

DT400 - 2 on 2 with Passive Support – College W

Key Points:

Supporting players follow the play and position themselves as if they were covering the point and then getting open for a breakout pass. It is important that the new defenders follow the play up the ice and close the gap in the neutral zone.

Description:

1. Players line up behind the blue lines on each side.
2. Offensive 1 and 2 go vs defenders 1 and 2
3. Defenders 3 and 4 follow the play into the zone and support as wingers would.
4. Offensive 1 and 2 must attack quickly.
5. After a goal, frozen puck or breakout pass 3 and 4 skate to the far blue line, turn to attack the original offensive 1 and 2.
6. Two players leave to support the defending team.
7. Continue this flow.

DT400 - 2-2 Defenders Get Support - College W

<https://youtu.be/FBGOscDZnco>



This transition game is an example of how to coach 'Total Hockey' where all the players learn to play forward and defense. Everyone gets reps attacking and defending various situations. You can only play 'Total Hockey' if you develop Total Hockey Players". If you do this then they are capable of playing any system and leave your team with a well rounded 'Skill Set' that will enable them to play all over the ice in all situations. If you dress your defense in a different colour and have them take all of the defensive 1-1's, 2-1's etc. they won't develop offensively like they could and the forwards will also have limited defensive skills. So all players must learn to skate forward and backward, do transition turns, know how to break out whether they are 1-2-3-4 or 5 in any zone.