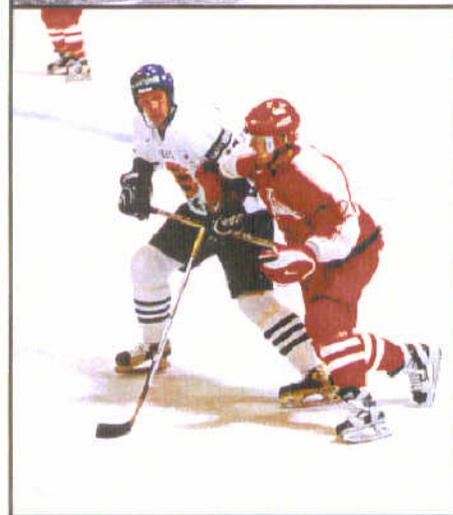




**Juhani  
Wahlsten**

**Tom  
Molloy**



# Das **ABC** des internationalen Eishockey



# 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*).

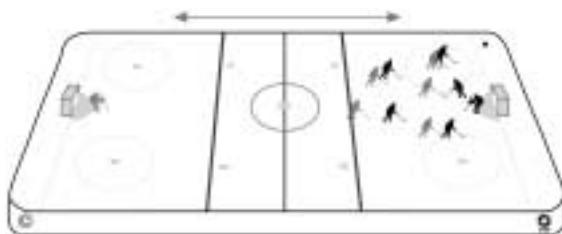
As the play continues their roles change from defensive to offensive or offensive to defensive responsibilities and all 3 playing situations: offense, defense and loose puck will be encountered.



## CARD 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

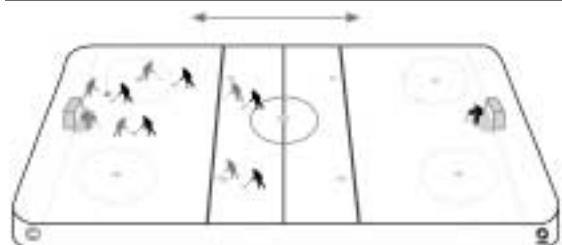
## GAMES WITH PLAYERS WAITING FOR THE PUCK IN THE NEUTRAL ZONE

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.

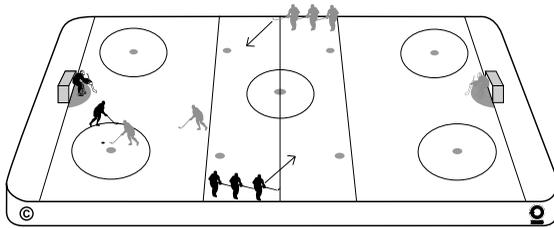
C300-5/6002



# 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 DEFEND-ATTACK GAME

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.

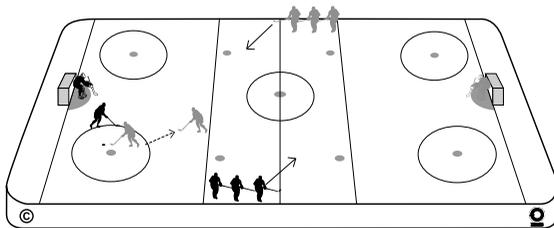
In this game you line the players along the boards in the neutral zone.

- 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.

- 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.

## CARD 236 LEVELS 5-6 TRANSITION GAMES



D100 FULL ICE DEFEND GAME WITH A PASS TO THE POINT

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.)

- 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.

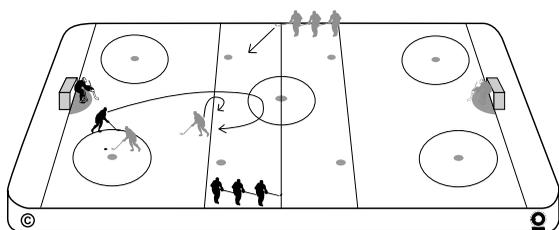
**At advanced levels the coach can add more players and a regroup in the neutral zone with the original players not leaving until the puck crosses the offensive blue line. This is great for working on defensive gap control.**



## 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.

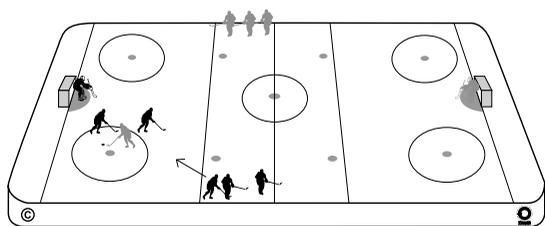
The pass to the point creates a situation where the defender must keep the attacker from screening the goalie, getting a pass or scoring on a rebound.

- 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-DEFEND GAMES****3. Transition games where the defending team gets support from backcheckers (role 4).**

## CARD 238

## LEVELS 5-6 ATTACK – DEFEND GAMES



D100

**FULL-ICE ATTACK-DEFEND 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.

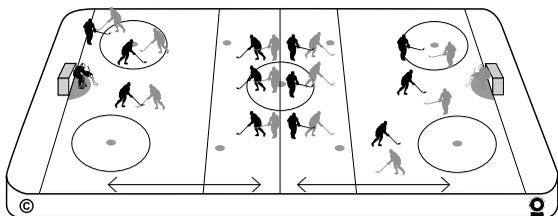
- When the puck crosses the offensive blue line the defending player gets support from a teammate making it 1-on-2.
- On a goal, or when the defenders gain the puck, the new backchecker attacks the goal at the other end.
- When the puck is cleared over the defensive blue line the original defending player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

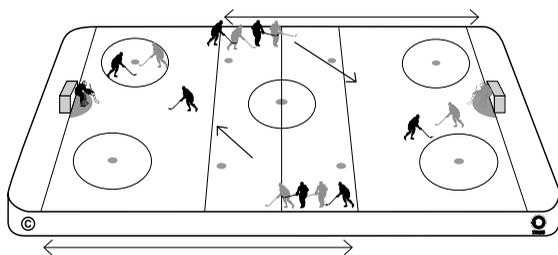
Play either 1 or 2 D400 half-ice Attack-Defend games at once. Teams are organized into 2 lines of 1, 2 or 3 players each. 1 line attacks or defends while their teammates rest near the red line.

- 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

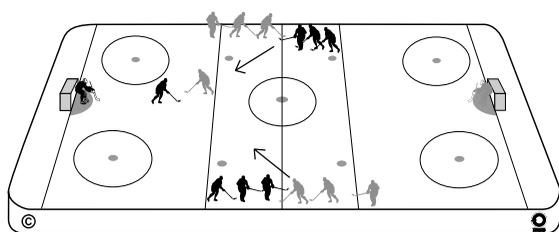
4. Transition games where both the offensive and defensive teams have supporting players join the play (game-situation role 2 and 4).



## 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.

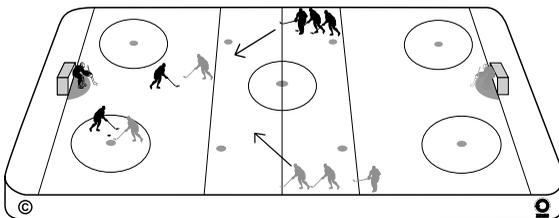
When you have a continuous 2-on-1 the first backchecking forward must give low support to the defender and the second backchecker must cover the new defenseman. By using this continuous game the coach can teach team-play concepts as well as work on individual techniques.

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.



## D100 2 on 2 with Regroup

### Coaching Comment

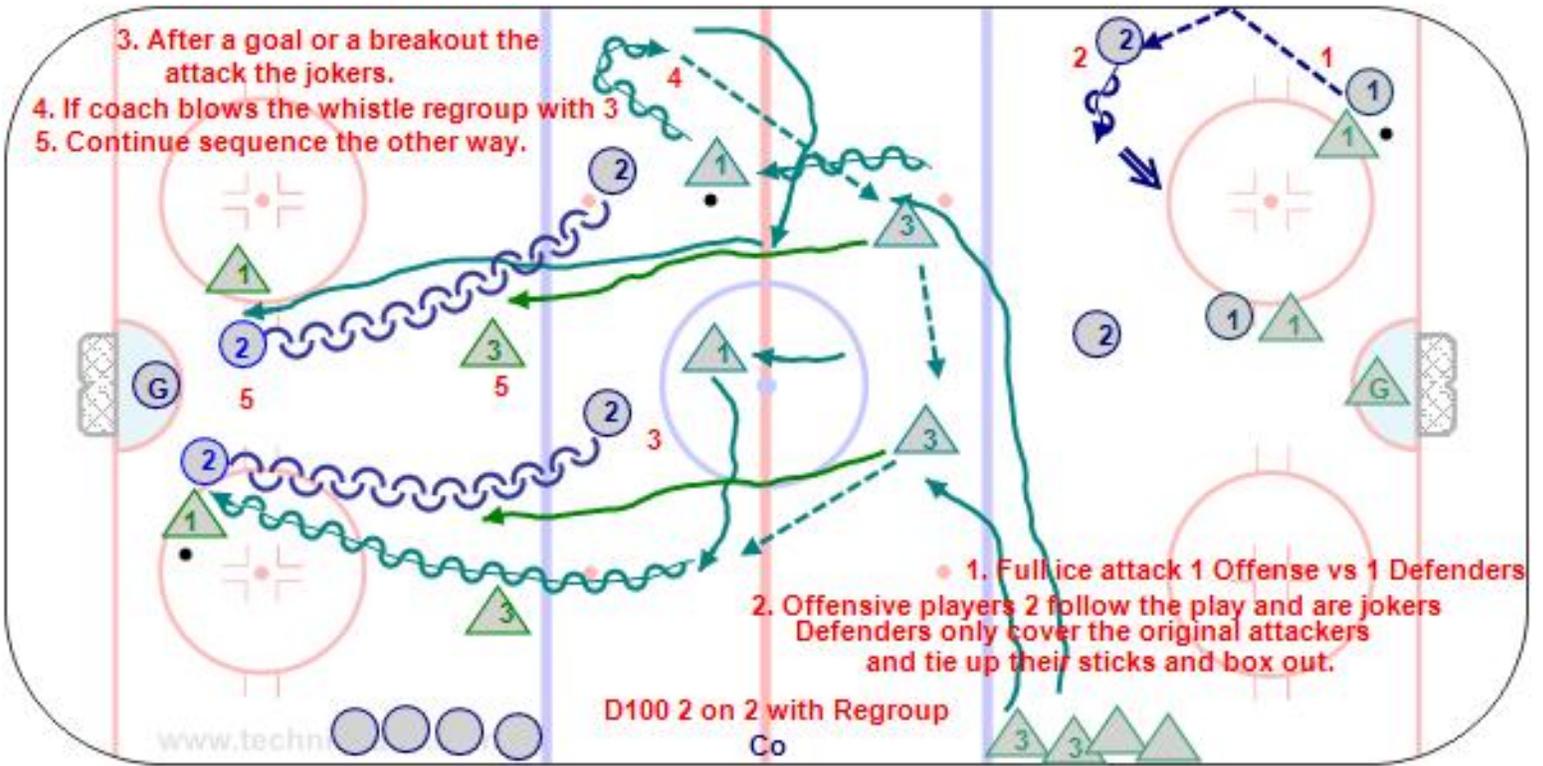
This is a great transition game to work on all four game playing roles in all three zones. You can focus on the offense, the defense, the regroup, boxing out, cycling, tying up sticks, creating offensive 2 on 1's, defensive communication etc. etc. All players attack and defend. The jokers support and must pass or shoot within a second and can't walk in. When the puck crosses the blueline they follow the play for a regroup pass and then into the attacking zone.

