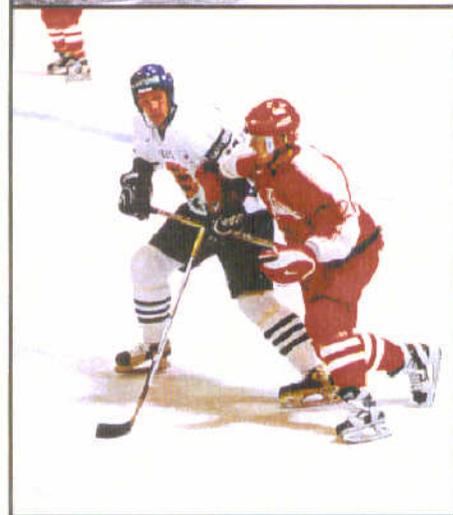




**Juhani
Wahlsten**

**Tom
Molloy**



Das **ABC** des internationalen Eishockey



DT4 - Jokers at Point and Below Goal Line

Key Points:

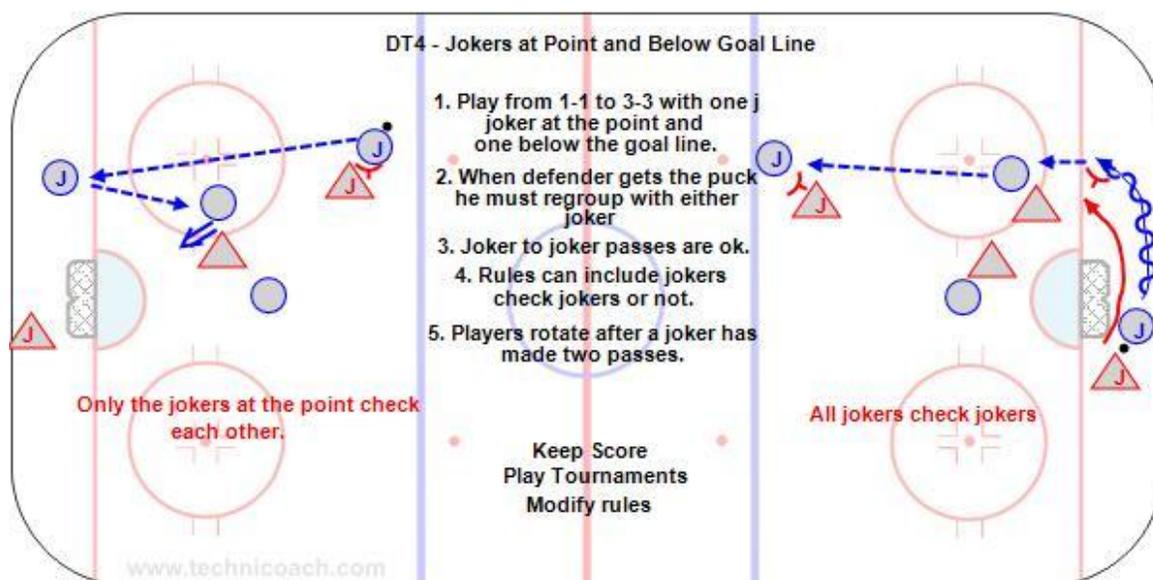
This game is a little bit different because the jokers behind the net and at the point move around. The point jokers can check each other and move in for one timers but not join the rush. In this game the low jokers are not checking each other because I was getting them used to making plays from below the goal line and facing up ice as much as possible. It can progress to all jokers can check.

Description:

1. Play from 1-1 to 3-3 with one joker at the point and one below the goal line.
2. When defender gets the puck he must regroup with either the joker at the point the low joker.
3. Joker to joker passes are ok.
4. Jokers at the point can check each other and progress to low jokers can check each other.
5. Players rotate after a joker has made two passes.
6. Keep score and play tournaments.

**Rules like you must pass to either joker, one joker, both jokers or jokers can check jokers can be implemented.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821115710425>



DT 2-4 Gaining Position in the Slot

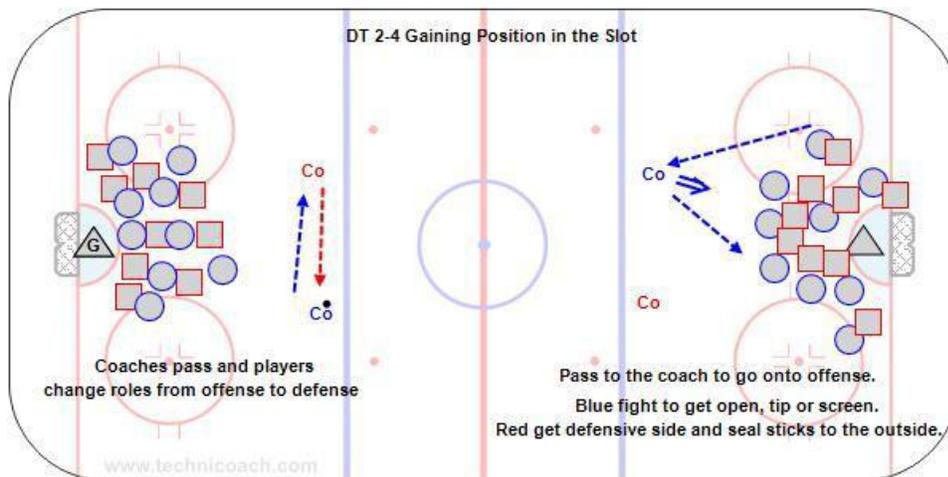
Key Points:

Offensive players fight for offensive side and to keep their stick free and defensive players fight for defensive side and to control the attackers sticks.

Description:

1. All players are in front of the net in two colours.
2. Start with the coach calling red offense and they try to get open and the blue cover them and control their stick.
3. Progress to 2 coaches at the point. One on each team. When they pass the players change roles O to D and D to O.
4. Play a game where the defenders must pass to their coach at the point to be on offense.
5. Offensive coach can shoot or pass.
5. Everyone stays within the dots and below the top of the circles.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120926091742381>



DT4 - Pass Low - Plays from Point-Dukla

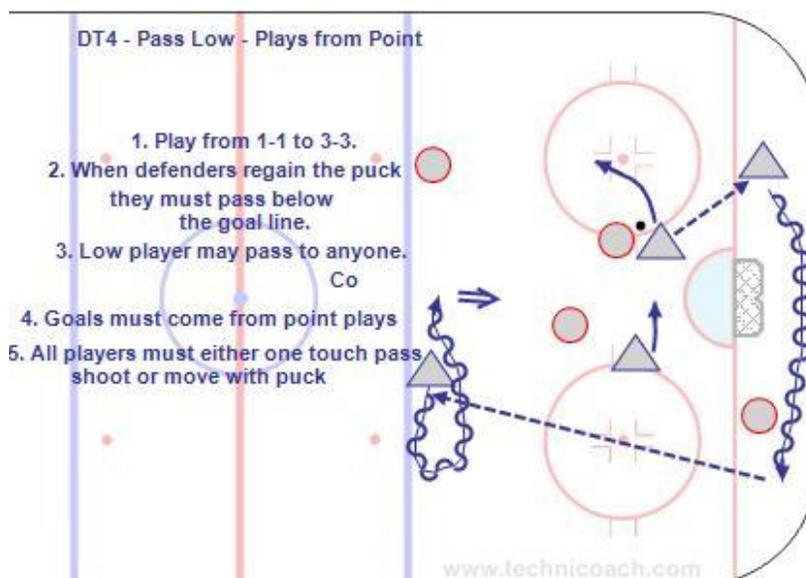
Key Points:

Pass to low man on transition and goals must originate from the point. Tips, screens shots, one timers. All players must move when they get the puck.

Description:

1. Play from 1-1 to 3-3.
2. When defenders regain the puck they must pass below the goal line.
3. Low player may pass to anyone.
4. Goals must come from point plays like shots or passes.
5. All players must either one touch pass or shoot or else move when they get the puck. i.e. no standing for 2" then passing.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821120758557>



DT4 Pass to Active Joker Below Goal Line on Transition

Key Points:

Jokers battle behind the net to get open and make plays. Use cut backs and protect the puck with the body. This game is a SAG below the goal line and requires good technique.

Description:

1. Each team has one or two Jokers below the goal line.
2. Jokers check Jokers.
3. Play from 1-1 to 3-3 above the goal line.
4. To transition to offense you must pass to a Joker below goal line.
5. Jokers can come out as far as hash marks.

Option B:

A coach or player can be the Joker for the offensive team at the point.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012100509361631>



DT4-Jokers at Point and Below Goal Line-Dukla

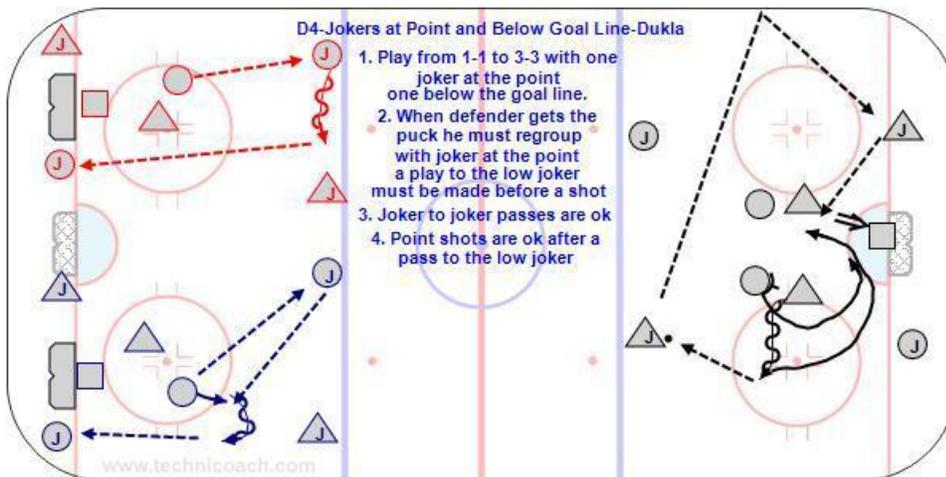
Key Points:

Regroup and get open. Defender go from role 3 to 4 and attacker from role 1 to 2.
Great game for transition between all 4 game playing roles.

