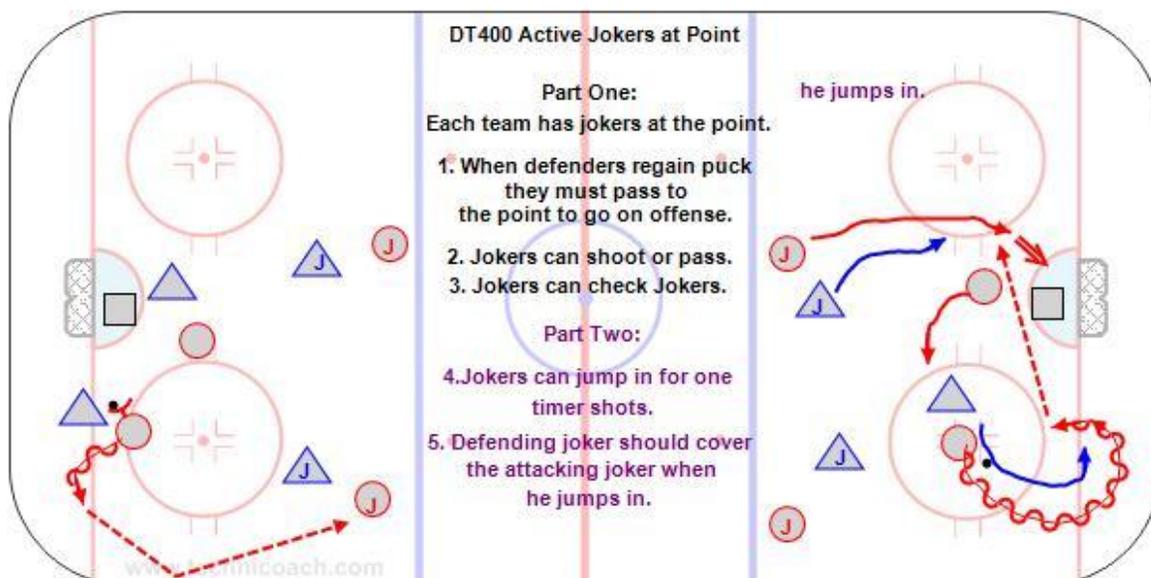
Part One: Each team has jokers at the point.

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120603101824103>



DT400 Battle in Front 1-1, 2-2

Key Points:

Defender see the puck and his man. Player behind the net must keep his skates below the goal line but can wrap around score. Battle for the net side. Protect the puck, shoot quick, goalie track the puck.

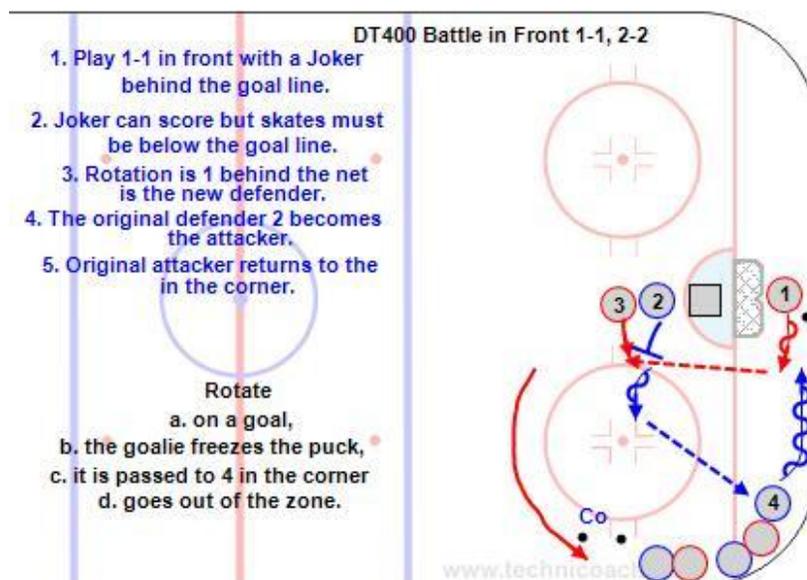
*Alternative is to have 2-2 with either one or two Jokers. Keep score.

Description:

1. Play 1-1 in front with a Joker behind the goal line.
2. Joker can score but skates must be below the goal line.
3. Rotation is 1 behind the net is the new defender.
4. The original defender 2 becomes the attacker.
5. Original attacker returns to the line in the corner.

Rotation Sequence:

- a. on a goal,
- b. the goalie freezes the puck,
- c. it is passed to 4 in the corner
- d. goes out of the zone.



DT 400 Continuous Game of 2 on 2

Key Points:

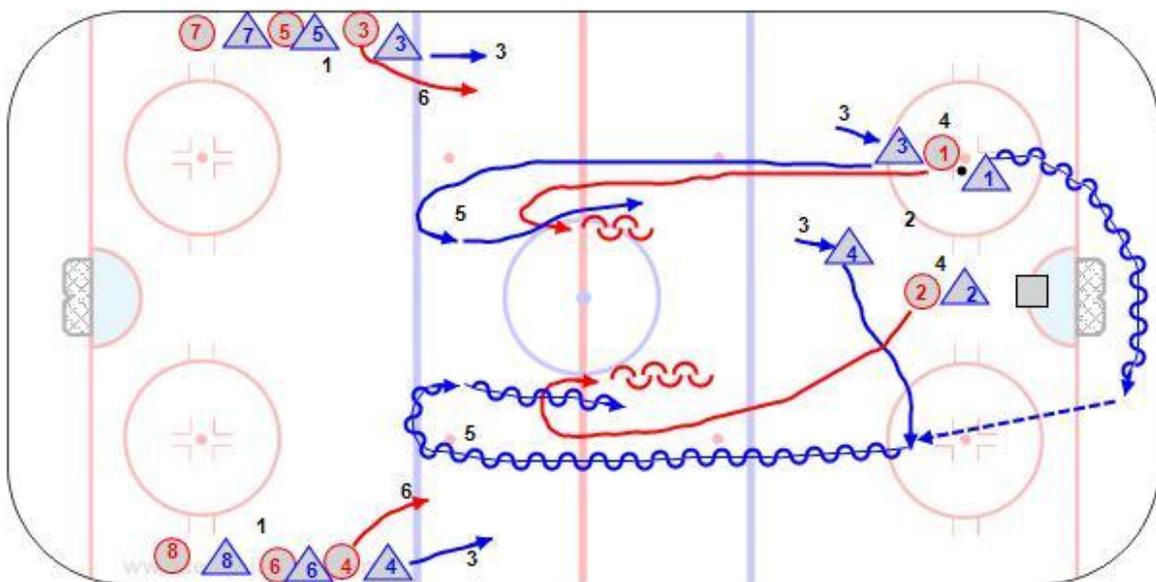
Allow the attackers to cross the blue line before leaving.