### Key Points:

Move through the neutral zone quickly and create a 2 on 1. Defenders talk to identify coverage. Line up in D100 Formation along the boards behind the bluelines at each end. Continuous flow game. Keep score. Vary the situations 1-1 to 3-3.

### Description:

1. Full ice attack 1 Offense vs 1 Defenders.
  2. Offensive players 2 follow the play and are jokers who can't skate in but must pass or shoot within 1 second. Defenders only cover the original attackers and tie up their sticks and box out.
  3. After a goal or a breakout the defenders 1 attack the jokers.
  4. Create an offensive 2-1 on a wide defender. If coach blows the whistle regroup with 3 who follow the play thru the nzone.
  5. 1 finish the attack and try to score while 3 follow the play and support.
- \*Coach can change the situation from 1-1, 1-2, 2-1, 3-2, 3-3 or add a dump in to work on the forecheck or rules like goals must come from plays below the goal line to work on the cycle or low coverage.



## DT100 3-2 to 3-3 With Active and Passive Support

### Key Points:

F1 supports the D1 and D2 to create a low 3-3 while F2 and F3 wait in the high slot for a breakout pass vs. D3 and D4.

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

### Description:

1. In this transition game there is a 3-2 in the neutral zone.
2. One forward supports low to make it a 3-3 low.
3. 2 F on the defensive team and 2 D on the attacking team wait for a breakout pass to go the other way.
4. The low forward joins the attack.

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## DT100 Continuous 1-1

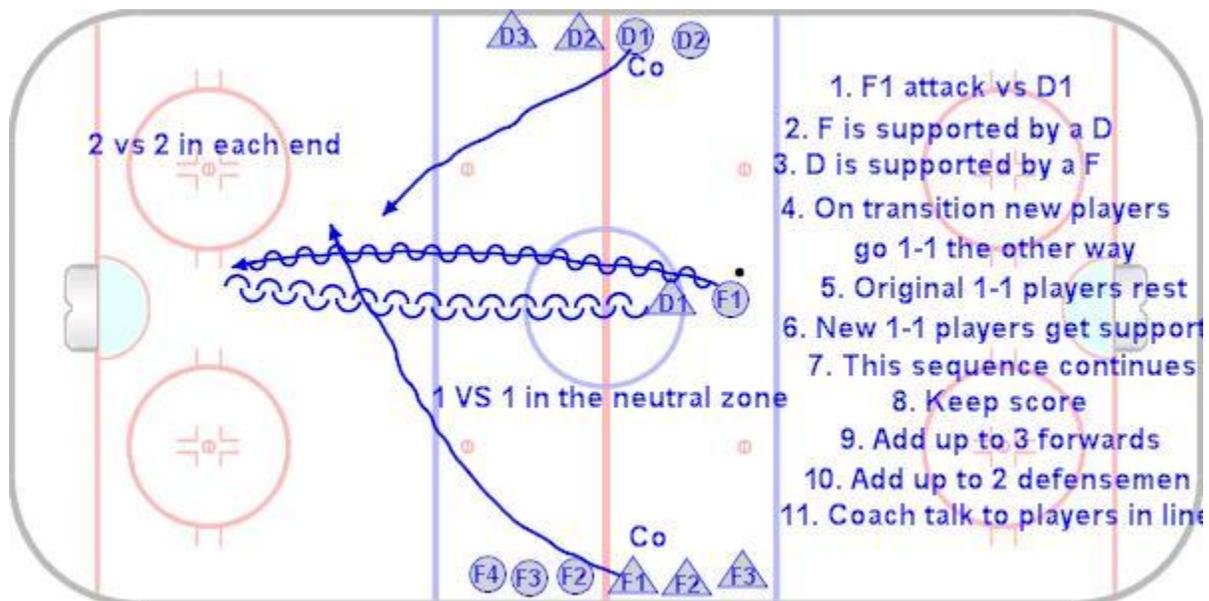
### Key Points:

Forward gets support from a defenseman and the D gets support from a forward.

### Description:

1. Forwards line up in the neutral zone on one side and D on the other on their offensive side of the red line.
2. Start with a 1-1 and the supporting players join the play when the puck enters the zone and play 2-2.
3. This is a game and not a drill, so no whistles. Original players leave when the puck is carried over the blue line and there is a 1-1 the other way with the players who supported.
4. If the puck is dumped out the players stay on and regroup.
5. Situations up to a 3-2 each way can be practiced with this flow.

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## DT100 Continuous 2-1

### Key Points:

New players don't leave the line-up until the puck enters the offensive zone.

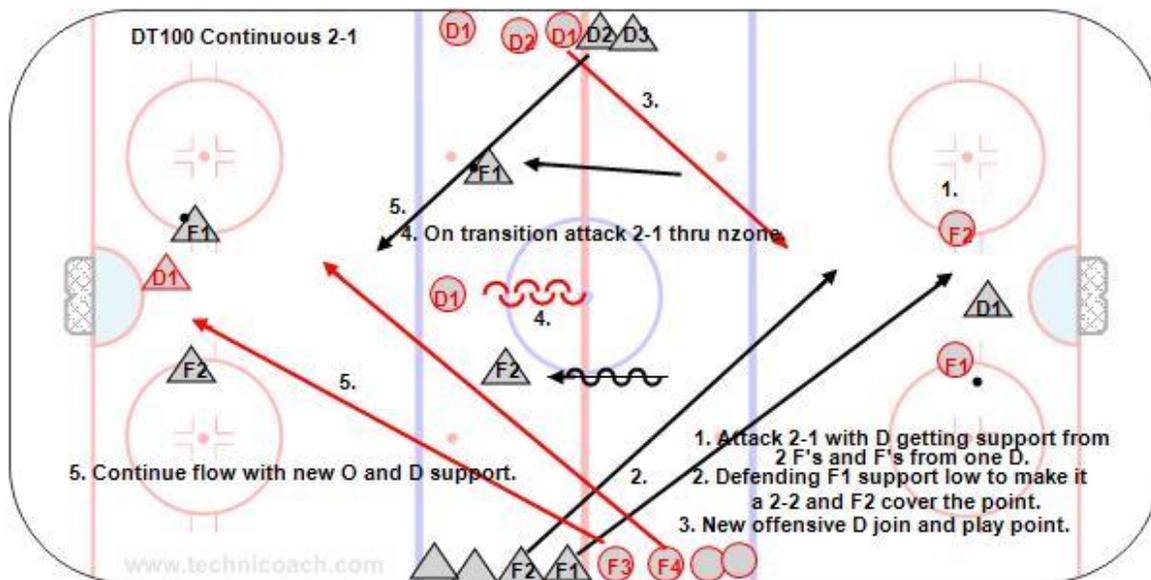
On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line.

### Description:

1. Attack 2-1 with D getting support from 2 F's and F's from one D.
2. Defending F1 support low to make it a 2-2 and F2 cover the point.
3. New offensive D join and play point.
4. On transition attack 2-1 thru nzone.
5. Continue flow with new O and D support.

-Continue the flow of 2-1 in nzone and 3-3 at each end.

-Dump-ins and regroupings can be added.



## DT100 Continuous 2 on 2

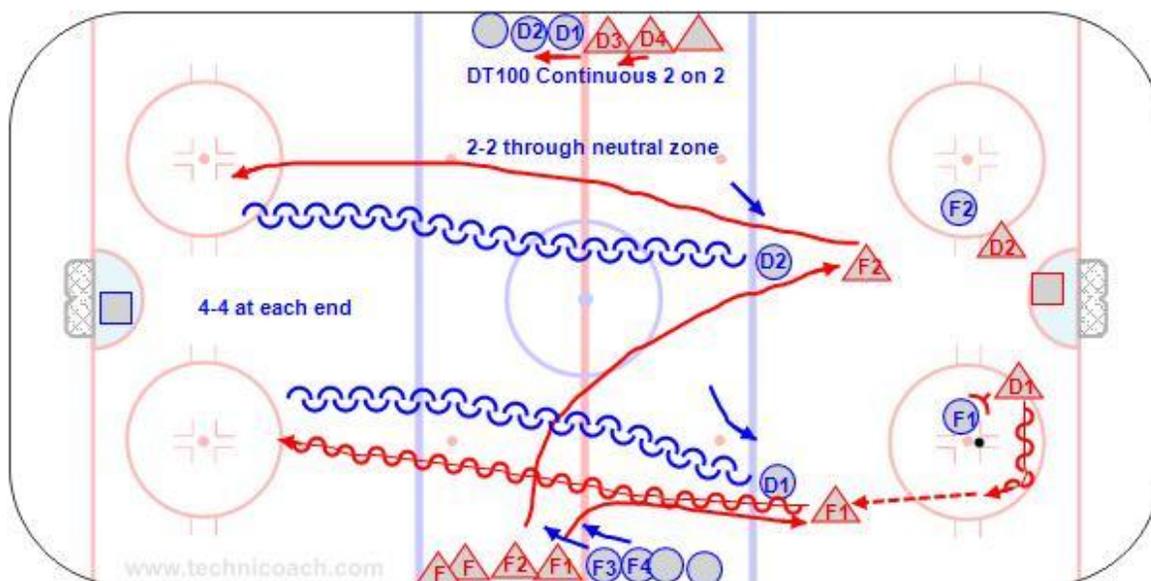
### Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles. Defenders play tight gaps and attackers create 2 on 1's on the rush.

### Description:

1. Forwards line up on one side and defense on the other.
2. Start with a 2 on 2 attack F1 and F2 vs D1 and D2.
3. When the puck enters the zone defensive F1 and F2 support D and attacking team D1 and D2 support F's.
4. Play 4 on 4 in the zone.
5. If the puck is dumped out with no possession the offensive team regroup and attack again.
6. The supporting players who joined the play now go 2 on 2 in the other direction.
7. F2 - F3 support D1 and D2 and D3 and D4 support attacking F1 and F2.

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## DT100 Continuous 3-2

### Key Points:

New players don't leave the line-up until the puck enters the offensive zone.

On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line.

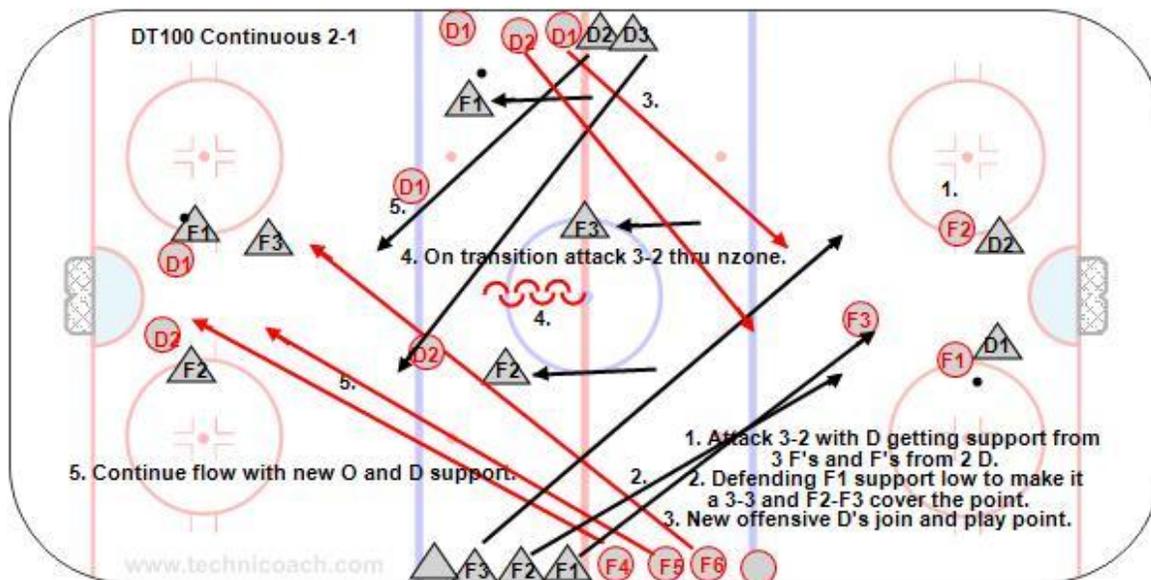
### Description:

1. Attack 3-2 with D getting support from 3 F's and F's from 2 D.
2. Defending F1 support low to make it a 3-3 and F2-F3 cover the point.
3. New offensive D's join and play point.
4. On transition attack 3-2 thru nzone.
5. Continue flow with new O and D support.