Description:

1. Play from 1-1 to 3-3 with one joker at the point and one below the goal line.
2. When defender gets the puck he must regroup with joker at the point and a play to the low joker must be made before a shot can be taken.
3. Joker to joker passes are ok.
4. Point shots are ok after a pass to the low joker has been made.

http://hockeycoachingabcs.com/mediagallery/admin.php?mode=mediaedit&s=1&album_id=7&mid=20100821115710425



DT100 3-2 to 3-3 With Active and Passive Support

Key Points:

F1 supports the D1 and D2 to create a low 3-3 while F2 and F3 wait in the high slot for a breakout pass vs. D3 and D4.

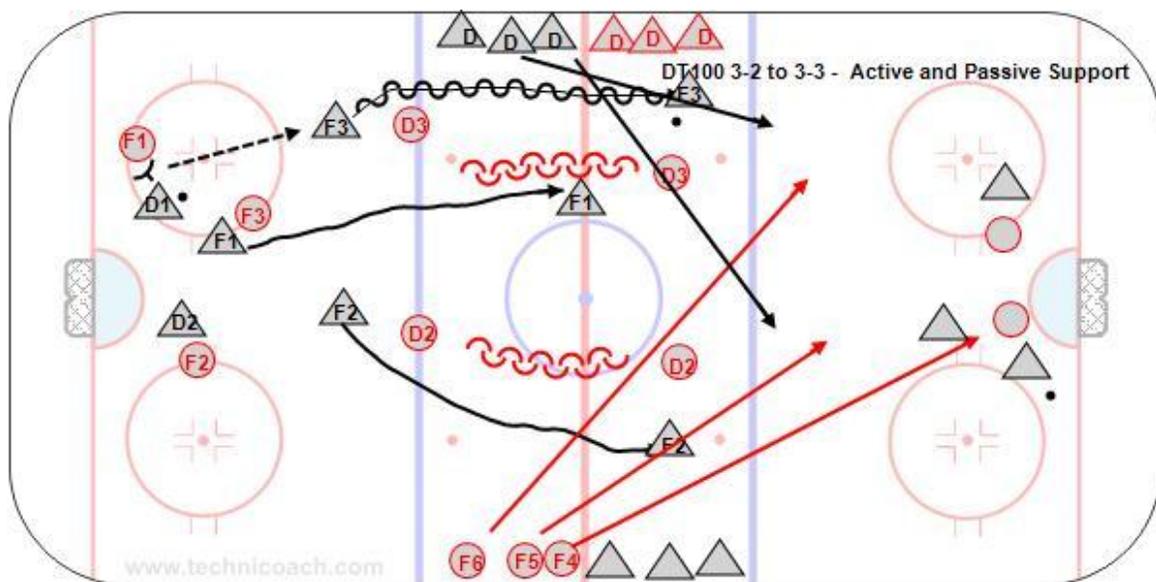
F1 joins F2-F3 attacking 3 on 2 in the nzone.

Description:

1. In this transition game there is a 3-2 in the neutral zone.
2. One forward supports low to make it a 3-3 low.
3. 2 F on the defensive team and 2 D on the attacking team wait for a breakout pass to go the other way.
4. The low forward joins the attack.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090803190601255>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090902091317423>



FULL-ICE EXERCISES

A full-ice transition game, in which the players lined up on both sides of the rink. The forwards are at the blue lines, the defencemen in the middle zone.

EXERCISE 4

TRANSITION 1 ON 1

A full-ice transition game, in which the players are lined up on both sides of the rink.

1. Start ION 1
2. When a defenceman wins the puck, he gives a quick pass to a new forward, who asks for a pass and plays ION 1 the new defenceman.
3. The forward asks for a pass by creating an opening for himself.
4. The original forward and defenceman leave after the transition.

EXERCISE 5

FULL-ICE EXERCISES

TRANSITION 2 ON 2

A full-ice transition game, in which the players are lined up on both sides of the rink. The defencemen are at the blue lines, the forwards in the middle zone.

1. Start ION 1
2. Defenceman wins the puck, who has different passing options, such as:
 1. One high forward, one low
 2. Two high forwards
 3. Other combinations

SPORT DEVELOPMENT PROGRAM

1-1 Transition

A. Schenkegewinn
 D aufstellen
 D 1 gegen 1 in der
 Verteidigung
 Trainer: Stimme versch.
 Plus - Plus sich aufstellen
 Verlagerung

2-2 Transition

wie did

Variante 1) 1 Skater nach
 1 Skater aufstellen
 2) beide Skater
 beide aufstellen
 3) beide Skater

Video Link:

DT100 - 1-1 and 2-2 with Passive Support - Pro

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20131126182356890>

DT100 - 1-1 and 2-2 with Passive Support - Yursinov, Wahlsten IIHF

Key Points:

Attacker use changes of pace and deception to gain the offensive side while the defender stay on the defensive side with a tight gap.

Description:

A full ice transition game with the players lined up on both sides of the rink in the neutral zone. The forwards are at the blue lines and the defensemen near the red line.

1. Start 1 on 1, F1 vs. D1.
2. When D1 wins the puck make a quick pass to F2 waiting just inside the blue line.
3. F1 and D1 return to the line-up.
4. F2 attack vs. D2 in the other direction while F3 and D3 follow.
5. White F attack vs. Blue D and Blue F vs. White D.

**Add regroupings or dump-ins to create different situations.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131126182356890>



DT100 - 1-2, 2-3, Add Regroup - Juuso, Yursi - IIHF Symposium

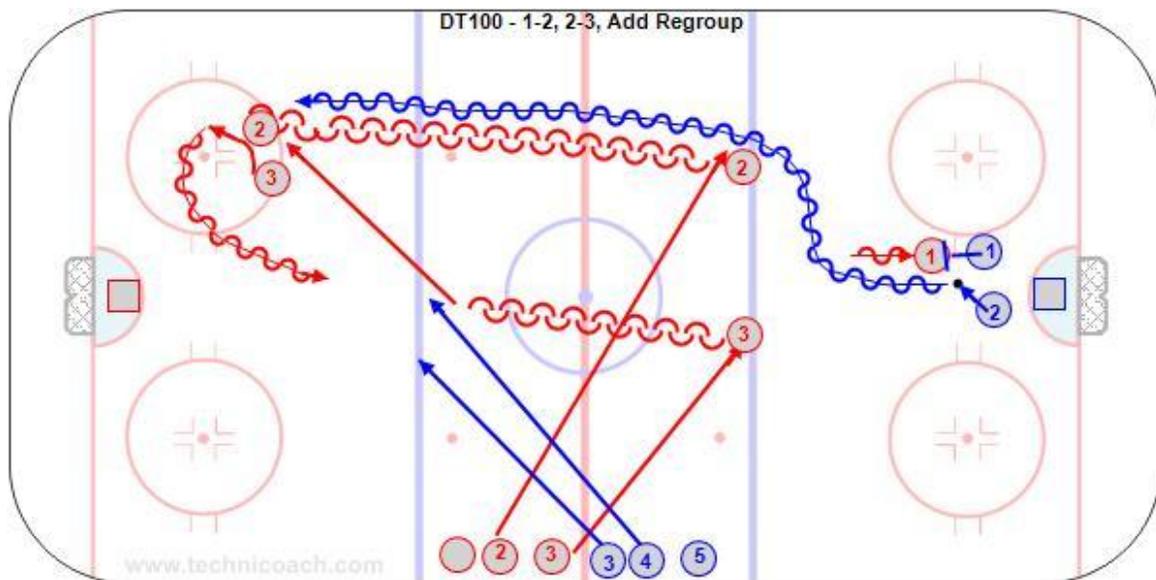
Key Points:

Defenders must communicate and one play a 1-1 vs. the puck carrier. Create a defensive 2-1 vs. the puck carrier in each situation.

Description:

1. R1 attack 1 on 2 vs. B2-3.
2. R2-3 follow the play and wait in the nzone.
3. On a turn-over either B2 or B3 attack vs. R2 and R3
4. B3 and B4 follow and wait in the nzone to defend vs. either R2 or R3.
5. Continue this flow.
6. Add one attacker and one defender for a 2 on 3 situation.
7. Add a neutral zone regroup on the coaches whistle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131201174929789>



DT100 - 2 on 2 Backchecking Game - Nzone Regroup

Key Points:

Supporting players play like wingers at the top of the circles. Give targets, face the puck and make all plays while skating. Create a 2-1 vs. the widest defender.

Description: 1. R1-R2 attack vs. B1-B2.

2. B3-B4 support at the top of the circles.

3. Goal, frozen puck or transition B1- or B2 pas to either B3 or B4.

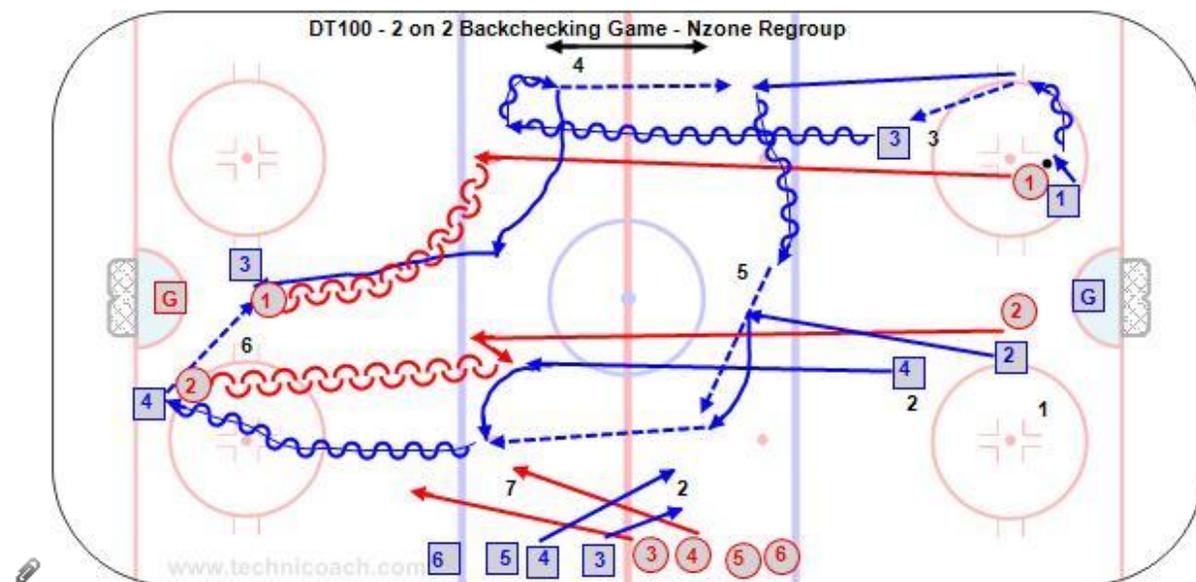
4. B3 and B4 skate over the red line and then regroup with either B1 or B2.