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120224091730987>



DT 400 - 4 on 4 Game with Attack-Defend-Rest Rotation

Key Points:

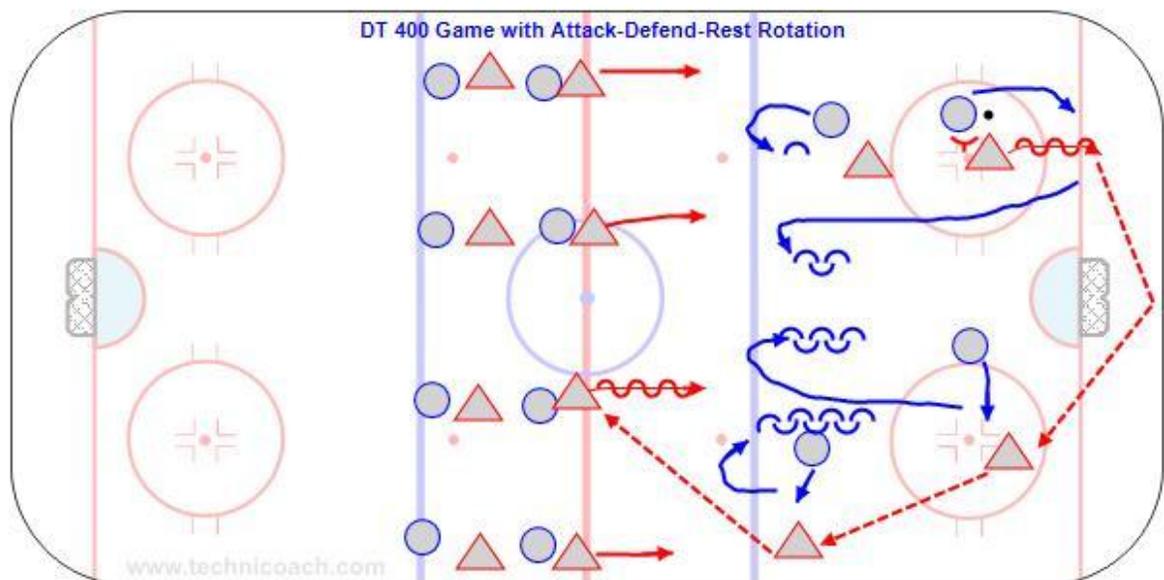
Mike Johnston demonstrates a quick 3 on 3 transition game. It is similar to the Perry Pearn game but the emphasis is on quick transition and the offside rule and gaining the blue line first isn't stressed. This rotation can be used from 1-1, 1-2, 2-2, 3-2, 2-3 3-3, 4-3, 3-4, 4-5, 5-4, 5-5, 6-5 to practice 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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110305095950592>



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

Key Points:

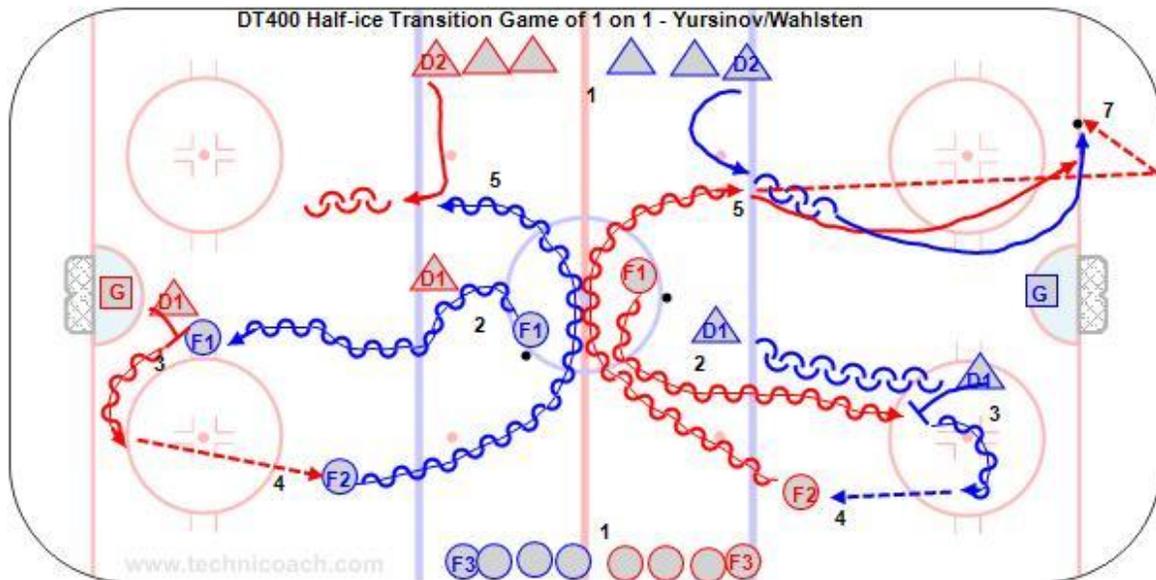
Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump ins the defender must read where the checker is coming from and the attacker create good checking angles.

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131204162617698>

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

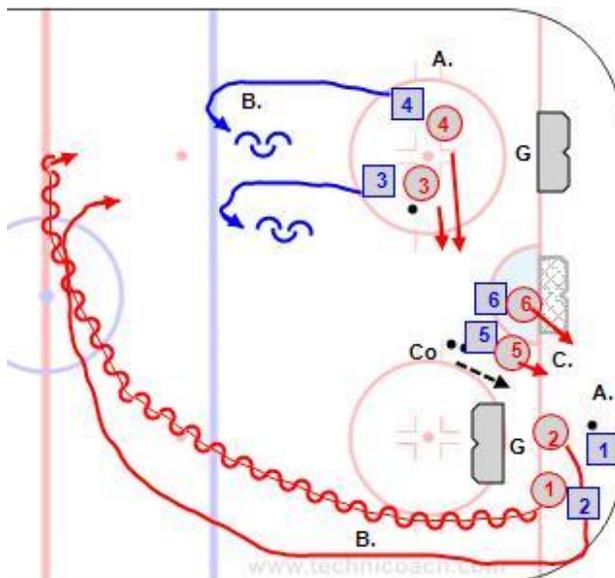
Key Points:

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 the coach 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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121012034957748>



DT400 Low 3-3 – Pro

Key Points:

Cover one player each from the defensive side. Defend from the net side. Seal sticks to the outside when defending in front. One attacker screen, one shot pass and one get into a one timer position when the puck is at the point. Cycle and create offensive 2-1's. Pass and get open.

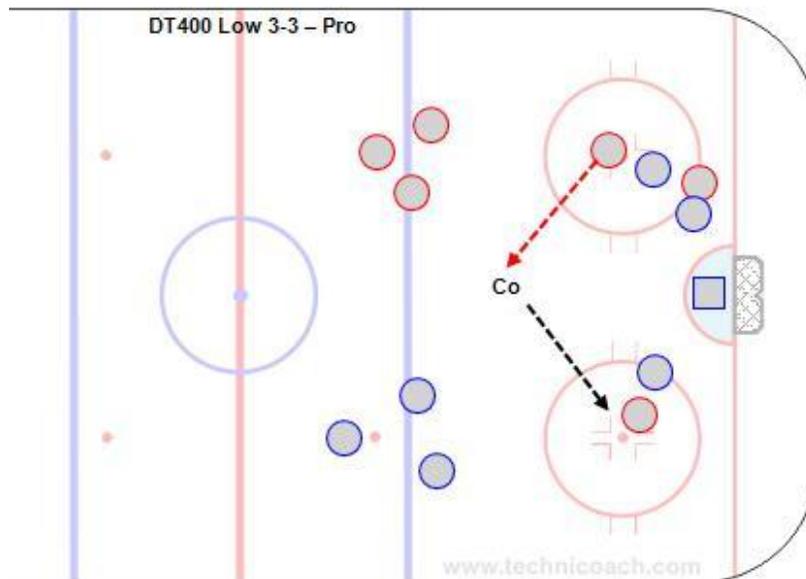
Description:

1. Play 3 on 3 below the circles.
2. Transition to offense by passing to the coach or another player above the circles.
3. Play man to man defense.
4. The coach can pass or shoot.
5. Attackers get open, screen, set picks, cycle to score.
6. Extra players wait near the blueline and rotate in on their own.

