

# 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>