5. B1-B2 hinge and pass to B3 or B4.

6. R3-R4 attack vs R1-R2.

7. Continue this flow with R3 and R4 supporting at the top of the circles.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=2013021009195661>



DT100 - 3 on 2 with Passive Support - Juuso, Yursi – IIHF Symposium

Key Points:

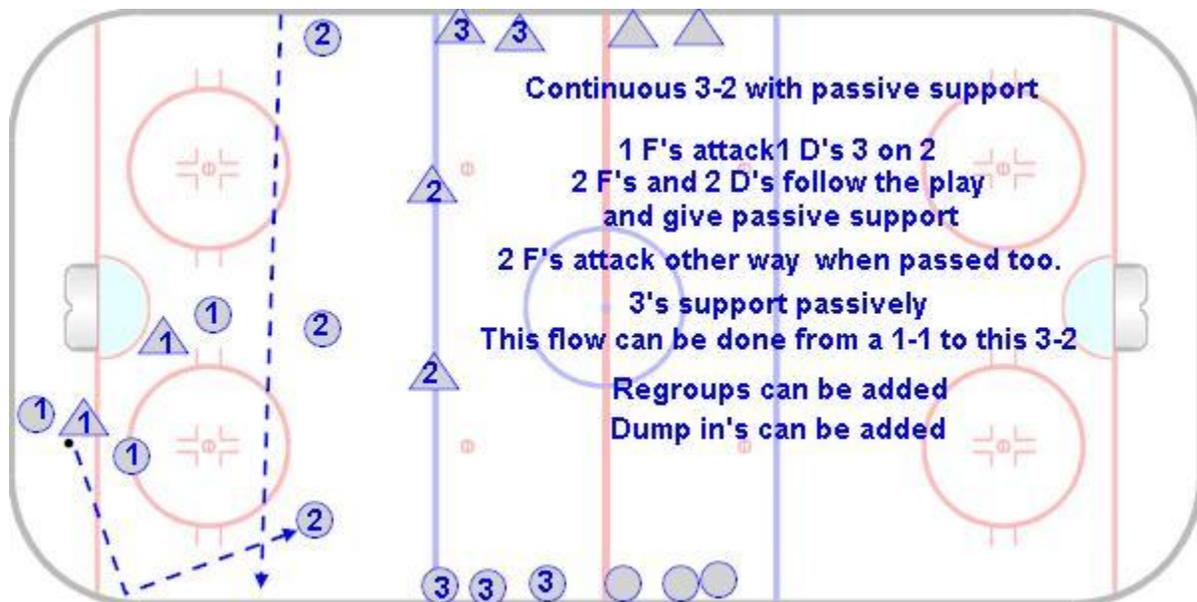
Great way to practice 3-2 rush with F3 trailer or the Middle Drive. Defenders must decide where the 2-1 and 1-1 are.

Description:

1. Three F's attack two D.
2. Three F from defending team and 2 D from attacking team follow the play and give passive support high in the zone.
3. On transition defenders pass to the forwards who attack 3-2 the other way.

*Coach can focus on the type of attack and creating a 2-1 on one defender or simply speed and doing a middle drive. An option to add is have one supporting forward play a 3-3 low with the original defenders.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131129144043591>



DT100 - 3 on 5 Neutral Zone to 5 on 5 Each End

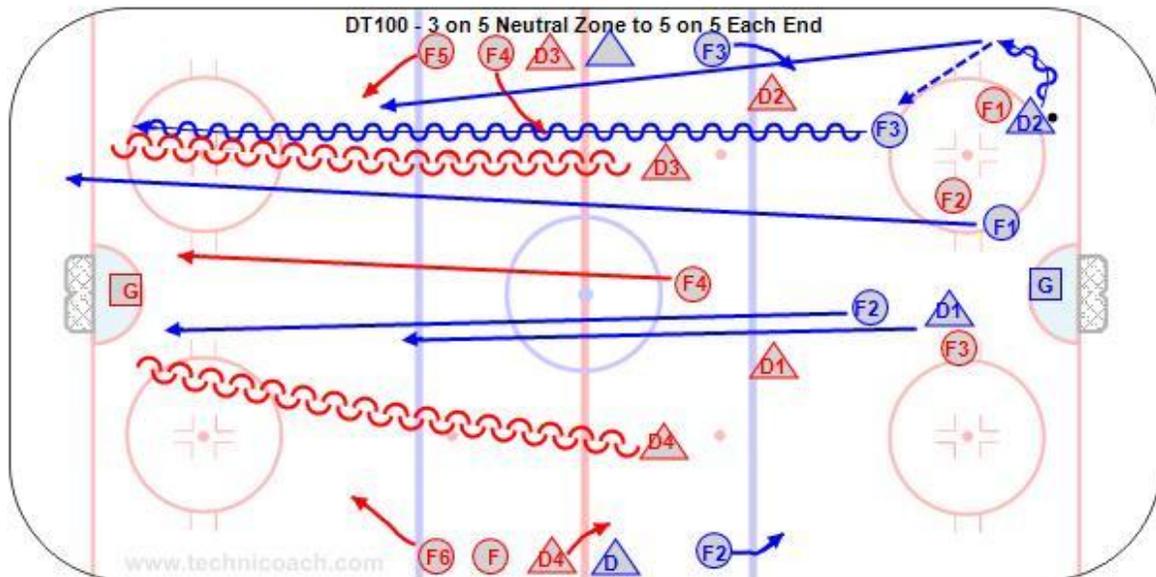
Key Points:

Attack 5-3 through the neutral zone and play 5-5 at each end.

Description:

1. RF1-2-3 and RD1-2 attack 5-3 vs. BF1 and BD1-2.
2. BF1-2 follow from the line-up in nzone and cover points making it a 5-5.
3. Five blue players attack 5-3 vs. RD3-4 through the neutral zone.
4. RF5-6 follow from the line-up in nzone and cover points making it a 5-5.
5. Original 5 red attackers return to the neutral zone line-up.
6. Continue this transition game with the 5 red defenders transitioning to attack 3 blue defenders in the neutral zone.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131202154139402>



DT100 Game with F Backchecking x 2 Dukla

Key Points:

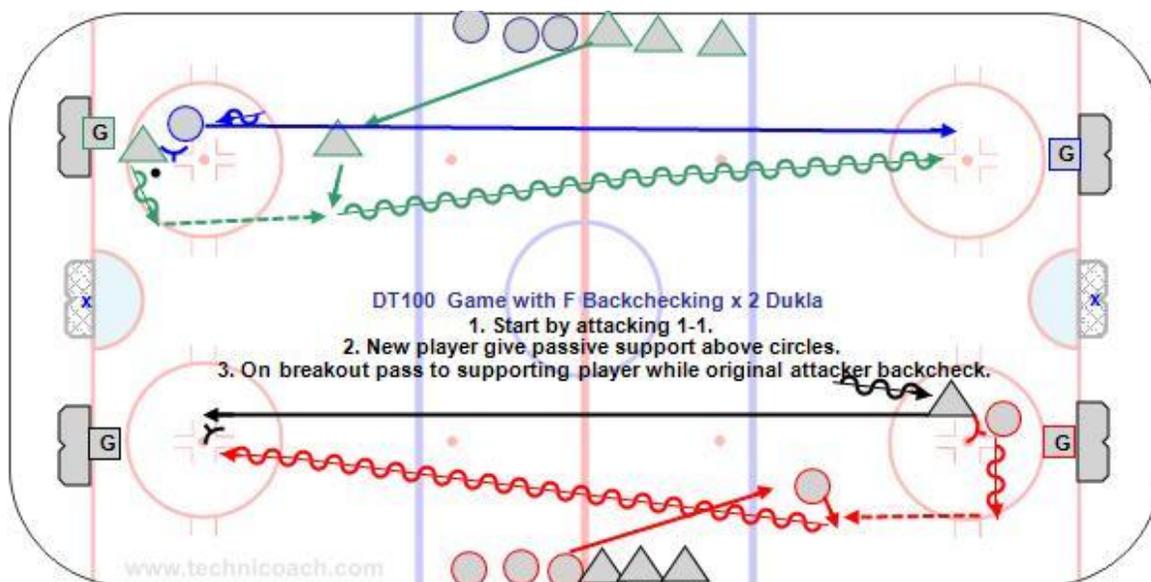
The original attacker backcheck and tie up the attacker stick if there is a shot.

Great game to work on speed in the attack and good defensive habits.

Description:

1. Start by attacking 1-1.
2. New player give passive support above circles.
3. On breakout pass to supporting player while original attacker backcheck.
4. Supporting player can take away the puck if it comes above the circles.
5. Backcheck hard and tie up the stick on rebounds.
7. Battle for loose pucks.
8. Backchecker make sure there is no second shot and goalie clear the rebound.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821114214589>



DT100 Active and Passive Support 3-2 to 3-5, Juuso-Yursi IIHF Symposium

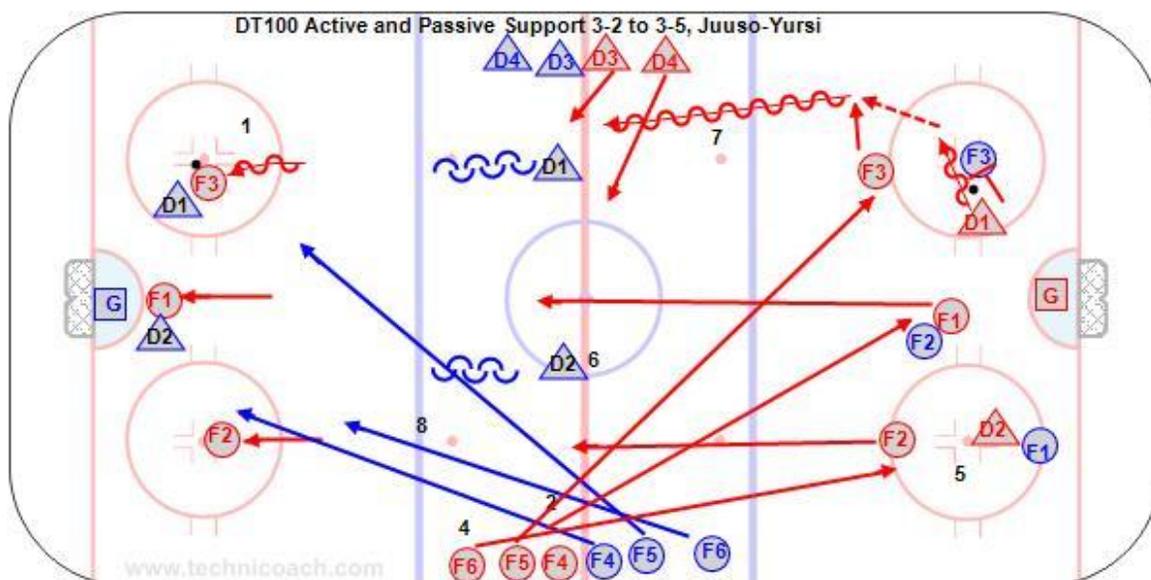
Key Points:

Continuous flow of 3-2 in the neutral zone to a 3-5 at each end. Defense must communicate who covers each attacker and attackers must go to the net hard before the backcheckers arrive.