** Modified rules can be used to focus on individual skills or team play concepts.*

** No one check the Joker at the point but cover one player each.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150102233827366>



DT400 Low Battles with Jokers at Point

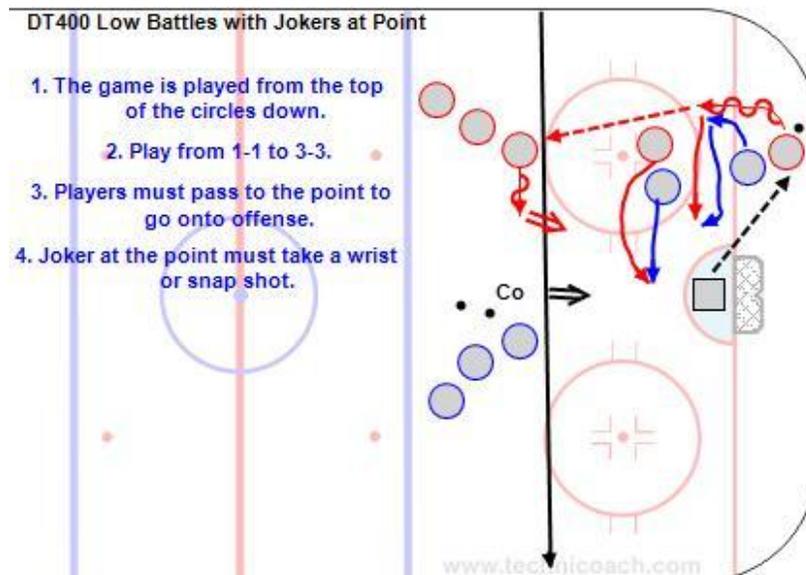
Key Points:

Attackers must go to the net to screen, for rebounds, tips and cycle low. Defenders must talk and stay man on man unless impossible and then switch. Box out, seal sticks to the outside, tie up sticks in the slot.

Description:

1. The game is played from the top of the circles down.
2. Play from 1-1 to 3-3.
3. Players must pass to the point to go onto offense.
4. Joker at the point must take a wrist or snap shot.

* Keep score and when in the teaching mode stop the play and have player who doesn't cover someone do 5 push-ups and his teammates 1 PU.



DT400 One Pass with Varying Numbers

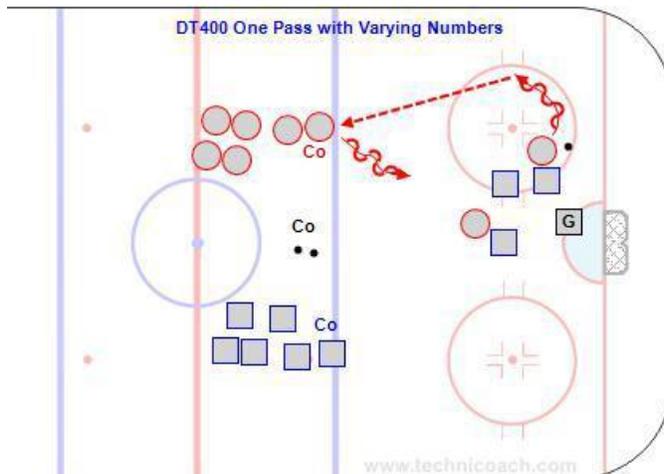
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130527110911593>



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:

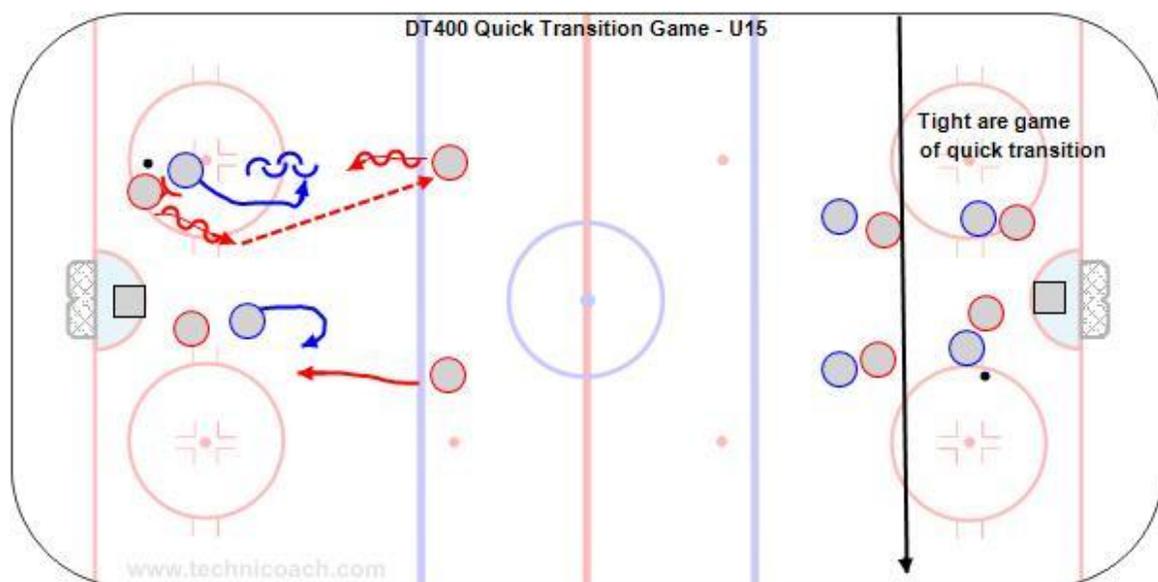
1. Play 2 on 2 to focus on transition between the four game playing roles.
2. Extra players wait at the blue line or to create a tight area game at the top of the circles.
3. Attack and try to score.
4. On a goal, frozen puck or turn-over the defending team pass to waiting teammates.
5. New offensive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



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.

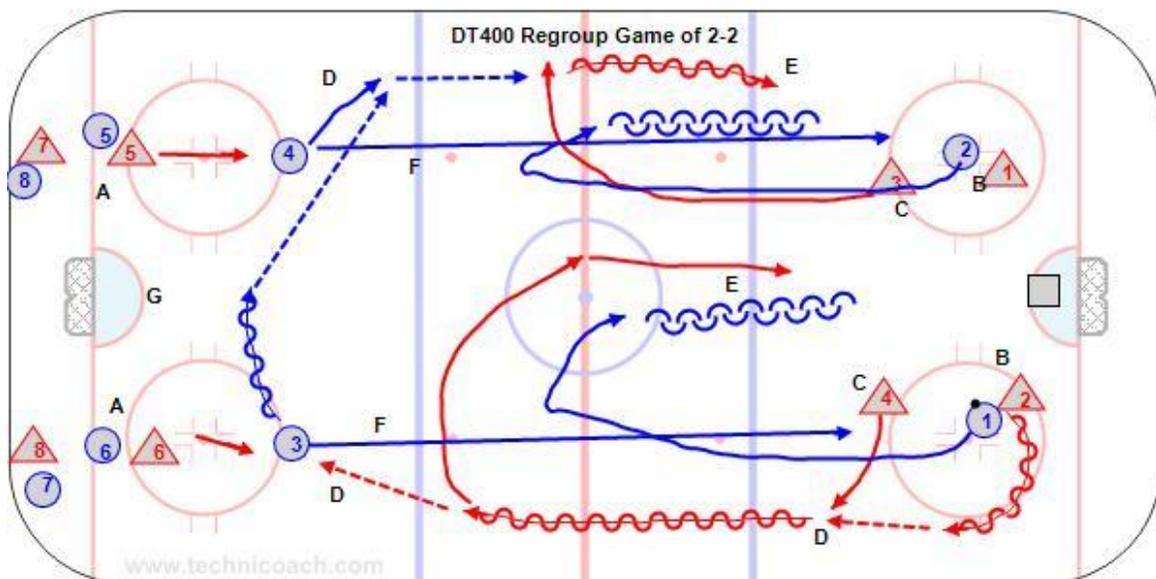
C. Defenders 3 and 4 support 1 and 2 from the top of the circles.

