

DT100 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 blue line 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 blue line 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 blue line c and d support a and b from the point.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20111028075900881>