Description:

1. Start with a full ice 3 Red F vs. 2 Blue D.
2. Extra players support from neutral zone.
3. One player is wearing a heart monitor.
4. Two RD get support from 3 RF in line-up.
5. 3 on 5 in defensive zone.
6. Two Blue D wait in nzone.
7. Three RF who supported now attack the in the other direction vs. two Blue D.
8. Three Blue F support, continue flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131130154308175>



DT100 Continuous 1-1

Key Points:

New players don't leave the line-up until the puck enters the offensive zone.

On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line.

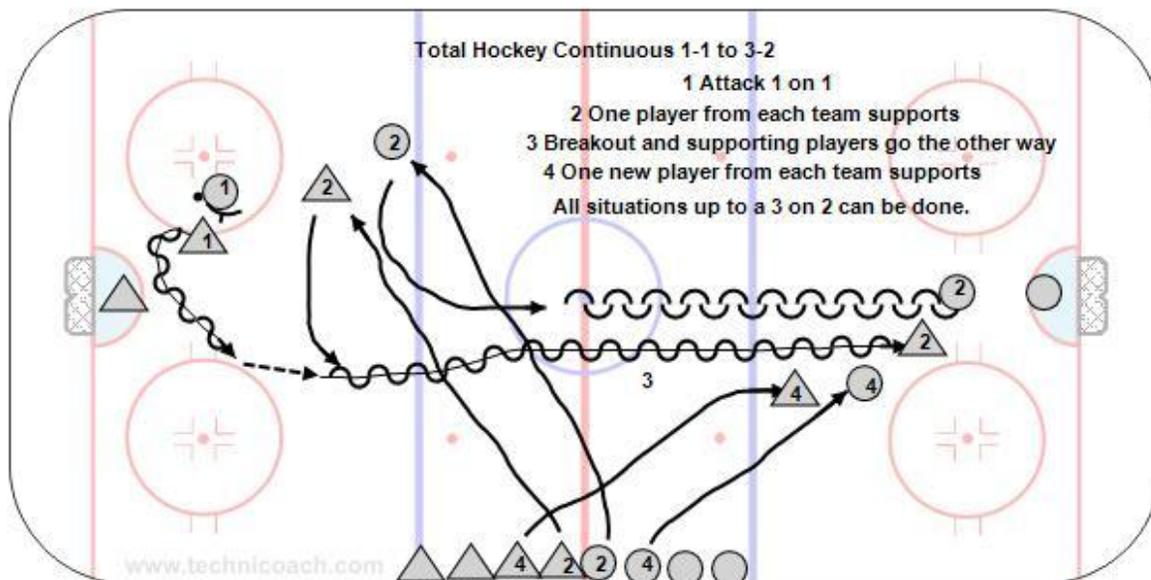
Description:

1. Attack 1-1 with D getting support from 1 F and F from one D.
2. Defending F1 cover the point.
3. New offensive D join and play point.
4. On transition attack 1-1 thru nzone.
5. Continue flow with new O and D support.

-Continue the flow of 1-1 in nzone and 2-2 at each end.

-Dump-ins and regroup can be added.

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DT100 Continuous 1-1

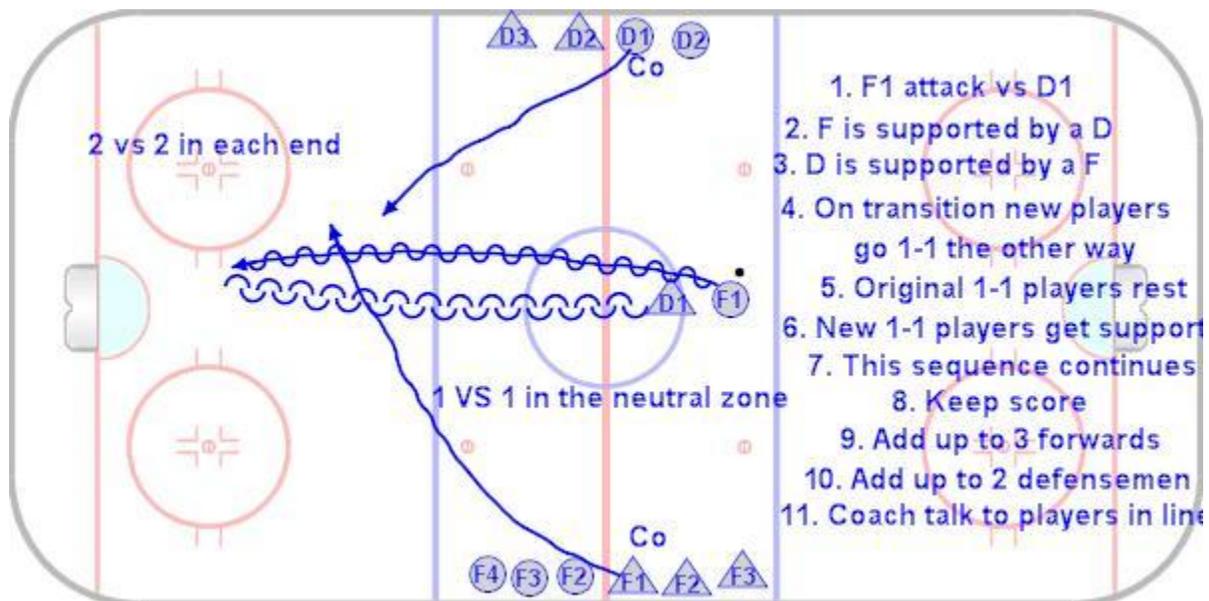
Key Points:

Forward gets support from a defenseman and the D gets support from a forward.

Description:

1. Forwards line up in the neutral zone on one side and D on the other on their offensive side of the red line.
2. Start with a 1-1 and the supporting players join the play when the puck enters the zone and play 2-2.
3. This is a game and not a drill, so no whistles. Original players leave when the puck is carried over the blue line and there is a 1-1 the other way with the players who supported.
4. If the puck is dumped out the players stay on and regroup.
5. Situations up to a 3-2 each way can be practiced with this flow.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821121211421>



DT100 Continuous 1-1, D Join Attack

Key Points:

The defender make a pass and jump into the play right away. The new defender has to realize that it is a late developing 2-1 and the attackers must make a play early before the defenders get support.

Description:

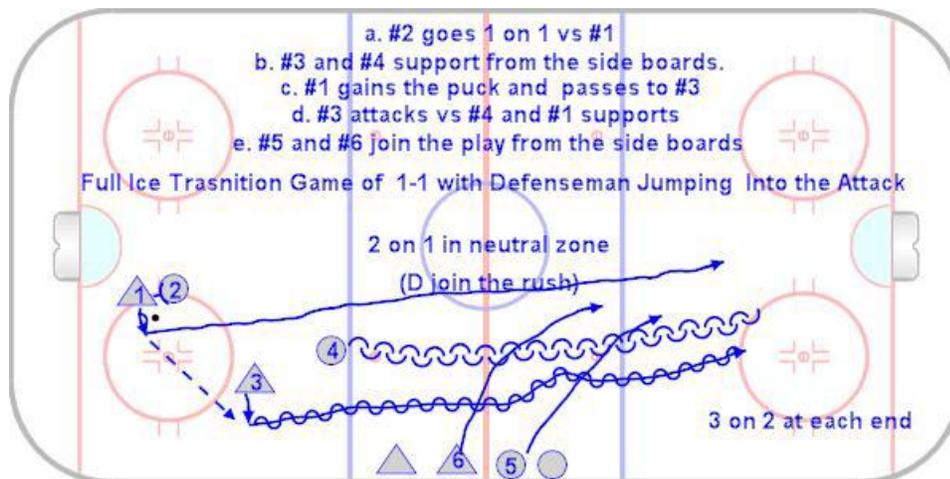
- Start with #2 attacking vs #1.
- #3 support on defense and #4 support the attack.
- After a goal or a defensive breakout #3 attack vs #4.
- The original defender #1 join the attack (#2 return to the lineup when the puck crosses the blue line.) This creates a 2-1 in the neutral zone.
- #5 and 6 join the play after the attack crosses the blue line and actively play a 3-2. #6 play the offensive point position.
- After a goal or breakout continue the flow with 5 vs 6 and 4 joining the rush.

You can run this game with all players playing F and D or if you have D joining the F could line up on one side and the D on the other side in the nzone.

Starting with a 2-1 and two players supporting the D and one the attack would make a 3-3 on the original attack and a 3-1 in the nzone and a 4-3 in the offensive zone.