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.



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

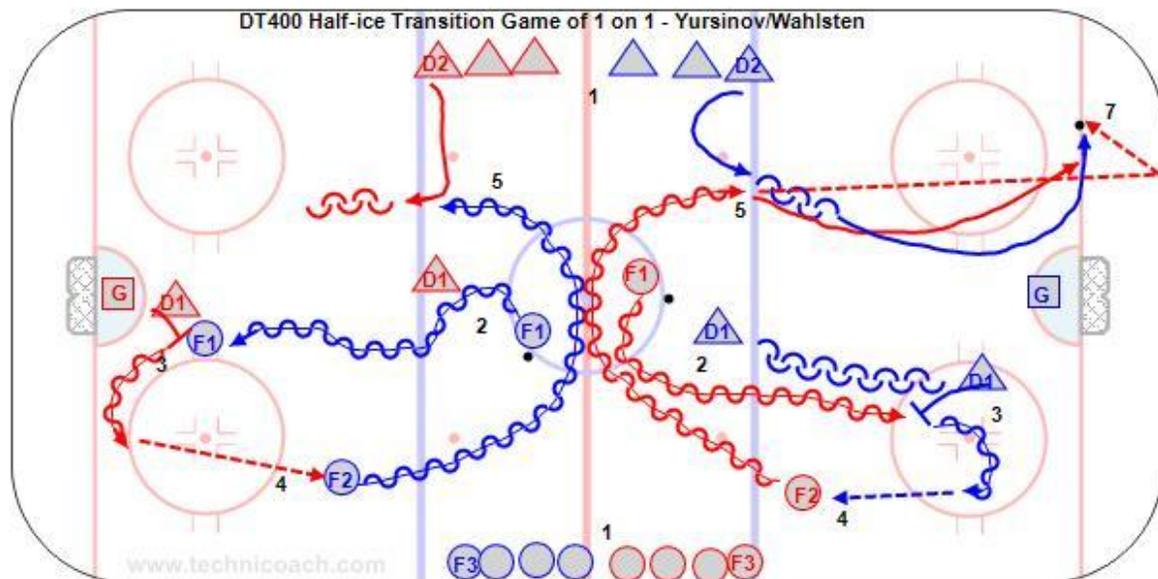
Key Points:

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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131203153607732>



DT400 Two Net Game – Regroup with Jokers - U15

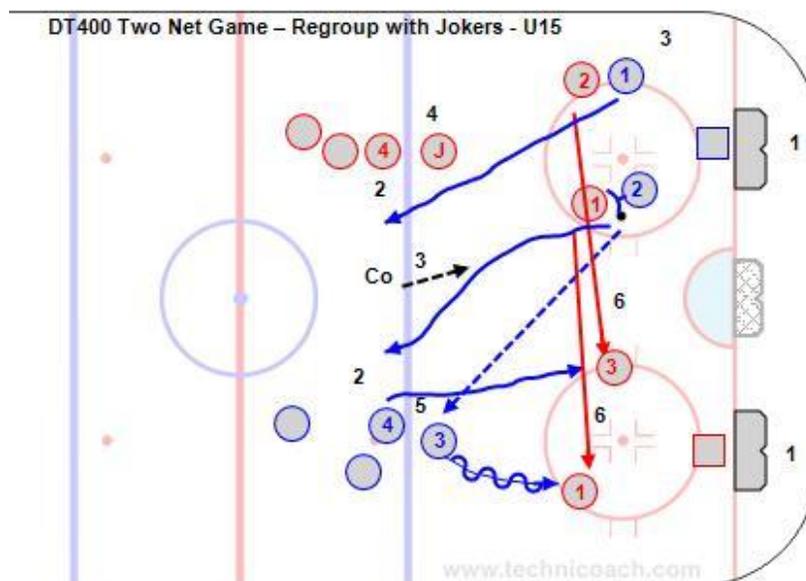
Key Points:

Quickly transition from offense to defense. Communicate coverage. Attack quickly then work cycle and back to net to change the point of attack. Screen, tip on offense, box out, seal sticks to the outside on defence.

Description:

1. Two nets in line with the dots on the goal line.
2. Teams line up facing the net they are attacking.
3. Start with the coach shoot the puck in and play from 1-1 to 3-3.
4. One player is the Joker at each offensive point and can pass or shoot but not skate in.
5. Pass to first player in line for the next group to go onto offense.
6. The team that was attacking and lost the puck must quickly defend the net on the other side of the zone.
7. Rotation is attack, defend, return to the line up.

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20141017120508529>



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.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2009072609354752>



DT400, 4-2 x 2 - Pro

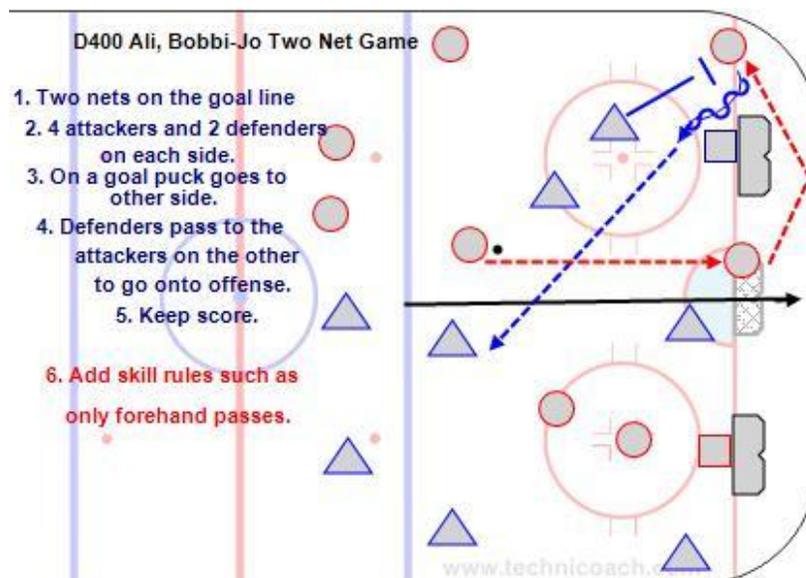
Key Points:

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 to go onto offense.
5. Keep score.
6. Add skill rules such as only forehand passes.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109165330506>



DT400 - 3-3 Krusel Battling Game – Jasper Camp

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 the coach shoots in.
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. Pass to the coach on the whistle.