-Continue the flow of 3-2 in nzone and 5-5 at each end.

-Dump-ins and regroupings can be added.

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## DT100 Erkka Continuous 2-1 with Passive Support

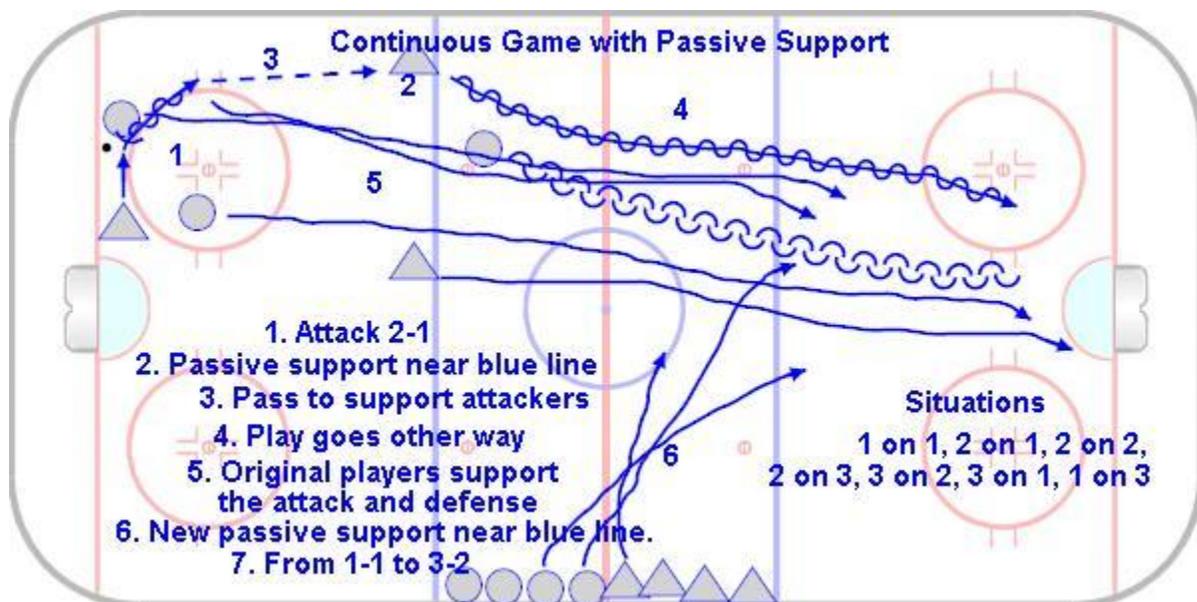
### Key Points:

Erkka Westerlund has coached the Finnish Olympic Team and been director of Finnish Hockey development. He is more or less the Father of Transition Games. They are now the logical progression from Flow Situation drills from 1-1 to 3-2.

### Description:

1. Two white F's attack one black D 2-1.
2. When the puck enters the offensive zone 2 black F's and one white D follow the play and passively support from above the circles.
3. After a goal, frozen puck or turnover and breakout pass the new 2 F's attack the new D the other way.
4. This flow continues. It can be played from a 1-1 to a 3-2 with passive, active or a combination of passive and active support.

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## DT100 Erkka Continuous 2-1 with Passive Support

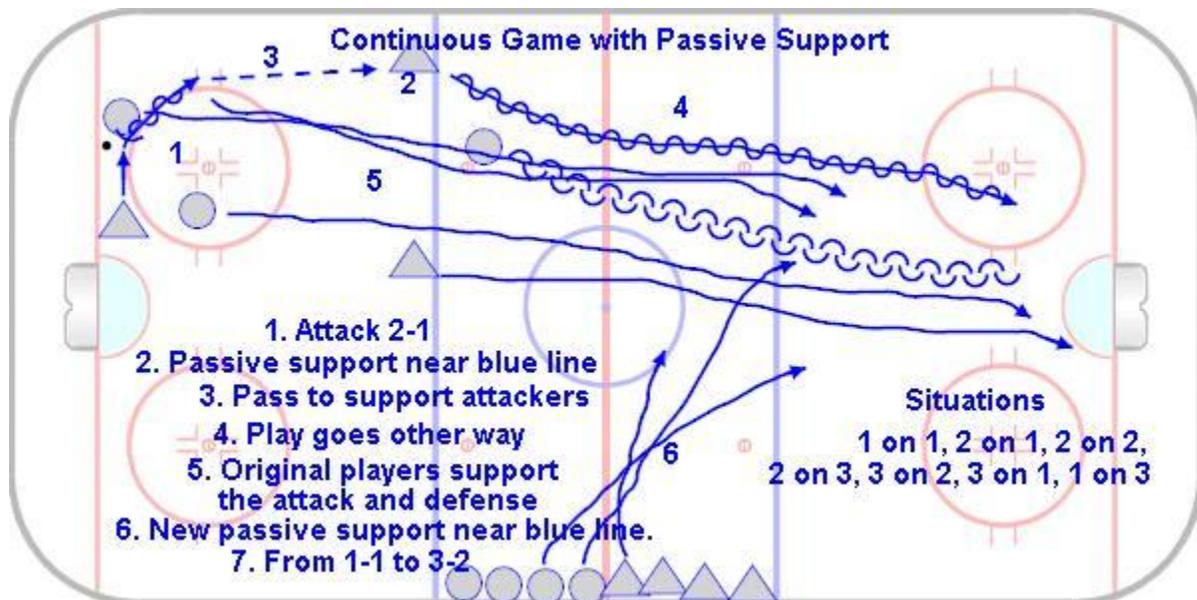
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## D100 Total Hockey 1-1 to a 3-2

### **Key Points:**

The support can be either passive or active.

Once the new players are in the neutral zone the original players go back to line; unless a regroup is added.

### **Description:**

D100 formation along the boards in the nzone.

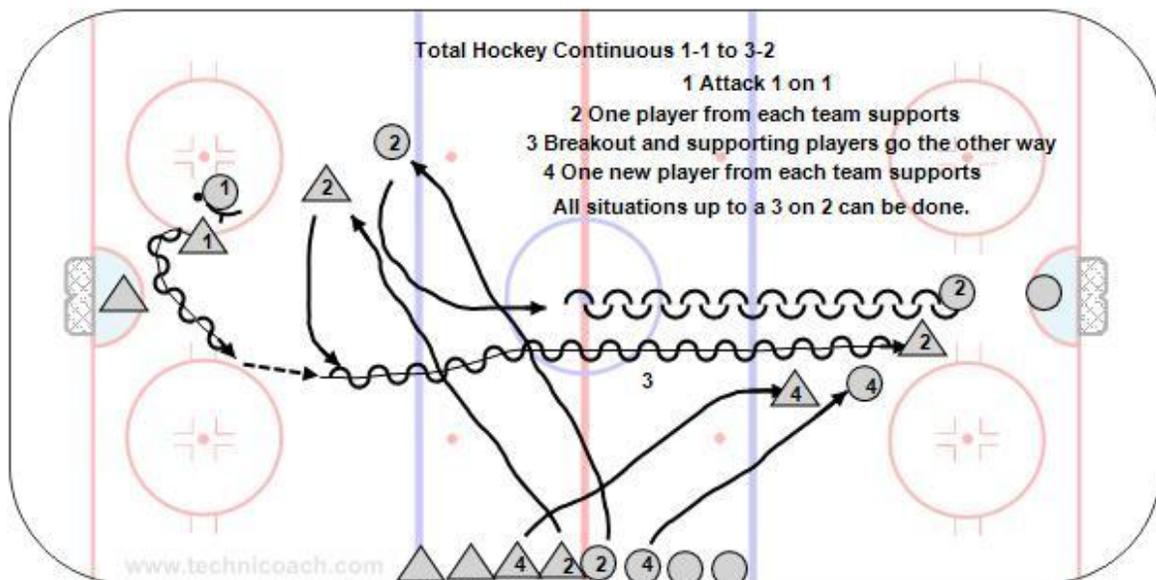
Start with a 1-1 and when the puck crosses the blue line each player gets support from the lineup on the boards. Various situation up to a 3-2. i.e. A 2-1 thru the nzone with the defender getting 2 and attacker 1 supporting player makes a 2-1 in nzone and 3-3 at each end.

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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# D100 Transition Game of Defend-Attack with Regroups

## **Key Points:**

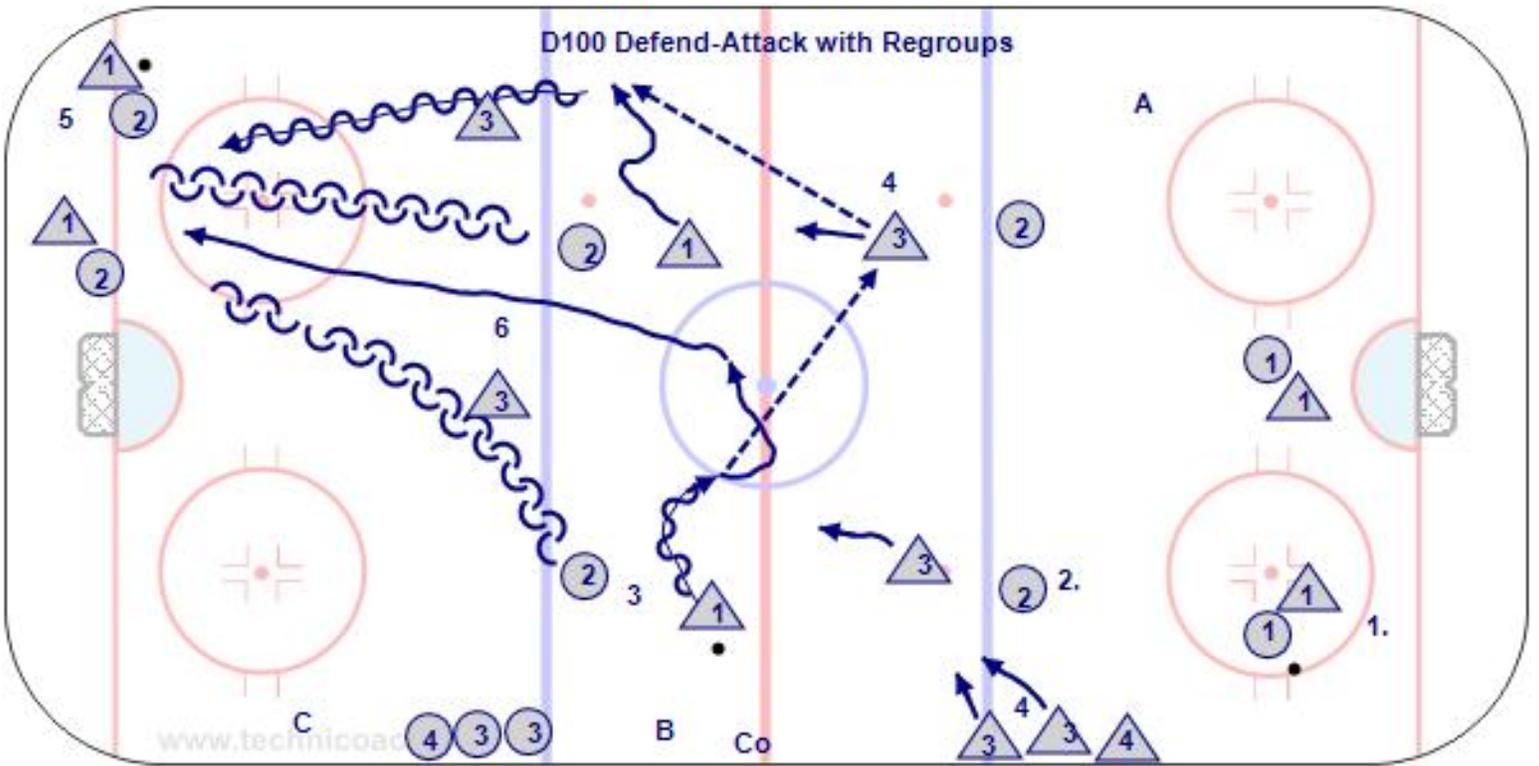
This is a great progression from the original transition game. The coach may blow the whistle to indicate a regroup. The offensive players pass back to the supporting players. They now line up behind the blue instead of red line. They may do a D to D or pass to the original players who should be on the wall and in the middle or maybe switching. Defenders must keep tight gaps instead of simply backing in.