Starting with a 2-2 attack and the offense getting support from 2 D and the defense from 2 F it would make a 4-4 on the original attack. One D joining the rush makes a 3-2 in the nzone and a 5-4 at each end. (D stay up on the attack)

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DT100 Continuous 1 on 1 D - Join Attack F Backcheck

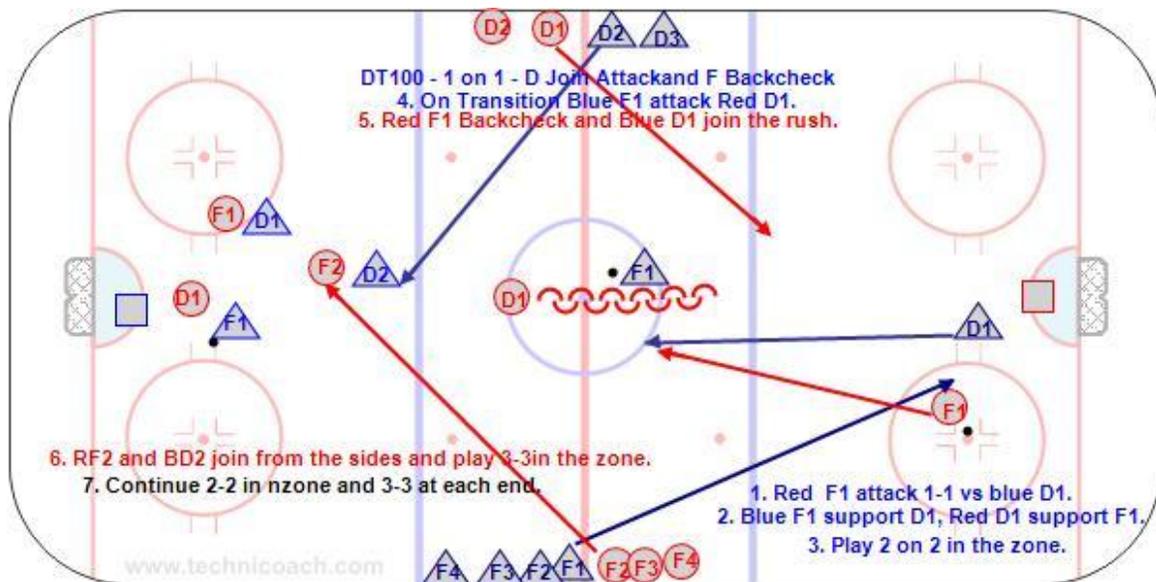
Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles and one forward backcheck. Play tight gaps and attackers create 2 on 1's on the rush. Play 5-5 at each end.

Description:

1. Forwards line up on one side and defense on the other.
2. Start with a 1 on 1 attack Blue F1 vs. Red D1.
3. When the puck enters the zone defensive Red F1 support Red D1 and Blue D1 support Blue F1.
4. On transition Red D1 join new attack and Blue F1 backcheck
5. If the puck is dumped out with no possession the offensive team regroup and attack again.
6. Red F1-D1 now go 2 on 2 in the other direction vs. Blue D1-F1.
7. Blue F2 support Blue D1- F1 and Red D3 support attacking Red F1-D1.
8. This rotation continues with a 3-3 in each zone.

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DT100 Continuous 2-1

Key Points:

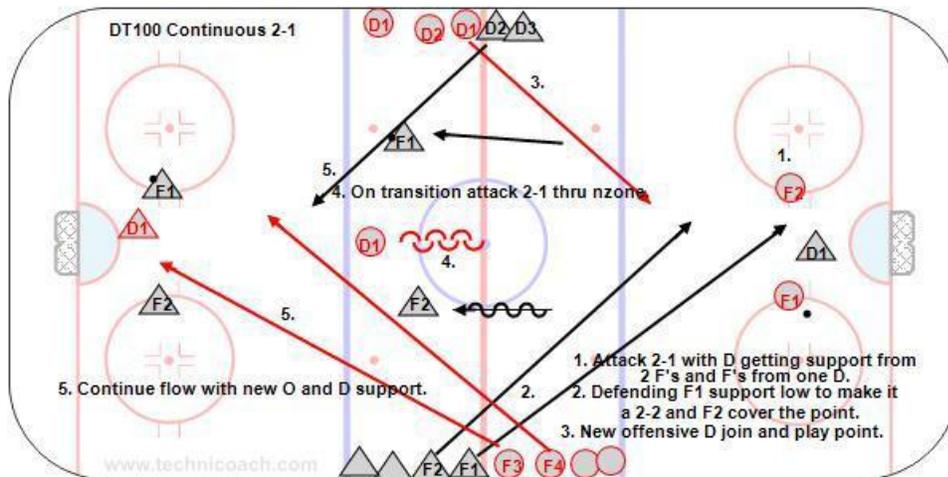
New players don't leave the line-up until the puck enters the offensive zone.

On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line.

Description:

1. Attack 2-1 with D getting support from 2 F's and F's from one D.
 2. Defending F1 support low to make it a 2-2 and F2 cover the point.
 3. New offensive D join and play point.
 4. On transition attack 2-1 thru nzone.
 5. Continue flow with new O and D support.
- Continue the flow of 2-1 in nzone and 3-3 at each end.
-Dump-ins and regroupes can be added.

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DT100 Continuous 2-1, 2-2 – Detroit

Key Points:

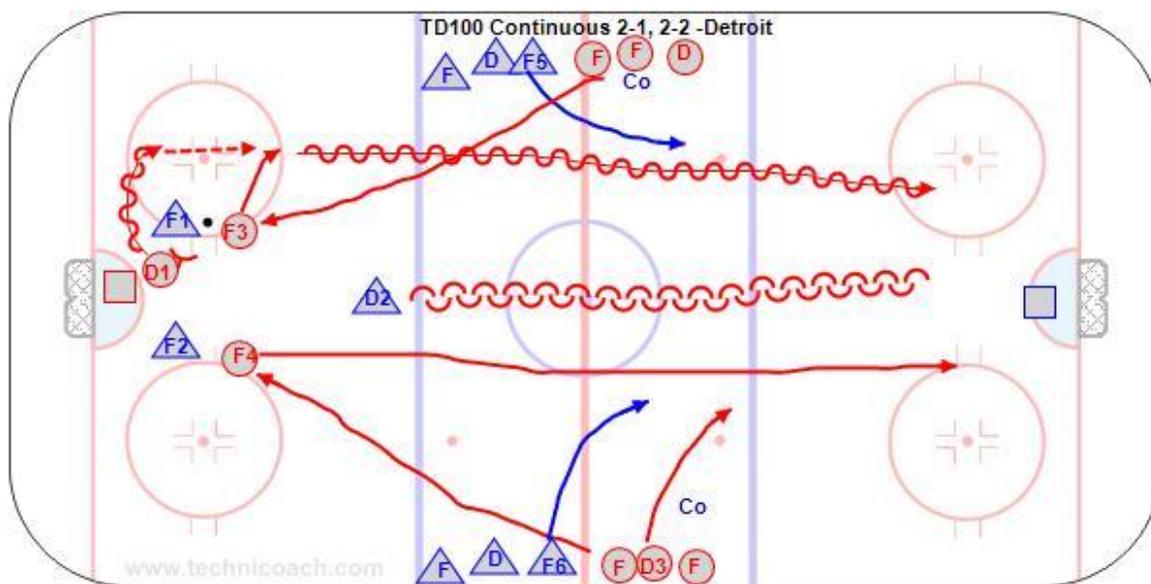
Face the puck. Forwards attack with speed. D stay in the middle and deny F to F pass. Forwards make the first play near the offensive blue line to force the D to make a decision. D delay the play as much as possible.

Description:

1. F1 and F2 attack vs D1.
2. F3 and F4 support D1 as far as the hash marks.
3. D2 support F1 and F2 passively from the point.
4. D1 make a breakout pass to F3 or F4.
5. F3-F4 attack D2 in the other direction.
6. F5 and F6 support D2 and D3 support F3 and F4.
7. Continue this flow.
8. Add a D to make it a 2 on 2.

Options. There could be active support with a 2-1 in the nzone and a 3-3 at each end. Another option is to combine active and passive support or add dump ins and regroup.

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DT100 Continuous 2 on 2 D - Join Attack F Backcheck

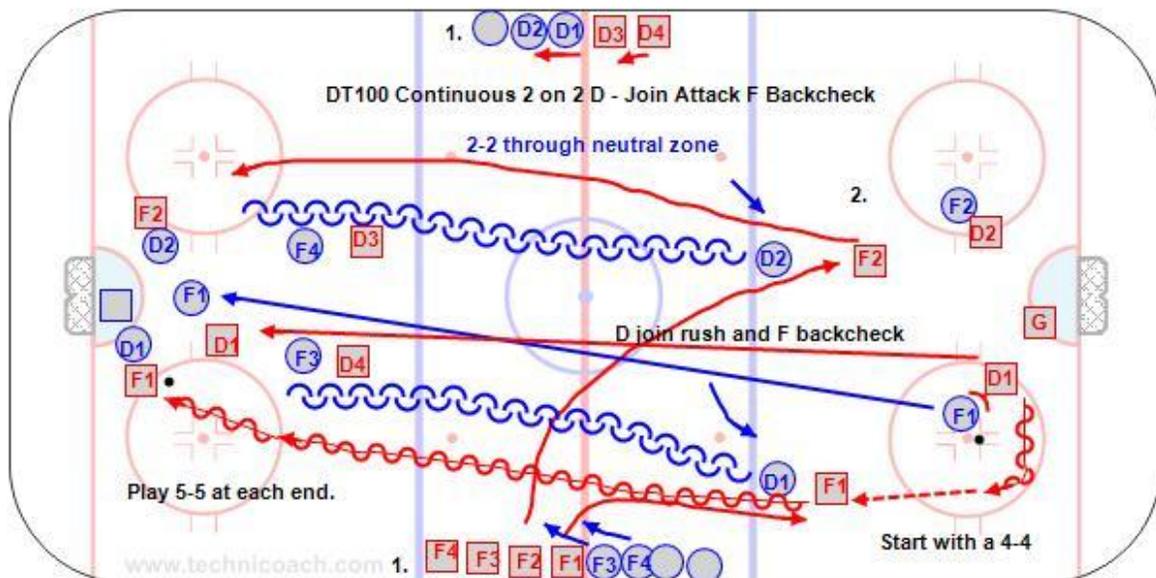
Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles and one forward backcheck. Play tight gaps and attackers create 2 on 1's on the rush. Play 5-5 at each end.

Description:

1. Forwards line up on one side and defense on the other.
2. Start with a 2 on 2 attack Blue F1 and F2 vs Red D1 and D2.
3. When the puck enters the zone defensive Red F1 and F2 support Red D1 and D2 and Blue D1 and D2 support Blue F1 and F2.
4. On transition Red D1 join new attack and Blue F1 backcheck
5. If the puck is dumped out with no possession the offensive team regroup and attack again.
6. Red F1-F2-D1 now go 3 on 3 in the other direction vs. Blue D1-D2-F1.
7. Blue F2 - F3 support Blue D1-D2-F1 and Red D3 and D4 support attacking Red F1-F2-D1.
8. This rotation continues with a 5-5 in each zone.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121026092747403>



DT100 Continuous 3-2

Key Points:

New players don't leave the line-up until the puck enters the offensive zone.

On dump outs no one change but go back and regroup with the same players. Changes occur when the puck is over the offensive blue line or controlled over the defensive blue line.

