DT Transition Game Presentation

Key Points:

In a hockey game players are in constant transition from offense to defense to loose puck situations. On offense the player either has the puck or is supporting the puck carrier. On defense the player is either checking the puck carrier, double teaming or supporting away from the puck. Constant decisions have to be made concerning loose puck situations which happen about 30% of the time in a hockey game.

Transition games are the natural progression from game situation drills of 1-1 to 3-2. They simulate a real game situation because the player must go from offense to defense or from defense to offense and also battle for loose pucks.

Description:

Transition games only use ONE puck and there are no whistles during the play. This creates realistic situations that mimic the game. The games run themselves so the coach is free to isolate one individual or team play skill to focus on. Instead of stopping the game to give instruction the coach can talk with resting players to correct or compliment their performance.

This video gives an introduction to transition games. It begins with college women playing a full ice back checking game and progresses to a team of 85 born players when they were 12 (in the group is Ryan Duncan a Hobey Baker award winner and NHL, Mason Raymond NHL, Jeremy Colliton NHL, Aaron Lee European pro while the remaining players made at least Jr. A and many played NCAA and CIS.)

It then moves to Juhani Wahlsten (IIHF Hall of Fame Finnish Coach) and Vladimir Jusinov (IIHF Hall of Fame Russian coach, who are both former Olympic Team players) giving an on ice demonstration to coaches at a symposium in Europe.

Hockey Canada had Erkka Westerlund (Finnish pro coach, Olympic silver medal coach and former head of hockey development) prepare a video and book on Transition. It is worth ordering from them.

http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090725194239373 is the video link.