If there is a turnover the defenders attack the other way vs the new supporting players.

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

## **Description:**

1. #1 offense attack vs# 2 on defense.
2. Attackers get support from teammates 2.
3. Breakout and attack 2-2 vs supporting point men.
4. If the coach blows the whistle regroup with 3 who follow the play.  
Continue with 2 new players supporting each rush.
6. #3 follow the play and supports from the blueline.
7. Try to score vs 2 the original pointmen.



## D100 Transition Game of Support, Defend, Attack, Rest

### Key Points:

This is a great full ice transition game to practice offense and defense in all three zones. I have done this the last 2 practices with my team and my skills group. The coach can decide what to focus on each time you do it. Instead of stopping the game talk to the players when they come back to the line. You can do this from 1-1 to a 3-3. I will put a modification that adds other nuances to the game at another date.

Point men only get one second with the puck to shoot or pass. Defenders cover the low players and ignore the pointmen.

### Description:

A. 1 and 2 attack vs a and b and are supported on the blueline by 3 and 4 The pointmen cannot go farther than the top of the circle. When the puck goes to the point a and b control the sticks of 1 and 2.

Attackers cycle, screen, tip, drive the net. Defenders work on low coverage and B.O.

B. When a and b breakout over the blueline 1 and 2 are finished and there is a 2 on 2 in the nzone with a and b attacking 3 and 4.

C. After the puck crosses the blueline c and d support a and b from the point.



# D100 Transition Game with D Joining the Attack and F Backchecking

## **Key Points:**

Many coaches have a 2 on 1 at one end and then another starts the other way with a new puck and the original players skate up the ice and join the play on offense and defense. This can be done in a transition game.

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

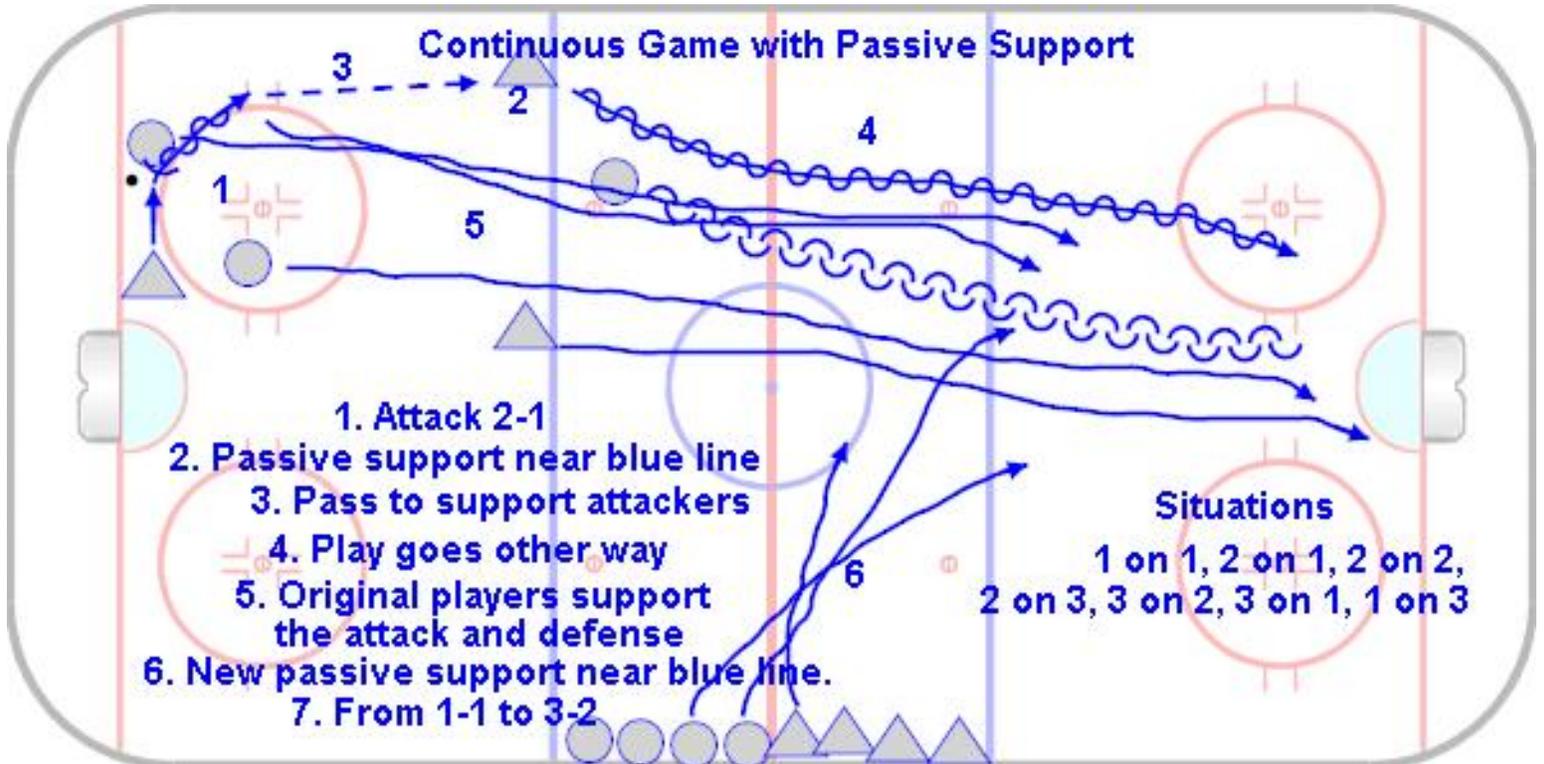
## **Description:**

Use one puck and have the new players on offense at the blue line and the new D a little farther back then they can attack when passed to.

2. The players who just were on O now backcheck and the players on D join the rush.

3. When they enter the zone the new players skate to the blue and are passive until they get the puck.

4. The players who have only gone down the ice once now reverse game playing roles and join the play at the other end.



## **D100 Transition Game with Defense Joining the Attack**

### **Key Points:**

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

### **Description;**

- a. Start with #2 attacking vs #1.
  - b. #3 support on defense and #4 support the attack.
  - c. After a goal or a defensive breakout #3 attack vs #4.
  - d. The original defender #1 join the attack (#2 return to the lineup when the puck crosses the blue line.) This creates a 2-1 in the neutral zone.
  - e. #5 and 6 join the play after the attack crosses the blue line and actively play a 3-2. #6 play the offensive point position.
  - f. After a goal or breakout continue the flow with 5 vs 6 and 4 joining the rush.
- You can run this game with all players playing F and D or if you have D joining the F could line up on one side and the D on the other side in the nzone.

Starting with a 2-1 and two players supporting the D and one the attack would make a 3-3 on the original attack and a 3-1 in the nzone and a 4-3 in the offensive zone.

Starting with a 2-2 attack and the offense getting support from 2 D and the defense from 2 F it would make a 4-4 on the original attack. One D joining the rush makes a 3-2 in the nzone and a 5-4 at each end. (D stay up on the attack)

- a. #2 goes 1 on 1 vs #1
- b. #3 and #4 support from the side boards.
- c. #1 gains the puck and passes to #3
- d. #3 attacks vs #4 and #1 supports
- e. #5 and #6 join the play from the side boards

Full Ice Transition Game of 1-1 with Defenseman Jumping Into the Attack



# D100 Transition Game with Forward Backchecking

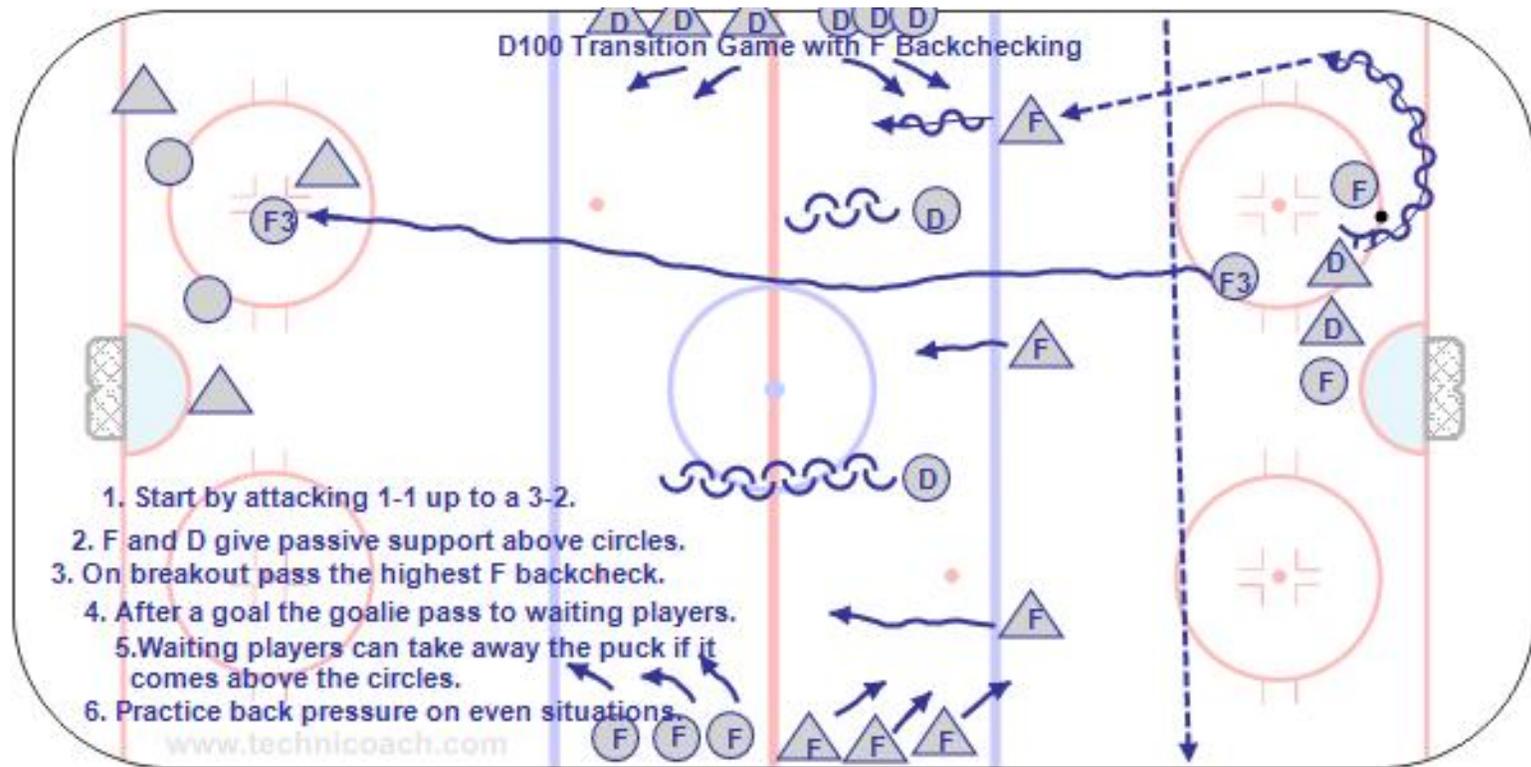
## Key Points:

The highest attacking F backcheck and backpressure the puck thru the nzone.