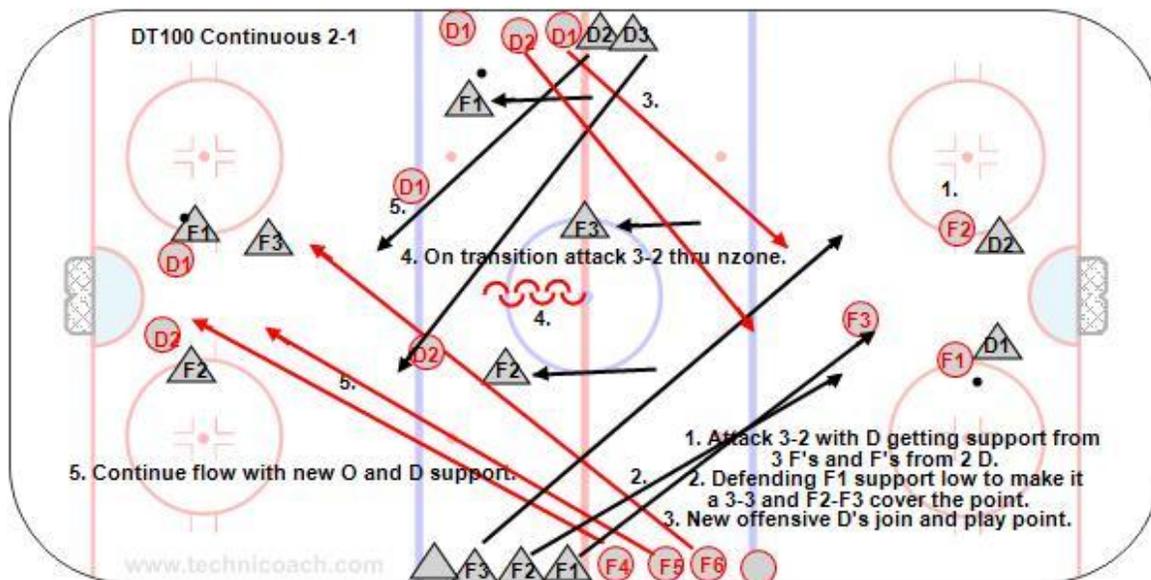
Description:

1. Attack 3-2 with D getting support from 3 F's and F's from 2 D.
2. Defending F1 support low to make it a 3-3 and F2-F3 cover the point.
3. New offensive D's join and play point.
4. On transition attack 3-2 thru nzone.
5. Continue flow with new O and D support.

-Continue the flow of 3-2 in nzone and 5-5 at each end.

-Dump-ins and regroupings can be added.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821122112111>



DT100 Continuous 3-3 With Passive Support

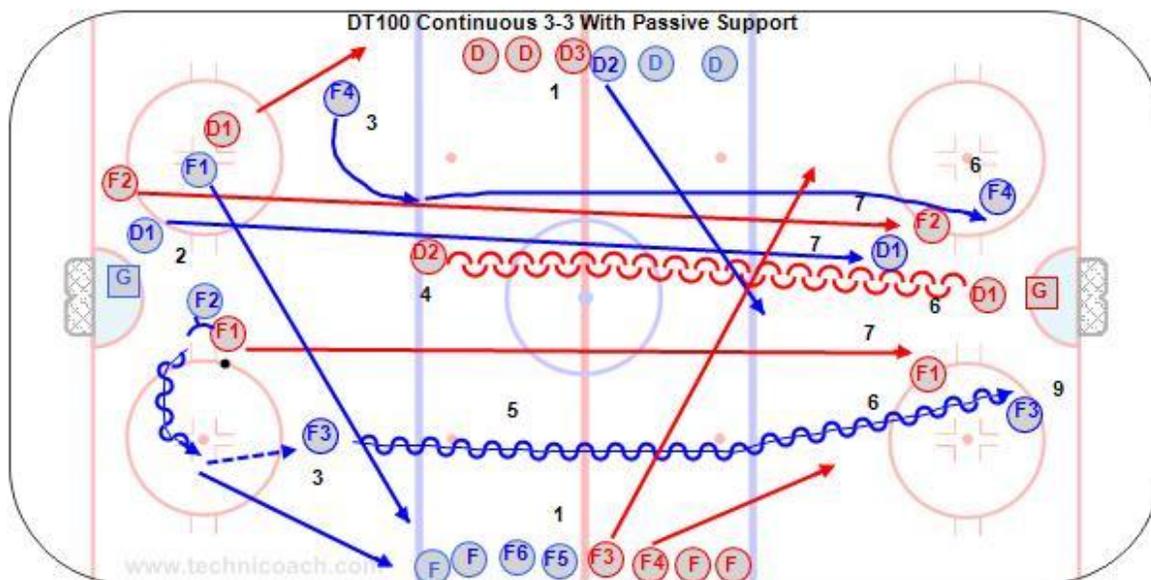
Key Points:

New players give passive support above the circles but can take the puck if it is loose or the offense cycles too high, just like a F covering the point would. The key for the offense is to quickly attack and the defenders to communicate on coverage.

Description:

1. Players line up in the neutral zone with D on one side and F on the other.
2. Begin with a 3-3. Two RF and one RD attack vs. opposition two BF one BD.
3. Defending team has two BF follow and support from the top of the circles.
4. Attacking team have one RD support from the blue line.
5. On a frozen puck, goal or take away the defenders pass to one of the BF above the circles.
6. Attack 2-1 vs. the R defenseman.
7. Original two RF backcheck and original BD join the 2 F on the attack.
8. Original two RF return to the line-up.
9. Play 3-3 in the zone.
10. Two new RF from defending team and one BD from attacking team give passive support after the puck enters the offensive zone.
11. Continue this flow.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130201093049702>



DT100 Continuous Game of 2 on 2 With Regroup - Flames

Key Points:

Allow the attackers to cross the far blue line before leaving so that there is a 2 on 2 attack first before it becomes a 4 on 4. I like the D on one side and F on the other to make it easier to talk with them. Leaving from each side also works.

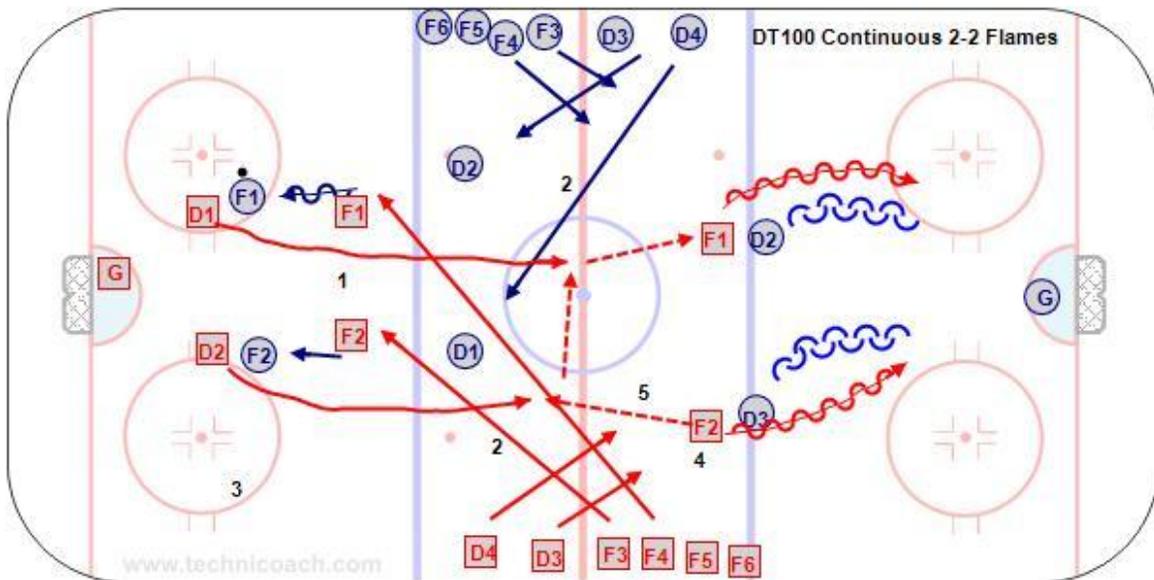
Description:

1. Start with a 2 on 2 attack. BF1 and BF2 vs RD1 and RD2.
2. RF1 and RF2 and BD1 and BD2 support the play from the lineup.
3. Play 4-4 in the zone.
4. On transition or after a goal or frozen puck RF1 and RF2 attack BD1 and BD2.

*This rotation can be done from 1-1 to 3-2. Dump ins to work on the breakout and forecheck can be added

Continue this flow. The coach doesn't always blow the whistle so the defenders must be alert.

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DT100 Erkka Continuous 2-1 with Passive Support

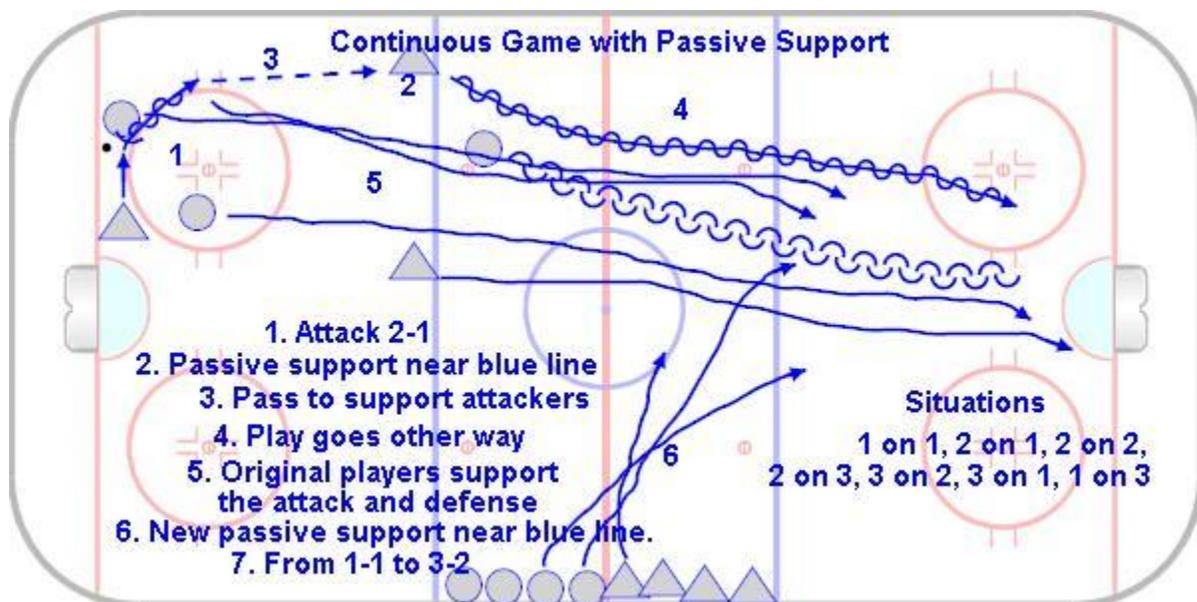
Key Points:

Erkka Westerlund has coached the Finnish Olympic Team and been director of Finnish Hockey development. He is more or less the Father of Transition Games. They are now the logical progression from Flow Situation drills from 1-1 to 3-2.