**Players must race to get onside before the next puck is shot in.*

**Players at the point can pass or shoot but they can't go in.*

**Keep score and add rules like goals must be on one touch shots, or give and go plays, etc..*

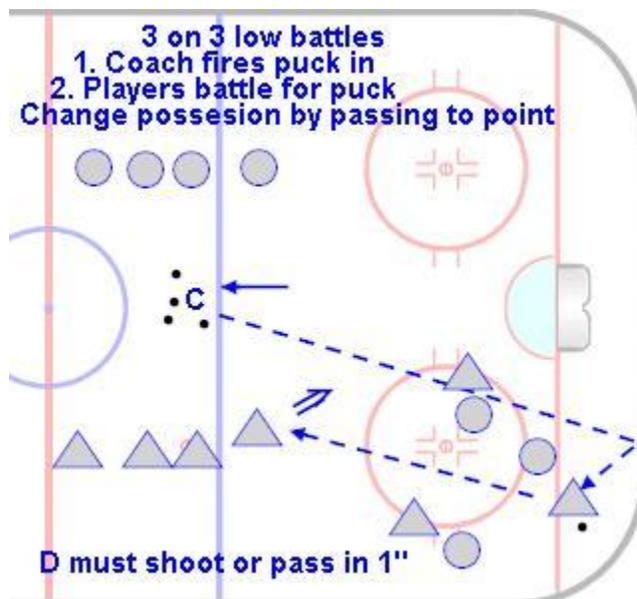
**This is the favorite game for some of the pro players I have coached over the years.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160814110908822>

https://youtu.be/Z8D_TEv1OkU

Women's Team doing the same game.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131008150727357>



DT400 - 3-3 Krusel Battling Game – U18 F

Key Points:

Battle for loose pucks, screen the goalie, shot passes, cycle, man on man, tie up sticks, tip, low zone play. Keep score and play from 1-1, 1-2, 2-2, 2-3, 3-3 low in the zone.

Description:

1. Line up with the face-off dots and 1 to 3 players race for a loose puck the coach shoots in.
2. Pass to the point to transition to offense.
3. Point player must shoot or pass within 2 seconds and plays low on the next coach shoot in.
4. Play 30' shifts and pass to the coach on the whistle.
5. If a point pass goes out the other point-man gets the puck.

**Players must race to get onside before the next puck is shot in.*

**Players at the point can pass or shoot but they can't go in.*

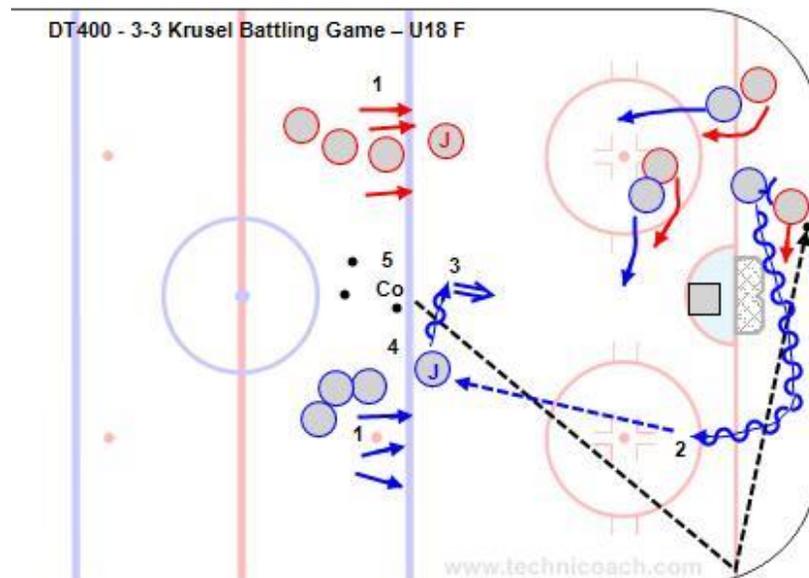
**Keep score and add rules like goals must be on one touch shots, or give and go plays, etc..*

**This is the favorite game for some of the pro players I have coached over the years.*

**Coach can use this game to teach many things on both O and D. Here coach teaches attackers to support player at the point by being in a position to screen, one time or redirect a shot pass. Most offensive and defensive principles can be practiced with this game.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180121102049670>

https://youtu.be/wCXU_A25JZY



DT400 - 3-3 Pearn - U18 F

Key Points:

Great transition game to practice offensive and defensive 3-3 or any other numerical situation. Defend from the net side; closest on puck carrier, second closest one stick length away, third closest halfway. Defenders identify who you cover early. Create 2-1's on offense and fight for the inside position. Attackers pass behind to the other side to spread the defense and create seams. Dump-ins can be added to work on the forecheck and breakout. This game can be played in situations 1-1 to 5-5.

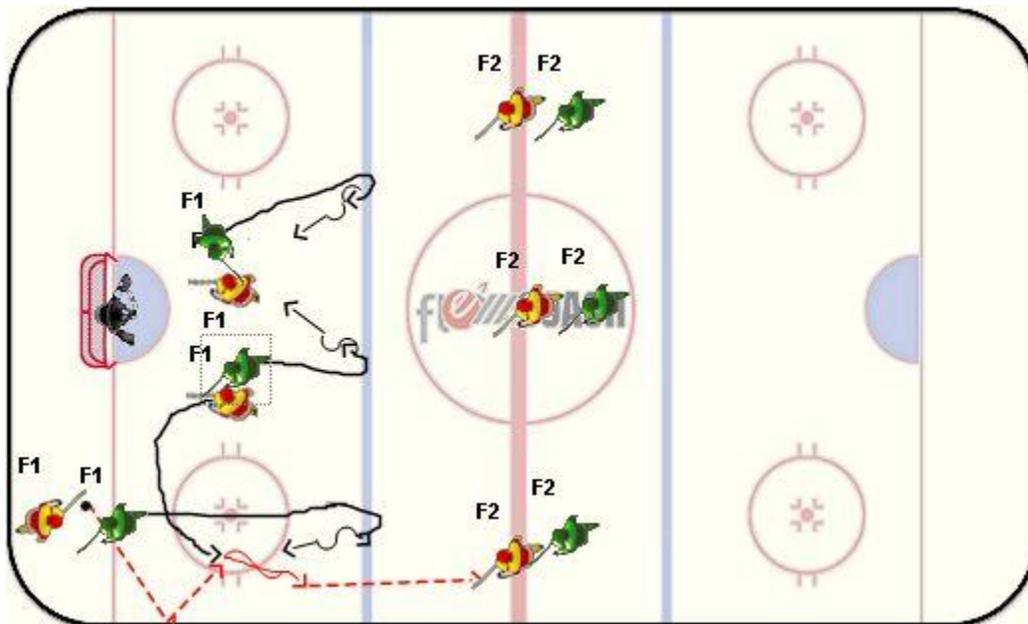
Description:

1. Players line up behind the red line.
2. Defenders allow the attackers to pass and start the new attack in the neutral zone.
3. Start with 3 reds attacking vs. 3 blacks.
4. On a goal, frozen puck or turnover the defenders must carry the puck over the blue line.
5. Black defenders pass to team-mates waiting at the red line.
6. Original attacking reds now defend inside the offensive zone.
7. This game can be done at one or both ends.
8. Blacks must get onside before the new attackers can cross the blue line or reds get the puck.

**Keep score and have tournaments with 4 teams and a game at each end.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20180118124528125>

<https://youtu.be/YPv-Fook9uc>



DT400 - Pass to Point on Transition – Pro

Key Points:

Transition quickly from offense to defense. Work on individual and team offensive and defensive skill.

Description:

1. Play 3 on 3 at one end and both teams have a Joker at the point.
2. Transition to offense by passing to your Joker at the point.
3. Joker can pass or shoot but not skate in with the puck.
4. Switch every 30".
5. Use modified rules to isolate the skills to work on.