## Description:

D100 Full Ice

1. Start by attacking 1-1 up to a 3-2.
2. F and D give passive support above circles.
3. On breakout pass the highest F backcheck.
5. Waiting players can take away the puck if it comes above the circles.
6. Practice back pressure on even situations.



# DT100-D Join Attack and F Backcheck

## Key Points:

This is a continuous 2-1 transition game using only one puck and no whistles. It practices situations in the nzone, teaches players who to cover in the dzone and how to support the attack.

Forwards enter the zone to support the defense and then attack and backcheck.

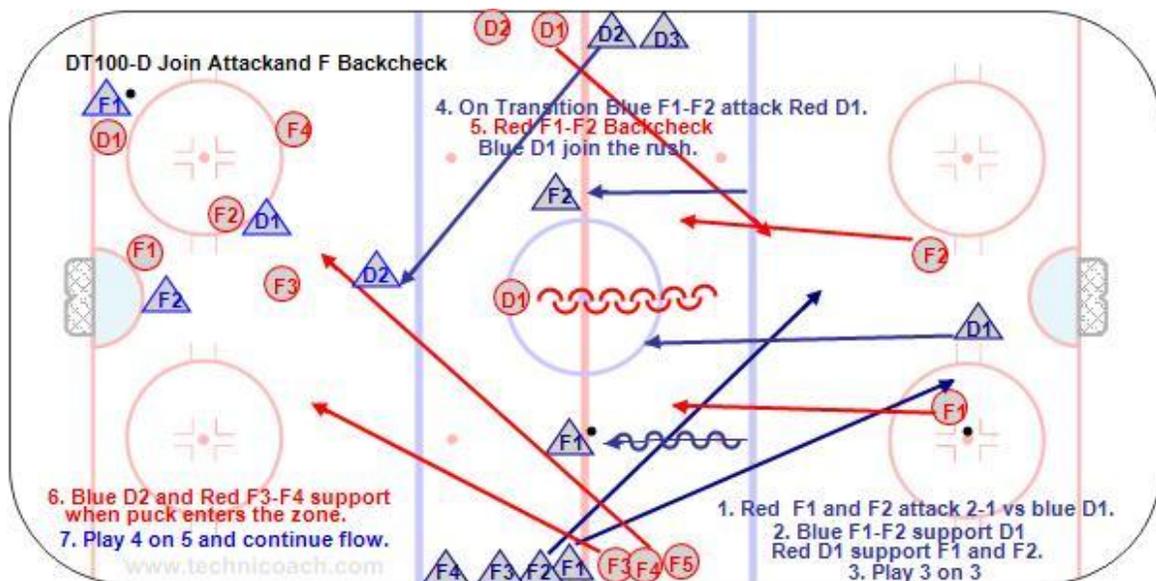
Defense support from the point, defend and then join the attack.

Coach can vary the number of F or D to create different situations in each zone.

## Description:

1. Red F1 and F2 attack 2-1 vs blue D1.
2. Blue F1-F2 support D1, Red D1 support F1 and F2.
3. Play 3 on 3
4. On Transition Blue F1-F2 attack Red D1.
5. Red F1-F2 Backcheck and Blue D1 join the rush.
6. Blue D2 and Red F3-F4 support when puck enters the zone.
7. Play 4 on 5 and continue flow.

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## DT 100 Swedish Transition 1-1

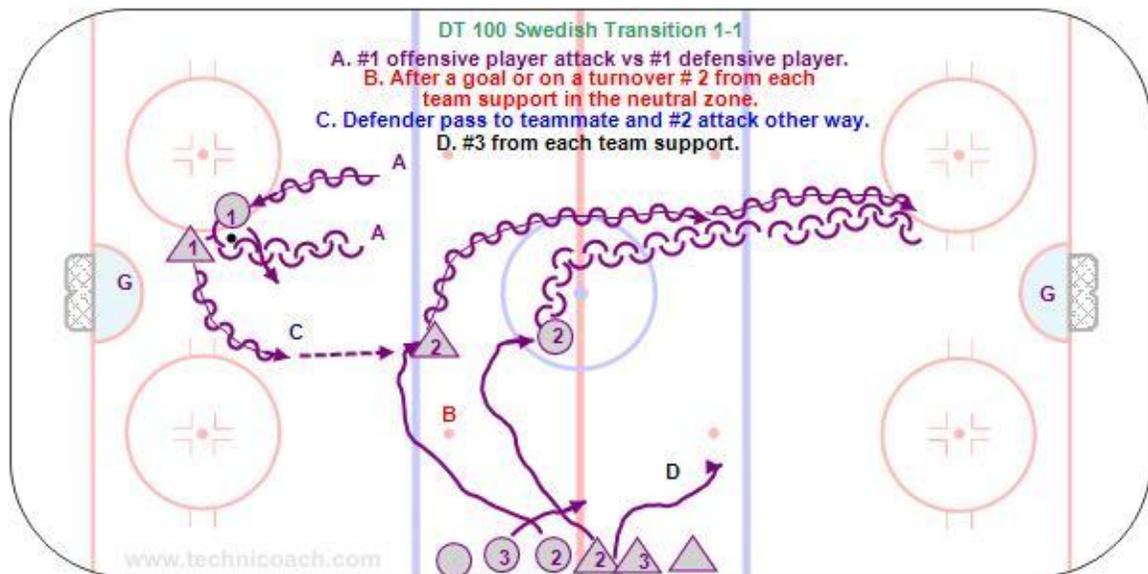
### **Key Points:**

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.

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# D200 With Jokers at Both Ends

## Key Points:

Regroups and give and goes are stressed.

## Description:

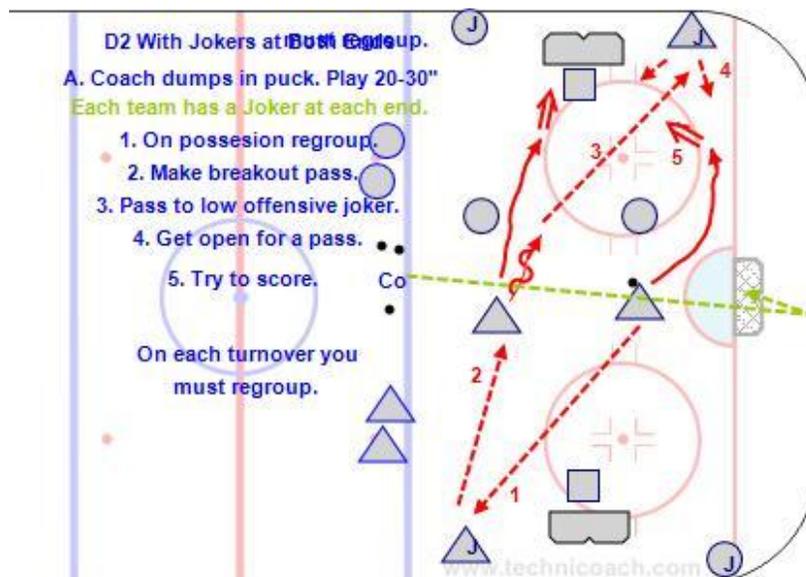
Each team has a Joker at each end. You must regroup with your defensive joker when you gain possession on the puck and pass to the offensive joker before shooting.

A. Coach dumps in puck. Play 20-30"

1. On possession regroup.
2. Make breakout pass.
3. Pass to low offensive joker.
4. Get open for a pass.
5. Try to score.

On each turnover you must regroup.

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## D200 Game with Jokers below the goal line

### **Key Points:**

Work on give and go and getting open.

Defenders intercept passes and tie up sticks on the rebounds.

Goalies control rebounds.

### **Description:**

Play for twenty to thirty seconds and the offense must pass to a joker and get a return pass before scoring.

Great game to work on puck support (role 2) and defensive support.(role 4)

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 [D200 Game with Jokers below the goal line.jpg](#)



## D200 with Jokers in the Middle

### **Key Points:**

Get open on transition to offense and cover pass receiver on transition to defense.  
Goalie control rebounds.

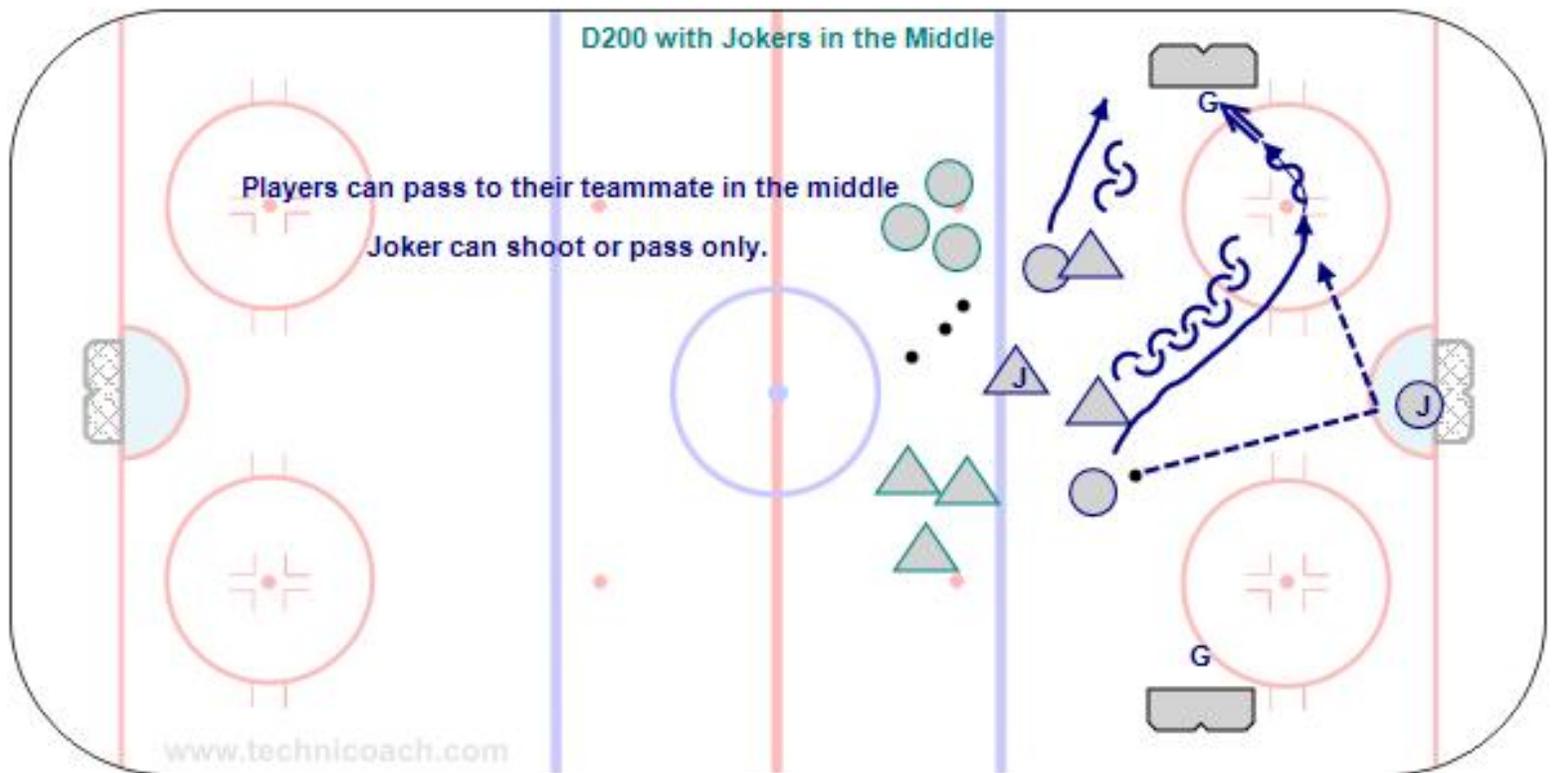
### **Description:**

- Play 15-25".

