

DT 400 Game of Quick Transition 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.

The coach can change where the resting players line up and use the same rotation. The closer they are the quicker the transition, i.e. line up at the top of the circles. If the coach wants neutral zone play then move the line up back to the other end of the ice or behind the far blue line. Waiting at the red line allows the original attackers time to close the gap when they go onto defense. It all depends on what the coach is trying to accomplish in this transition game rotation.

DT400 - 2-2 Game of Quick Transition – U15 G

<https://youtu.be/qPKwI8eD-Fg>