Description:

1. Two white F's attack one black D 2-1.
2. When the puck enters the offensive zone 2 black F's and one white D follow the play and passively support from above the circles.
3. After a goal, frozen puck or turnover and breakout pass the new 2 F's attack the new D the other way.
4. This flow continues. It can be played from a 1-1 to a 3-2 with passive, active or a combination of passive and active support.

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DT100 Game with Forward Backchecking

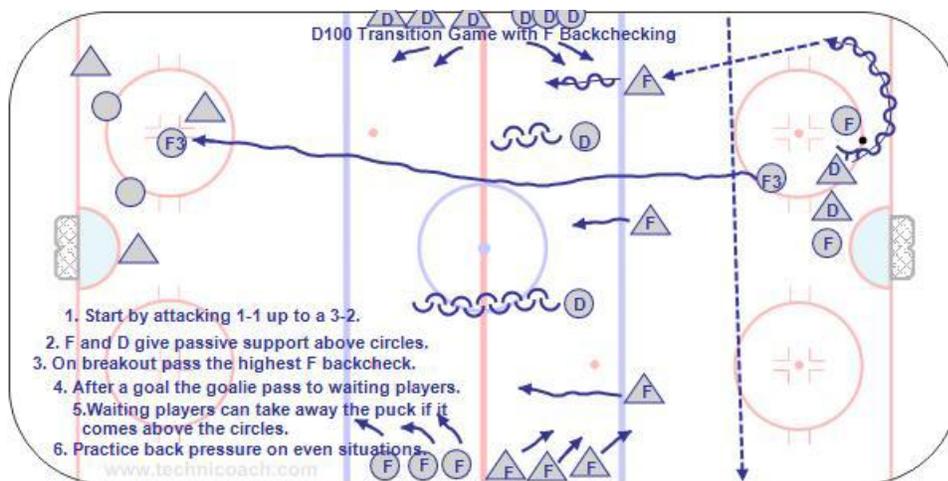
Key Points:

The highest attacking F backcheck and backpressure the puck thru the neutral zone.

Description:

DT100 Full Ice with extra players waiting along the boards in the neutral zone.

1. Start by attacking 1-1 up to a 3-2.
2. F and D give passive support above the circles.
3. On breakout pass the highest F backcheck.
5. Waiting players can take away the puck if it comes above the circles.
6. Practice back pressure on even situations.



DT100 Read-Act to Situation 1-1 to 3-3

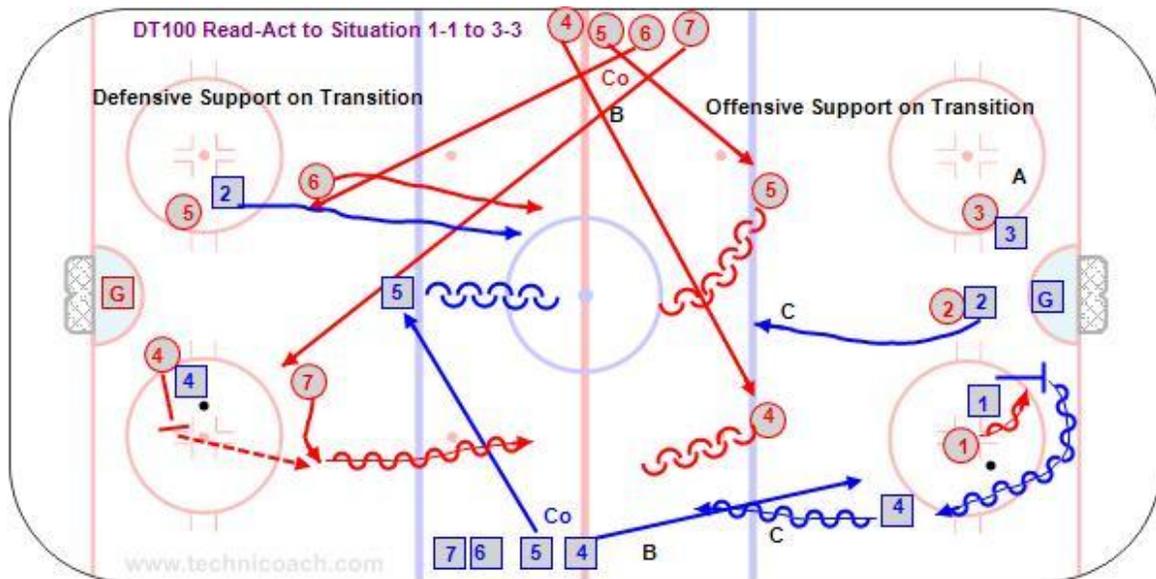
Key Points:

Transition game where the players must read the ever changing situations and act to make them even. Transition happens on a turnover, a goal or the goalie freezes the puck. The closest player support to create an even situation.

Description:

- A. B1-2-3 attack R1-2-3.
- B. R5-6 support the attack and B4 the defenders.
- C. On transition B4 attack R4-5 and B1-2-or 3 support the attack making it 2-2.
- D. Blue Coach sends B5 to support the attack.
- E. Red Coach sends R6-7 to support defense.
- F. On transition R6-7 attack B5 and B1 or B2 read the outnumber situation and backcheck to make it a 2 on 2.
- G. Coaches continue to randomly send 1 to 3 players to support.
- H. Players read the situation and support to make it a 1-1, 2-2 or 3-3 attack.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2013022010052621>



DT 100 Swedish Transition 1-1

Key Points:

Players lined up in the neutral zone give passive support.

Practice making good moves to beat the defender. Defender stay on the defensive side all of the time.

Description:

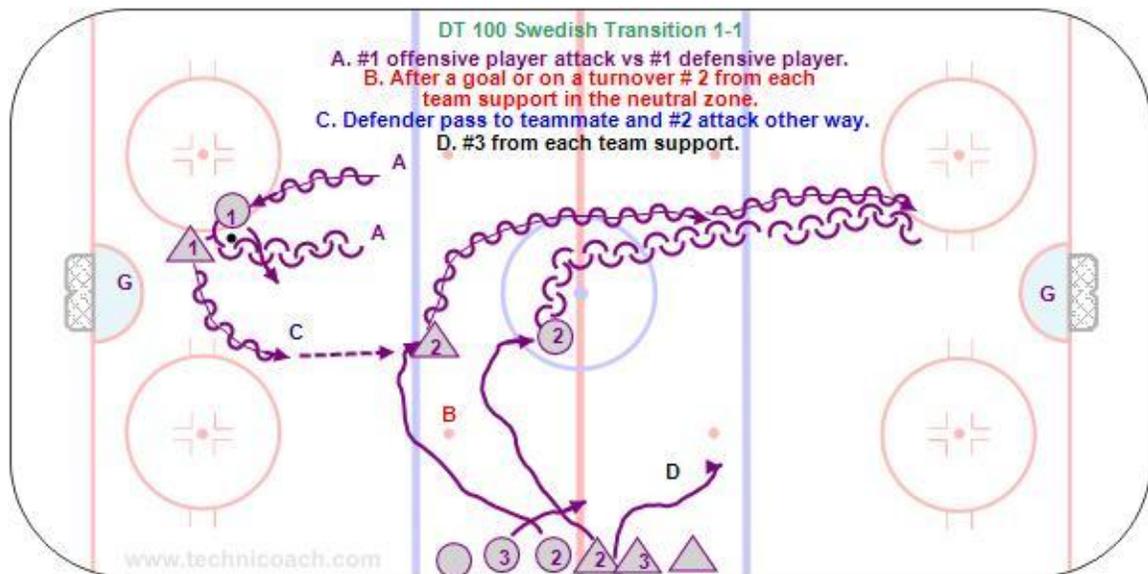
A. #1 offensive player attack vs #1 defensive player.

B. After a goal or on a turnover # 2 from each team support in the neutral zone.

C. Defender pass to teammate and #2 attack other way.

D. #3 from each team support.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100418084335301>



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>



DT100 Transition Game with F Backchecking x 2 Dukla

Key Points:

The original attacker backcheck and tie up the attacker stick if there is a shot.

Great game to work on speed in the attack and good defensive habits.

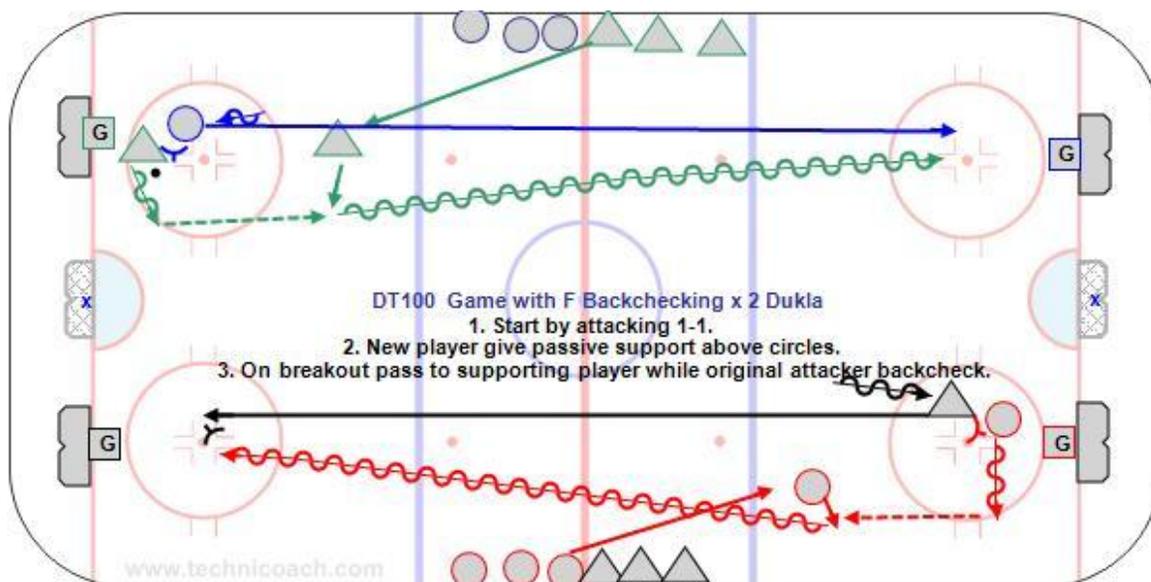
Description:

D100 Full Ice x 2 (In this practice there are 2 games happening at the same time with 4 goalies and 2 groups. It is a Czech U20 practice)

1. Start by attacking 1-1.
2. New player give passive support above circles.
3. On breakout pass to supporting player while original attacker backcheck.
4. Supporting player can take away the puck if it comes above the circles.
5. Backcheck hard and tie up the stick on rebounds.
7. Battle for loose pucks.
8. Backchecker make sure there is no second shot and goalie clear the rebound.