- Pass to the teammate in the middle who can only shoot or pass.

- Defense ignores joker and covers the pass receiver.

Game works on offensive (role 2) and defensive support (role 4) and has intense battles.



## D4 Transition Defense to Offense

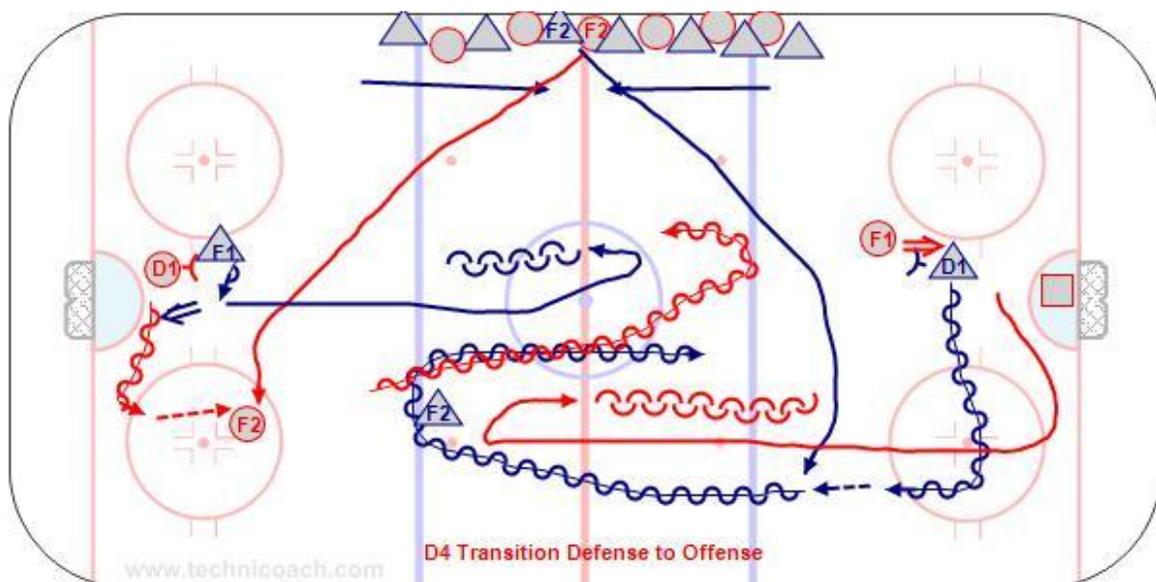
### Key Points

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.

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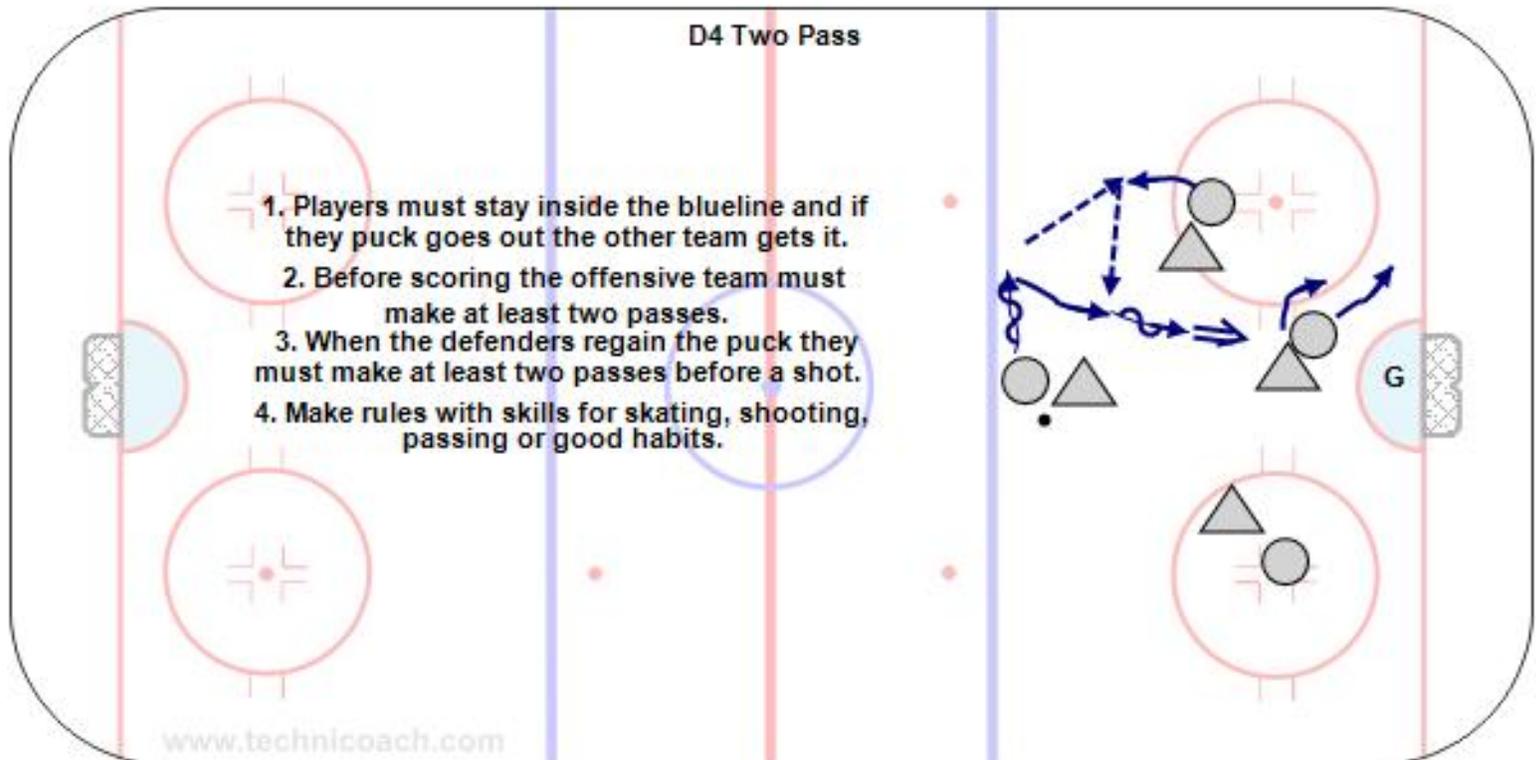
## D4 Two Pass

### **Key Points:**

My favorite game to warm up the players at the start of practice. The quicker they make the passes after regaining the puck the more scoring chances they produce. If you look on the video's my son and I are playing this game with Dany Heatley and Jamie Huart as they prepare to go to Europe for the World Championships.

### **Description:**

1. Players must stay inside the blueline and if they puck goes out the other team gets it.
2. Before scoring the offensive team must make at least two passes.
3. When the defenders regain the puck they must make at least two passes before a shot.
4. Make rules with skills for skating, shooting, passing or good habits.



## DT4 - Pass Low - Plays from Point-Dukla

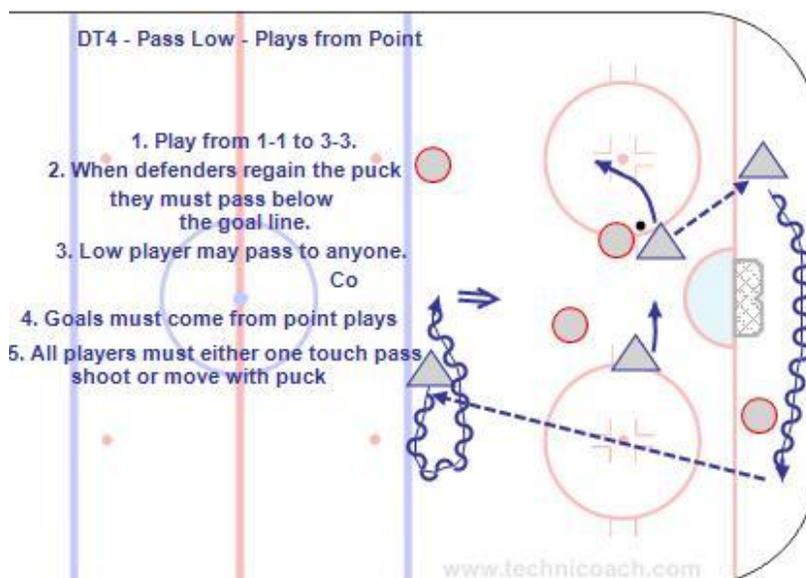
### **Key Points:**

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.

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## DT400 2 on 2 Support from Point 6 Players

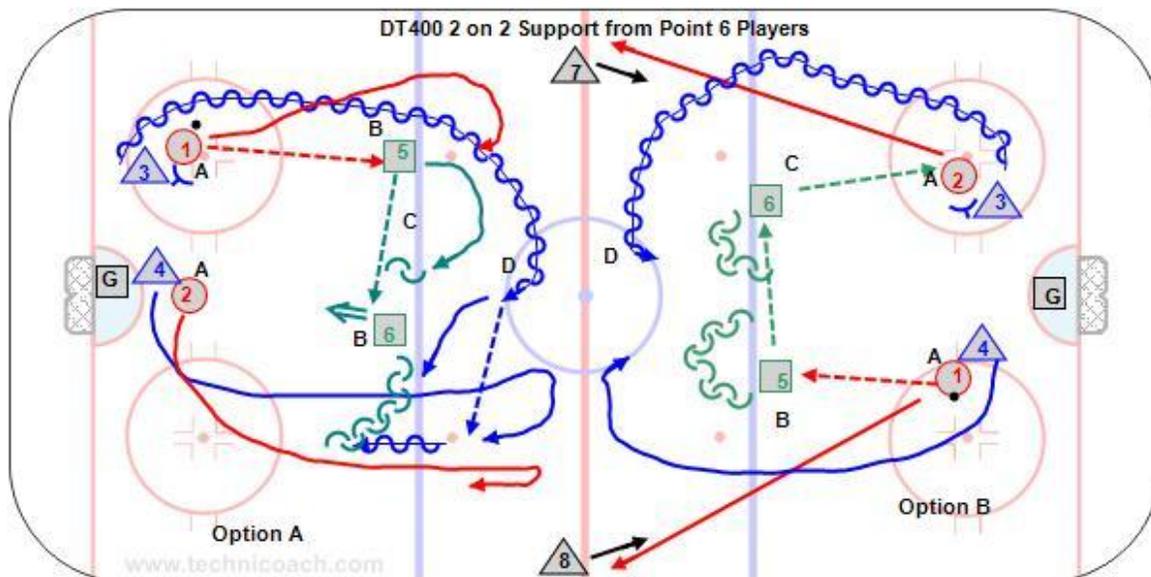
### Key Points:

Attackers create 2 on 1's, get open, screen, give target. Defenders stay D side, box out and tie up sticks on rebounds.