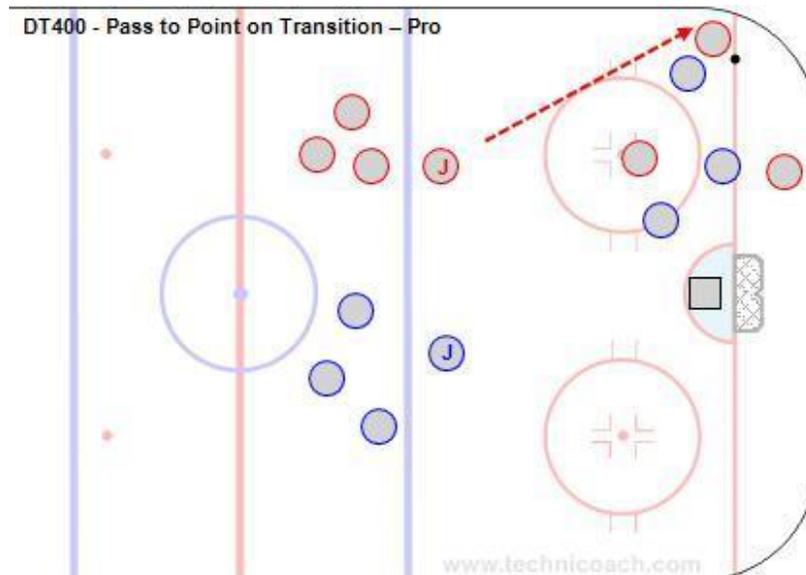
*Focus on offensive team skills like the cycle or defensive zone coverage.

*Keep score and use this game to play tournaments.

*Play from 1-1 to 3-3.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150525222000300>

<https://youtu.be/14OK-Lpz0Tw>



DT400 - Two Net Game - U18 F

Key Points:

There are two nets on the goal line. Play 1-1 to 5-5 in even or uneven situations. There is quick transition from offense to defense.

Description:

1. Start with one to five whites attacking one net vs. one to five darks.
2. On a goal, frozen puck or transition the dark pass to their players at the blue line.
3. New darks attack the net on the other side and the original whites skate hard across and defend.

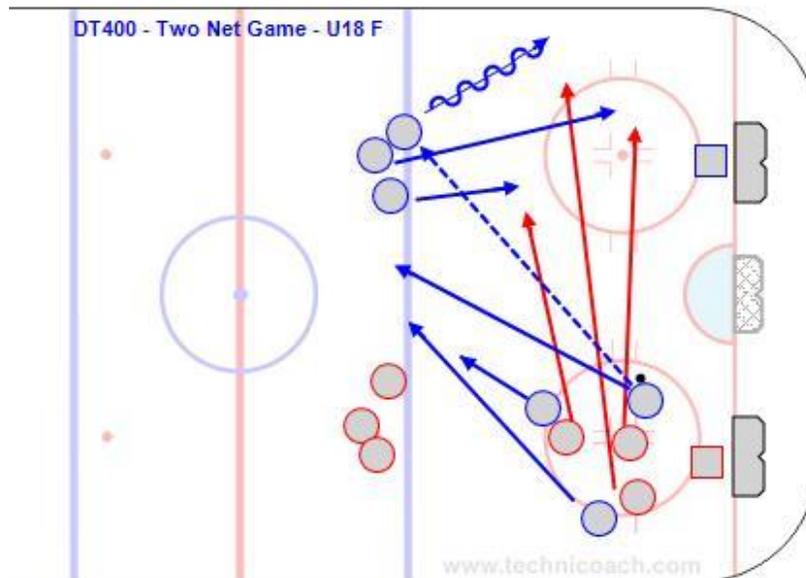
**This game requires quick transition and communication about who to cover on defense.*

**Attack quickly to take advantage of the unorganized defense.*

** Keep score and implement rules for good habits, team play or technique.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160927102405140>

<https://youtu.be/2GPpC0B99jw>



DT400 – Two Thirds Ice Game with Passive Support

Key Points:

Play 3-3 in the one end with the offense trying to score and defense defending and then making a breakout pass.

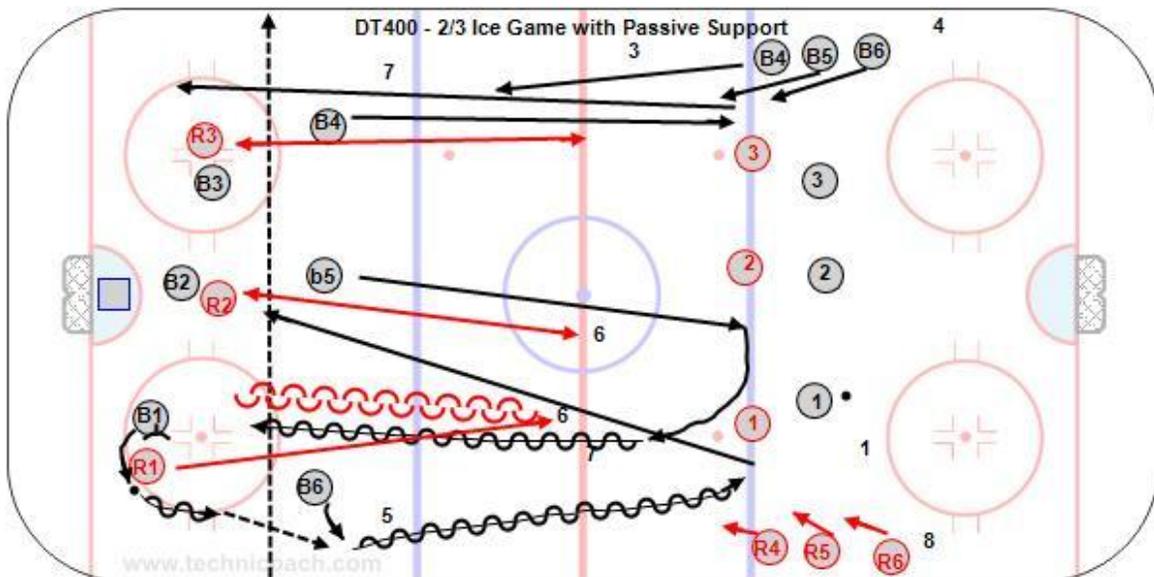
Description:

1. Black 1-2-3 attack Red 1-2-3 from the far blue line.
2. Black 4-5-6 follow the play into the zone above the circles.
3. On a goal, frozen puck or change of possession Black 1-2-3 pass to Black 4-5-6.
4. Black 1-2-3 return to the line at the far blue line.
5. Black 4-5-6 skate with the puck to the far blue line and turn back.
6. Red 1-2-3 follow the play into the neutral zone.
7. Black 4-5-6 attack Red 1-2-3.
8. Red 4-5-6 follow to the top of the circle to support.