Point players can't jump in and only get one second with the puck and can only make one D to D pass.

### Description:

- A. 1 and 2 attack vs 3 and 4.
- B. 5 and 6 support attackers from point.
- C. 5 and 6 can make one pass and only have the puck one second.
- D. On goal, frozen puck or transition 3 and 4 regroup thru middle dot and attack vs 5 and 6.
- E. Option A. 1 and 2 support attack from the point.
- F. Option B. 7 and 8 support and 1 and 2 rest.



# D400 3 on 3 Transition Game of Attack-Defend-Breakout-Rest

## **Key Points:**

This is a great transition game to practice cycling, low zone coverage and use all of the individual offensive and defensive skills of hockey.

Create offense by cycling, crossing etc. and play man to man defense. To add more intensity play a timed game and keep score or play to a certain amount of goals. i.e. first team to 3 wins.

## **Description:**

- 3 players attack and 3 defend (it could be any number or odd man situations)
  - The attacking team tries to score and the defending team must get it over the blue line in complete possession or the attack continues.
  - If the puck is dumped out it is a loose puck and the offense can regain it or defense make the pass.
- Offsides are called and the other team gets the puck.
- The players on the defending team wait for the puck in the neutral .zone. If there is one game going on wait behind the red line. If two games or a half ice practice then wait within a stick length of the red line.
  - \*Rule modifications can be added in order to create situations. i.e. dump and chase, only forehand passes, only one timers etc.



## DT400 Game with Two Nets

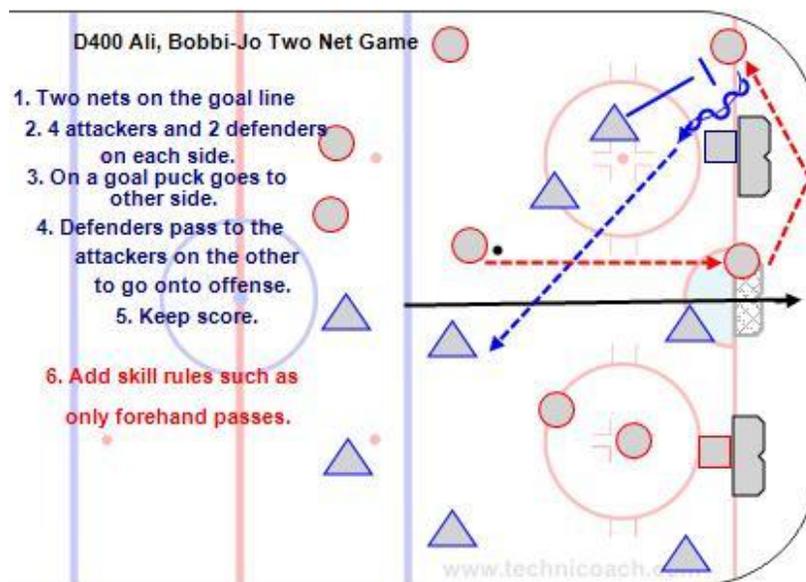
### **Key Points:**

Attackers either skate or move the puck right away when they get it. Defenders have one on the puck and one in front of the net with sticks in the passing lanes. Rotate every 45 seconds.

### **Description:**

1. Two nets on the goal line.
2. 4 attackers and 2 defenders on each side.
3. On a goal puck goes to other side.
4. Defenders pass to the attackers on the other side to go onto offense.
6. Add skill rules such as only forehand passes.

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## DT400 - 2 on 2 Passive Support 6 Players

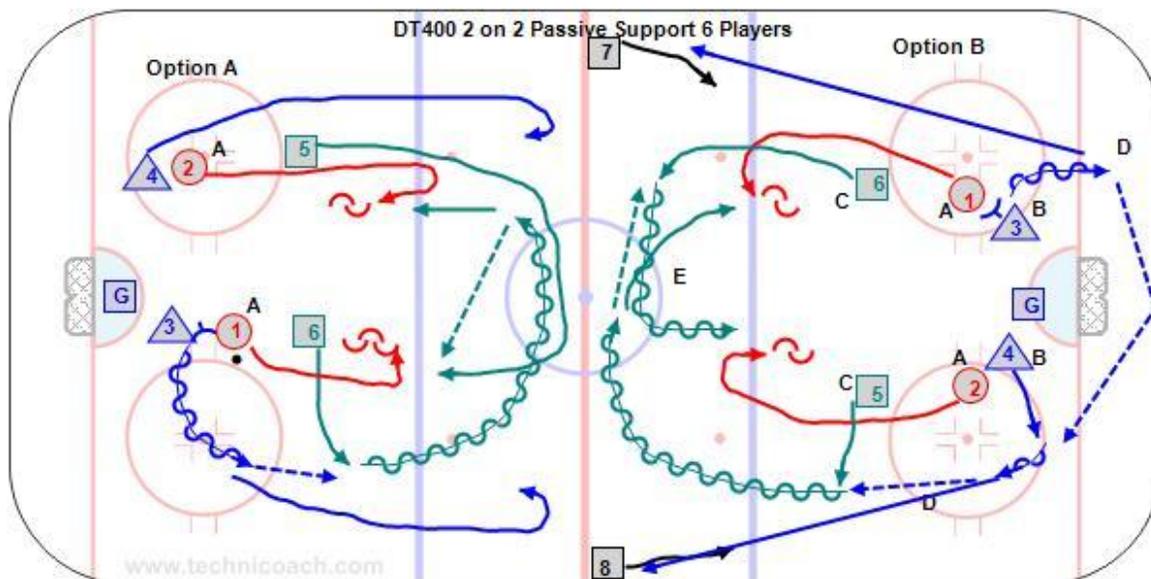
### Key Points:

Players support from the top of the slot as if they are wingers and can steal the puck if the attackers go too high. Strong side support be on the boards and facing the passer and weak side cut across the ice giving a target

Create offensive 2 on 1's.

### Description:

- A. 1 and 2 attack vs 3 and 4.
- B. 3 and 4 defend.
- C. 5 and 6 follow and support from top of circles.
- D. On a goal, frozen puck or transition 3 or 4 pass to 5 or 6.
- E. 3 and 4 support defensive 1 and 2 from the top of the circles.
- F. Option A. Repeat this rotation if only 6 players.
- G. Option B. 7 and 8 support defense and 3 and 4 would rest. With 8 or more players have two teams.



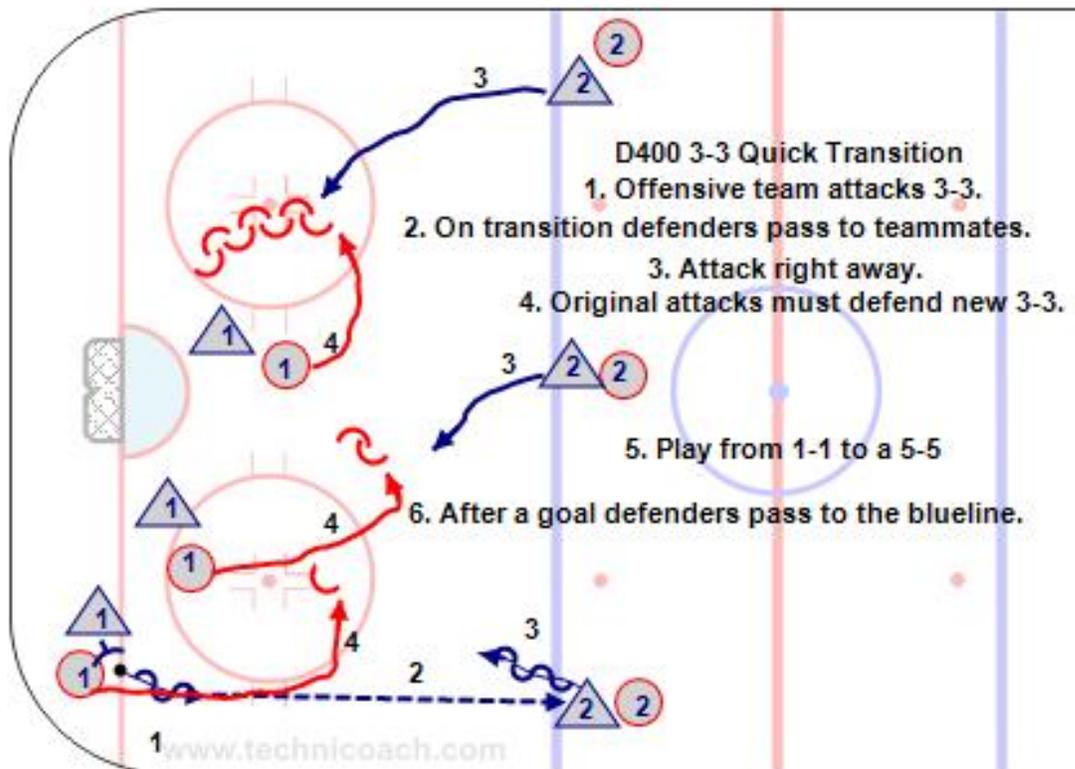
## D400 - 3 on 3 Quick Transition Game

### Key Points:

The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

### Description:

1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Upt to 5-5 is possible.
2. On transition to offense the defenders pass to their teammates waiting behind the blue line.
3. Attack right away (don't have to wait for teammates to get onside in this game.)
4. Original attackers now defend and communicate with each other on how to stop the attack.
5. After a goal the defenders is allowed to pass to the new attackers.



## DT400 Attack-Defend-Breakout-Rest

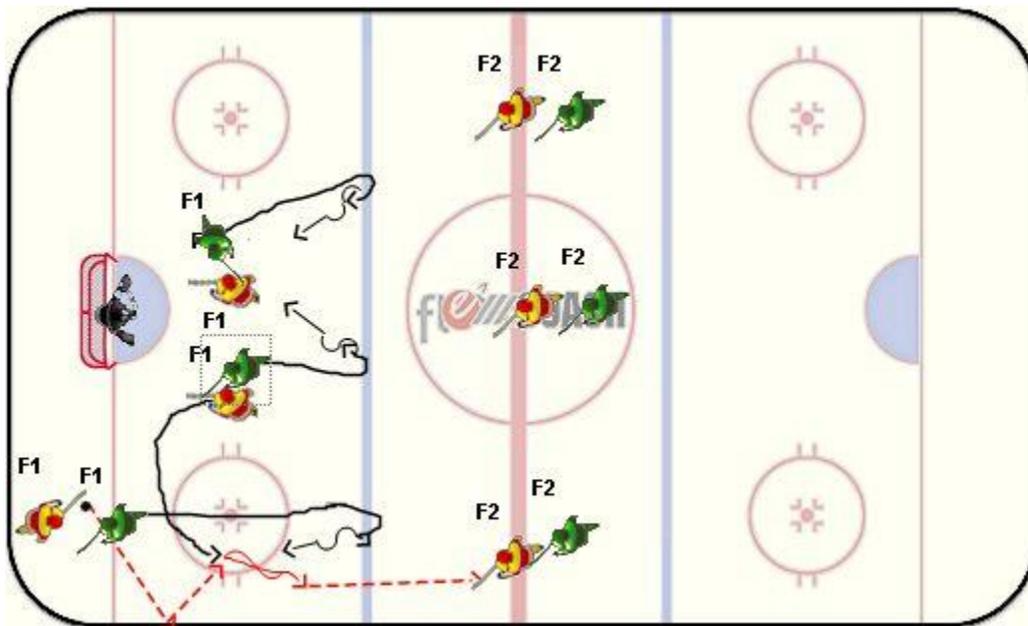
### **Key Points:**

The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line. Left handed player in black sweats and hat is Dany Heatley just after he won NHL Rookie of the Year.