** Great game with only one goalie or a goalie working with the coach at one end.*

** Play this transition game from 1-1 to 5-5 with even numbers like 3-3 or vary the situation like 3-2 then 2-3.*

** Have modified rules to practice individual or team skills. i.e. Goals only count on one touch shots or there must be three passes made before shooting.*



DT400 Attack-Defend-Breakout-Rest – U.S. College Players

Key Points:

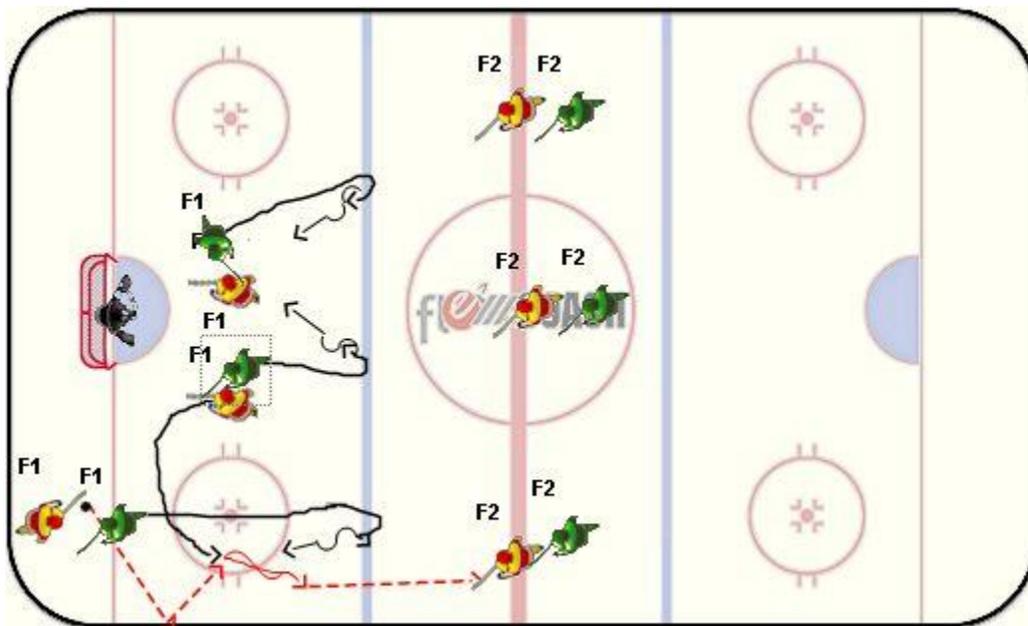
The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line. These College players are lined up at the far blue line waiting to attack. This was a camp I helped former NHL player and coach, Curtis Brackenbury with near Boston in 2013.

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).

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150525222001937>

<https://youtu.be/eNZtYC8u30k>



DT400 Continuous Two Thirds Ice 2-2

Key Points:

The defenders get passive support above the face-off circles while they play a low 2-2. The next defenders skate over the red line to close the gap on the next attackers. You can play this game position specific or everyone plays on offense and defense.

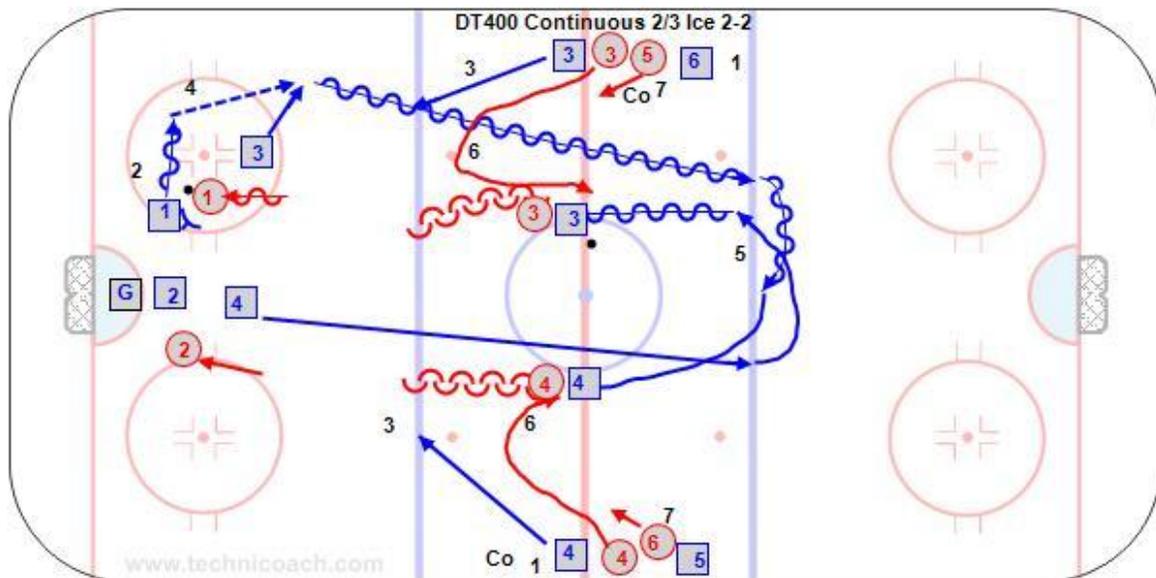
Description:

1. Half the players on each team line up behind the red line on both sides of the ice.
2. Two reds 1-2 start at the far blue line and attack vs. two blues 1-2.
3. Two players 3-4 from the defending red team follow the play inside the circle as wings would in their zone.
4. On a frozen puck, goal or breakout blue 1 or 2 pass to a supporting blue 3 or 4.
5. Blue 3-4 skate to the far blue line and turn back.
6. Red 3-4 skate over the red line and turn back to defend vs. the attacking blue 3-4.
7. Red 5-6 follow the play and give passive support for the breakout.

**This transition game can be done from 1-1 to 3-3 and can be done from both ends at once.*

**If it is an uneven situation like a 3-2 one supporting player can join the low coverage and the other 2 give passive support.*

Needs video.



DT500 Nets Back to Back - One Goalie U15

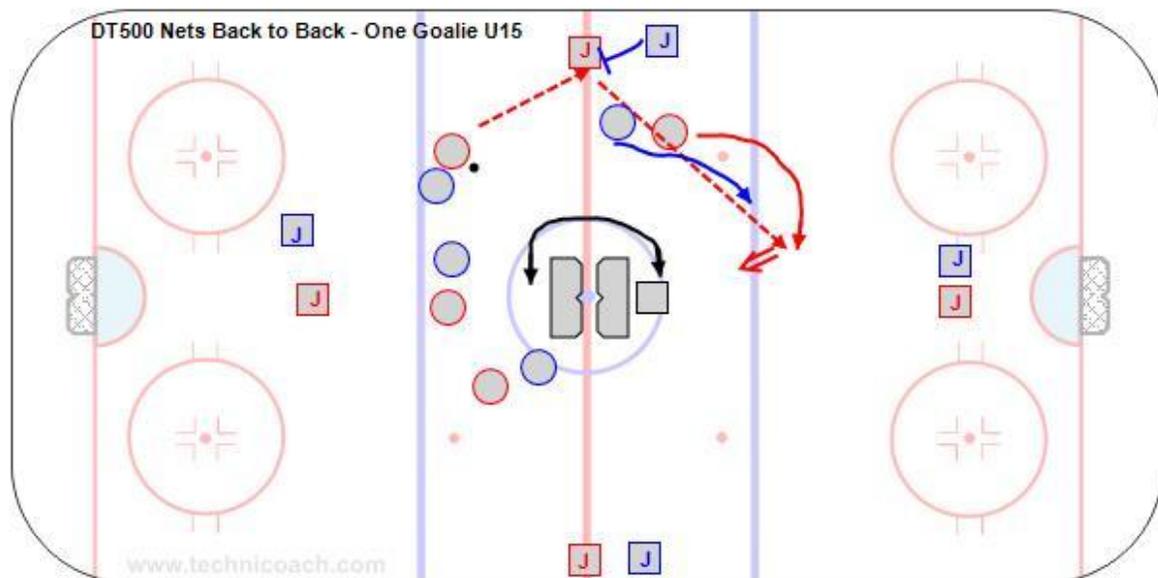
Key Points:

Quick transition and all 4 game playing roles are practiced. Goalie awareness and fitness.