### **Description:**

1. Players line up within a stick length of the red line if you have 2 groups or only ½ ice; otherwise behind the red or far blue line.
2. Three players attack three defenders.
3. Defenders must carry the puck out of the zone before passing to team waiting team mates.
4. Three new players attack vs the original offensive players.
5. Keep score, implement skill (only forehand passes) or team play rules (goals originate from below the goal line).

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## D400 Games of 1-1 to 2-2 with Multiple Nets

### **Key Points:**

Sometimes you have many goalies. Here is a game that you can use up to 3 nets and work on the offensive and defensive principles and skills of 1-1, 2-1, 1-2, 2-2. I have used this formation with up to 4 nets in hockey schools, team tryouts and situations like I have now with 3 goalies.

### **Description:**

Players line up along the boards with the defensive teams player being first in line and the offensive player next.

1. Offensive player attacks 1-1 vs the defensive player.
2. New defensive player follows the attack and gives support (either active or passive depending on how long you want the original 1-1 to last)
3. On a turnover or a goal the supporting defender gets a pass or takes the puck out of the zone and turns back at the red line and attacks vs the original attacker. When the puck is out of the zone the original defender rests at the end of the line.
4. When the new attacker crosses the defender gets support from a teammate at the front of the line. Repeat.

This is a great game to progress from instructing how to play a defensive or offensive 1-1 and then putting it into a game situation. The rotation can even be used to practice team play with larger numbers when you only have a half ice practice. . i.e. a 3-2 and 3 new players support, one goes low to make it a 3-3 low while the other two are passive at the top of the circles. Breakout and turn back vs the original attacker 3-3 and have 2 support, next 3 support.



## DT400 Perry Pearn Game Rotation

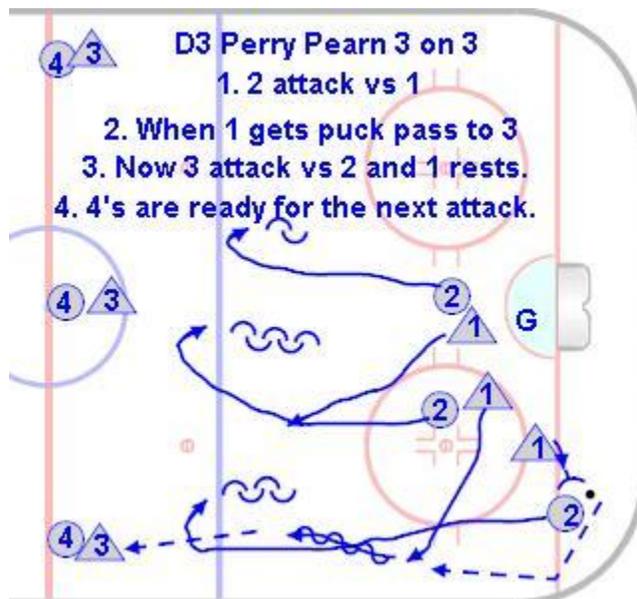
### **Key Points:**

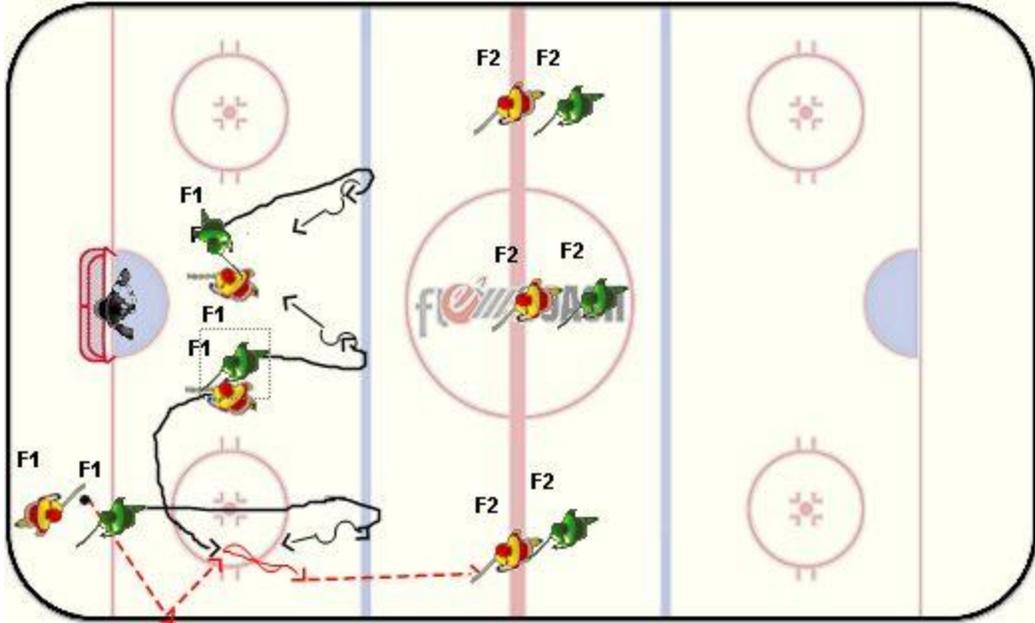
This game allows the coach to focus on the attack or defending deep in the zone. You can play this game in situations from 1-1 to 5-5. It is a great rotation to practice specialty teams if you have 3 lines because it gives the players some rest and they alternate between pp and pk (one F would leave the zone) The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line.

### **Description:**

1. Players line up within a stick length of the red line if you have 2 groups or only ½ ice; otherwise behind the red or far blue line.
2. Three players attack three defenders.
3. Defenders must carry the puck out of the zone before passing to team waiting team mates.
4. Three new players attack vs the original offensive players.
5. Keep score, implement skill (only forehand passes) or team play rules (goals originate from below the goal line).

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# D400 Regroup Transition Game

## **Key Points:**

This transition game works on all 4 playing roles. It is a great way to teach the nzone regroup if the players regroup with the coach. Progress to regrouping with the players who follow the play into the zone. Insist on facing the puck, giving a target and making the breakout easy for the defenders. In the zone you can focus on the attack or defending principals. This is a great game when you only have one goalie. If two goalies they can alternate defending.

## **Description:**

The players can be lined up in the order they go or better in the C3 formation with one team on each side behind the blueline.

1. 2/3 ice game of Attack-Defend-Breakout.
2. Attack 1-1, 2-2, 3-3 or in an odd number situation.
3. Player in line follow the play and give passive support above the circles to the defending team.
4. Attackers try to score and defenders defend. On a goal or after a breakout is made to the supporting players they go in the other direction.
5. Original players backcheck through the nzone and prepare to defend.
6. Regroup with one or two coaches and give good support filling each lane.
7. Coach pass to the regrouping players who now attack the original end vs the original attacking players. The original defenders go back to the lineup.

## Options:

- regroup a second time.
- to practice the forecheck dump the puck in.
- next supporting players take the regroup pass instead of the coaches and pass to the other team and then follow the play.
- practice the full ice breakout by dumping the puck in instead of passing to the coach or players.
- odd man situations.



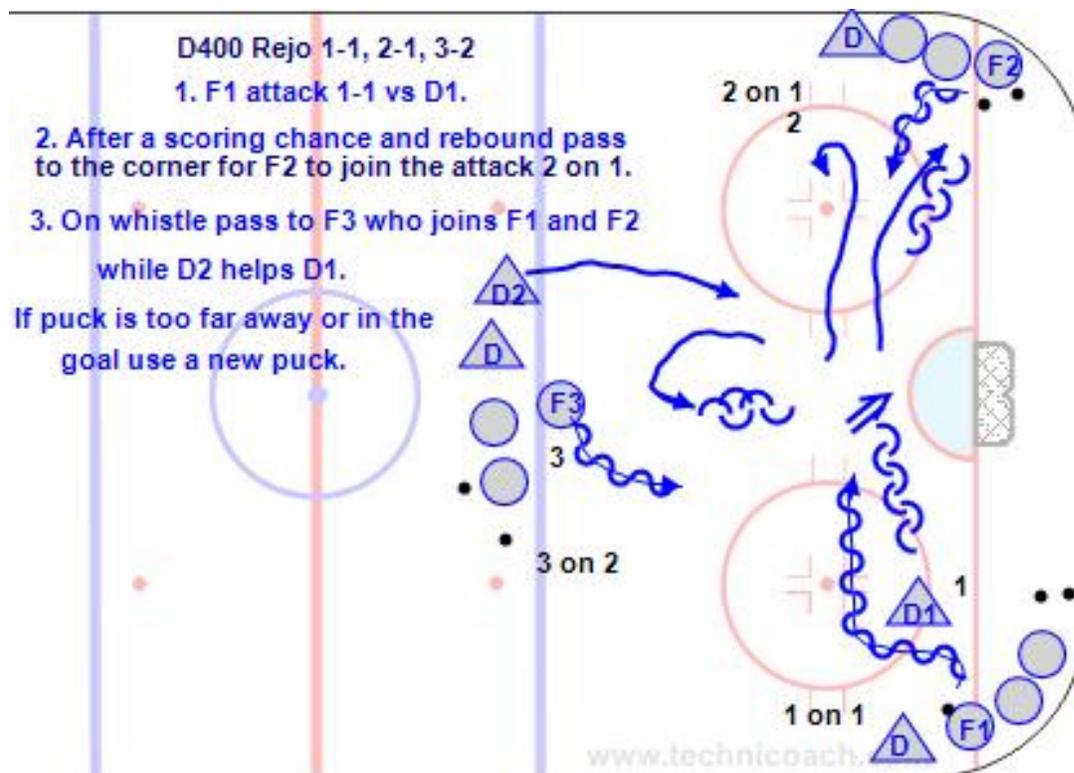
## D400 Rejo 1-1, 2-1, 3-2

### **Key Points:**

Play tight gaps and talk on defense.

### **Description:**

1. F1 attack 1-1 vs D1.
2. After a scoring chance and rebound pass to the corner for F2 to join the attack 2 on 1.
3. On whistle pass to F3 who joins F1 and F2 while D2 helps D1.  
If puck is too far away or in the goal use a new puck.





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

### **Key Points:**

Attacker make quick moves and go to the net. Defender play a tight gap and stay on the defensive side always. Backchecker come hard to create a defensive 2-1 and get open for a breakout pass. Goalie fight to find the puck if there is a screen.

### **Description:**

This is a half or 2/3 ice transition game. It can be played 1-1 or 2-1 or 2-2. The defender gets support from the line in the nzone when the puck crosses the blueline. In this example there are 2 games at one end and one game at the other. It is a college women tryout and there are 3 goalies.

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## DT 400 Game with Attack-Defend-Rest Rotation

### Key Points:

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

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