Description:

1. Put the nets back to back and one goalie defends both nets.
 2. Make two teams, half play and half are active jokers.
 3. This is a transition game so you must pass to your joker to be on offense.
 4. On transition the goalie switches nets.
 5. Allow Jokers to check Jokers.
 6. Keep score.
 7. Jokers should surround the play.
 8. Jokers can either pass or shoot.
- Great game to end practice. Coaches can also play.
 - Having active Jokers keep everyone involved.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150303100915347>



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:

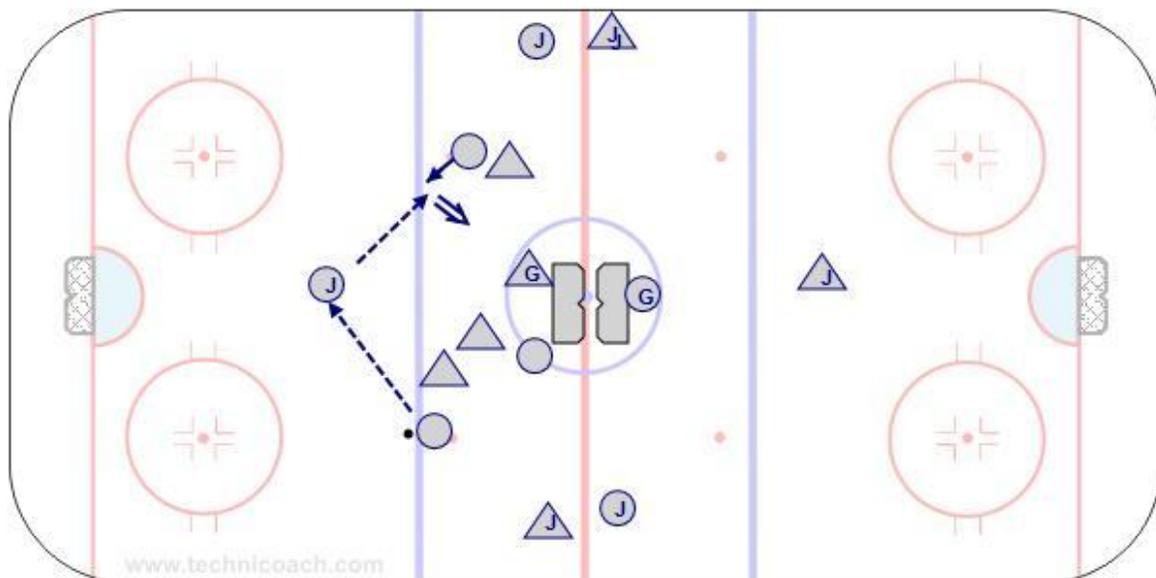
Place the nets back to back at the red line.

-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.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012052310414296>



DT – Transition Games – YouTube Video

DT – Transition Games – YouTube Video

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8130&topic=8151#8151>

DT4 -Regroup Low Point Shots-Czech Youth Camp

<https://youtu.be/uyYC1GcN9gc>

DT4 - 2-2 RG with Joker at the Point - Pro

<https://youtu.be/lw9gC8lrIqY>

DT4 - RG with Joker at the Point - Pro

<https://youtu.be/RRrsuC9QsBY>

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

<https://youtu.be/R2cg-9w-Z8c>

DT100 Transition 3-2 to 3-3 Passive Support - RB Pro

<https://youtu.be/fch9VqM95JY>

DT100 Transition Game 3-2 to 3-3 - RB Pro

<https://youtu.be/MEaK0tEp13E>

DT100 - Continuous 3-2-Passive Support - Czech U20

<https://youtu.be/DOvtIH1dono>

DT100 Transition Game with F Backchecking x 2 Dukla

<https://youtu.be/wvYUcpT-6Ek>

DT100 Continuous 1-1 - Dukla U20

<https://youtu.be/6dypAJTSMQg>

DT100 Continuous 3-2 to 5-5 – Dukla Czech U20

<https://youtu.be/xcbokEplsTQ>

DT100 Continuous 2-1, 2-2-Pro

<https://youtu.be/-kUFd8WW4ZQ>

DT100 Continuous 2-1, 2-2-Pro

<https://youtu.be/UgjuSInglSU>

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

<https://youtu.be/HiQX38EJI0c>

DT100 3-2 to 5-5 - TPS - Pro
https://youtu.be/aAGRjGf_hv4

DT100 - Continuous 2-1 - Passive Support – Pro
<https://youtu.be/CoUI2PxuCLQ>

DT100 - 2-2 Offensive Point Support - U18 F
<https://youtu.be/bKXMczzdoxs>

DT100 Continuous 2-2 Passive Support - Prospects
<https://youtu.be/sk4z4ul7rao>

DT100 Continuous 3-2 Passive Support-Pro
<https://youtu.be/PivZkApOkA0>

DT100 Continuous 2-2 Pro
<https://youtu.be/JeN-pyKX-1k>

DT100 Continuous 2-2 with Regroup - Pro B
<https://youtu.be/bttUI8sHzC8>

DT100 – Continuous 2-1 – Passive Support - Pro
<https://youtu.be/CoUI2PxuCLQ>

DT100 Continuous 3-2 Passive Support-Pro
<https://youtu.be/u66FYUHkqbw>

DT100 Continuous 2-2 With Tag-up – Pro
<https://youtu.be/pBE2B41Zklc>

DT200 - 1 on 1 x 2 Game - Pro
<https://youtu.be/BuU4bwED4zM>

DT200 Continuous 3-2 Passive Support - Pro
<https://youtu.be/j7JdVfCKFD4>

DT200 - 2-1 x 2 – Pro
<https://youtu.be/baFcOU0AmWU>

DT200 - 3-2 x 2 – MRU
<https://youtu.be/chTIs9Z2tUc>

D200 x 3 Games of Kings Court – Youth

<https://youtu.be/73KMUWvQ7cl>

DT400 - Pass to Point on Transition - Pro

<https://youtu.be/14OK-Lpz0Tw>

DT400-Two Net Game – Regroup with Jokers – U15 B

<https://youtu.be/qpoOZaWmUg4>

DT400 - Two Net Game - U18 F

<https://youtu.be/2GPpC0B99jw>

DT400 - Pass to Point on Transition – Pro

<https://youtu.be/14OK-Lpz0Tw>

DT400 Low 3-3 – Pro

<https://youtu.be/kmOd2MvAobo>

DT400 Low 3-3 Pass to Coach at Point - Pro

<https://youtu.be/BhZd-CRSCsc>

DT400 - 3-3 Krusel Battling Game – Jasper Camp

<https://youtu.be/Z8D TEv1OkU>

DT400, 4-2 x 2 - Pro

<https://youtu.be/lfeSVvP-9h0>

DT400 - 2 on 1 Yursi-Juuso IIHF

<https://youtu.be/l-Uko5pKHkY>

DT400 - 3 on 2 Jursi-Juuso IIHF

<https://youtu.be/OKT-J9hphvQ>

DT400 3-3 Krusel Battling Game – ProW

<https://youtu.be/e80Cod L2So>

DT400 Attack-Defend-Breakout-Rest – U.S. College Players

<https://youtu.be/eNZtYC8u30k>