This is a great way to practice back pressure quick ups to the forward, taking sticks in the slot, attacking quickly. It is a core game that I like to play the day before a regulation game because it reviews so many good habits.

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6. TRANSITION 1 ON 1

A full-ice transition game, in which the players are lined up on both sides of the rink.

1. Start 1 ON 1
 2. When the defenceman wins the puck, after a quick pass and immediate support to the attacker.
 3. After a turnover, a forward backchecks and make it 2 ON 2.
- The players either defend-and-attack or attack-defend.
The exercise can be taken as a contest.

DT100, 1 - 1 Passive Support D Join Rush and F Backcheck-Juuso, Jursi

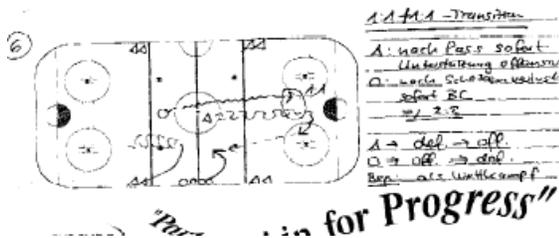
Key Points:

D join the attack and the F must backcheck hard.

Description:

1. Start 1 on 1.
2. A forward and a defense give passive support from the line-up.
3. On a turn-over the original D join the rush and F backcheck making it a 2 on 2.

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DT200 3 on 3 with 3 Jokers

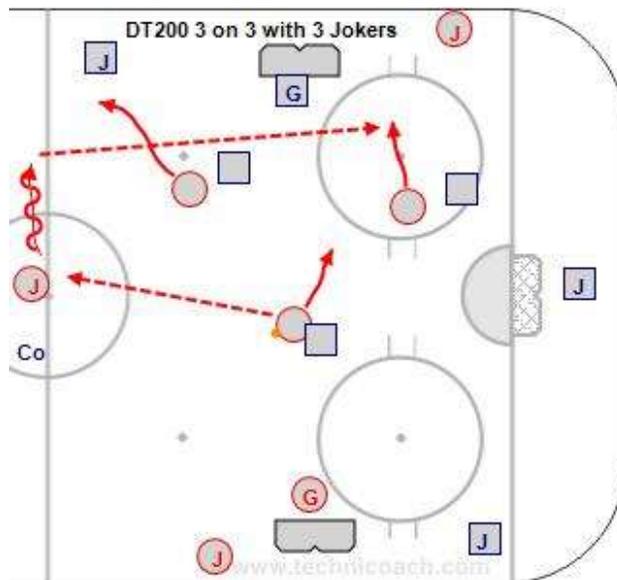
Key Points:

Players on the court must get open or cover and opponent; don't check the Jokers. Jokers can check Jokers. Jokers can move on the edges, shoot and pass but only have the puck 2". Switch every 45-60".

Description:

- A. 3 on 3 in the court or ice.
- B. 3 Jokers on each team.
- C. 1 Joker on each team behind each goal line and 1 Joker in the middle.
- D. Exchange positions on the whistle.
- E. Defending team needs to pass to a Joker on transition to offense before they can score.
- F. If there are extra players rotate jokers play, players rest, extra players become jokers.

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DT200 – 2-1 with Passive Support

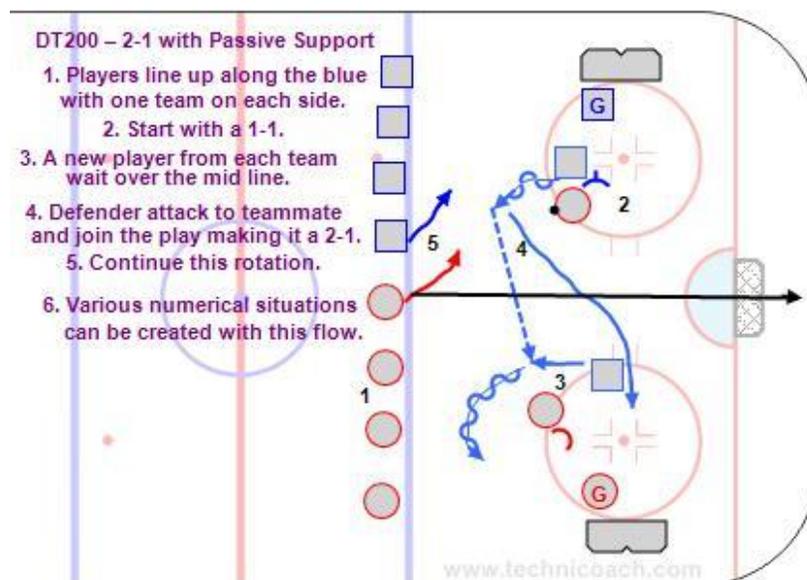
Key Points:

Defender must join the play after passing. The key is to skate hard when you get the puck. On offense attack quickly and get a shot then crash the net for a rebound.

Description:

1. Players line up along the blue line with one team on each side.
2. Start with a 1-1.
3. A new player from each team wait over the mid line.
4. Defender pass to teammate and join the play making it a 2-1.
5. Continue this rotation.
6. Various numerical situations can be created with this flow.

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DT200 Active Jokers - Side and Ends

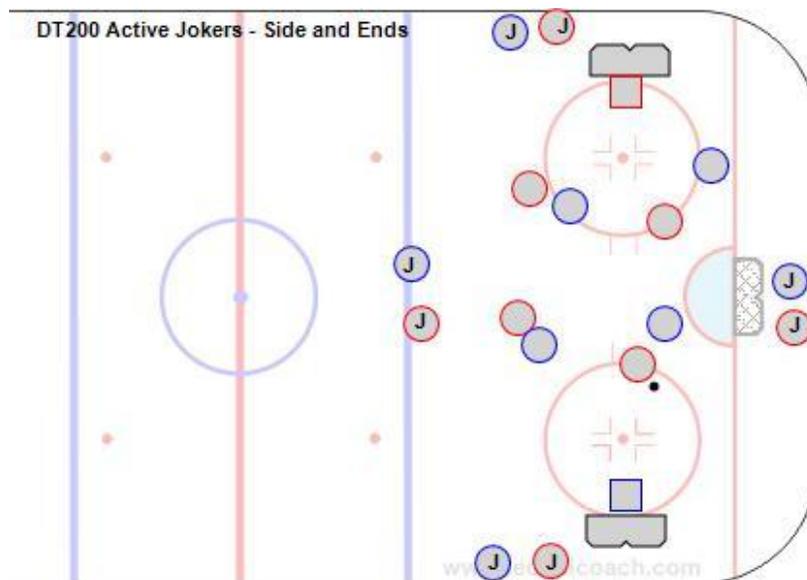
Key Points:

Quick passes and shots are needed. Face the puck in an athletic ready position. Protect the puck.

Description:

1. Half of each colour play and half are jokers.
2. Each team have a joker behind the net and on each side.
3. Jokers can shoot or pass but not join the play.
4. Jokers can check jokers.
5. Switch every 30" and use the same puck.
6. To transition to offense the team must pass to a Joker.

Option: Switch Jokers and Players of the team that is scored on.



DT200 King's Score Game

Key Points:

Quick transition from offense one way to offense the other way. Defensive players must identify who they cover. Communication is very important.

Description:

1. Cross ice game with the waiting players along the blue line.
2. Play situations from 1-1 to 5-5.

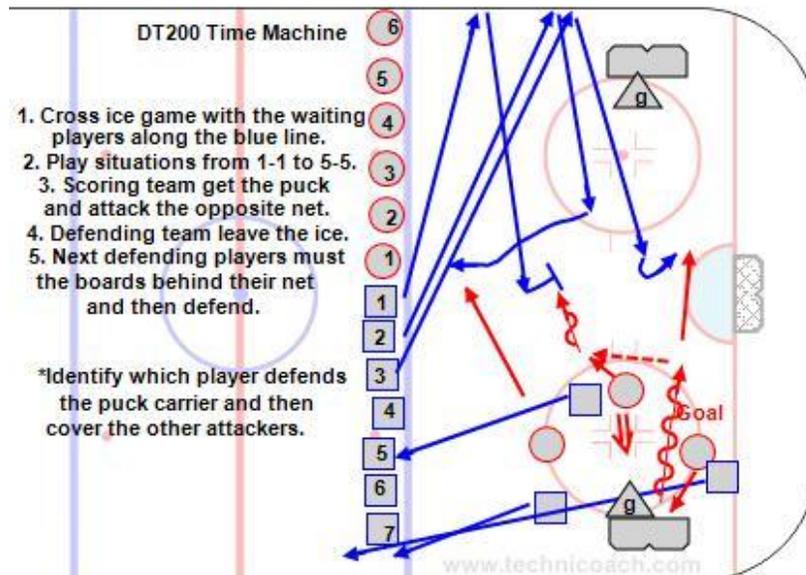
AFTER A GOAL

3. Scoring team get the puck and attack the opposite net.
4. Defending team leave the ice.
5. Next defending players must touch the boards behind their net and then defend.

**Identify which player defends the puck carrier and then cover the other attackers.*

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Note the title should say King's Score and not Time Machine.



DT400 2-2 One Joker Below Hash-Flames

Key Points:

This game focuses on Role 2 - getting open and Role 4 - covering away from the puck. The joker should focus on facing the play and seeing the ice. Other players continuously battle for the inside position. Attackers give a target and defenders good sticks.

Description:

1. Play inside top of the circles in one or both ends of the ice with both teams shooting on the same net.
2. To transition to offense you must pass to the joker.
3. Joker passes back to the team that he got a pass from.
4. Joker can move anywhere below the dots.
5. Players change on their own.
6. Coach put in a new puck on a goal or if the puck is shot out of the zone.
7. Keep score-have tournaments, modify rules to focus on skills or good habits.
8. *The joker can wear a different colour or rotate jokers.*

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DT400 2 on 2 Support from Point 6 Players

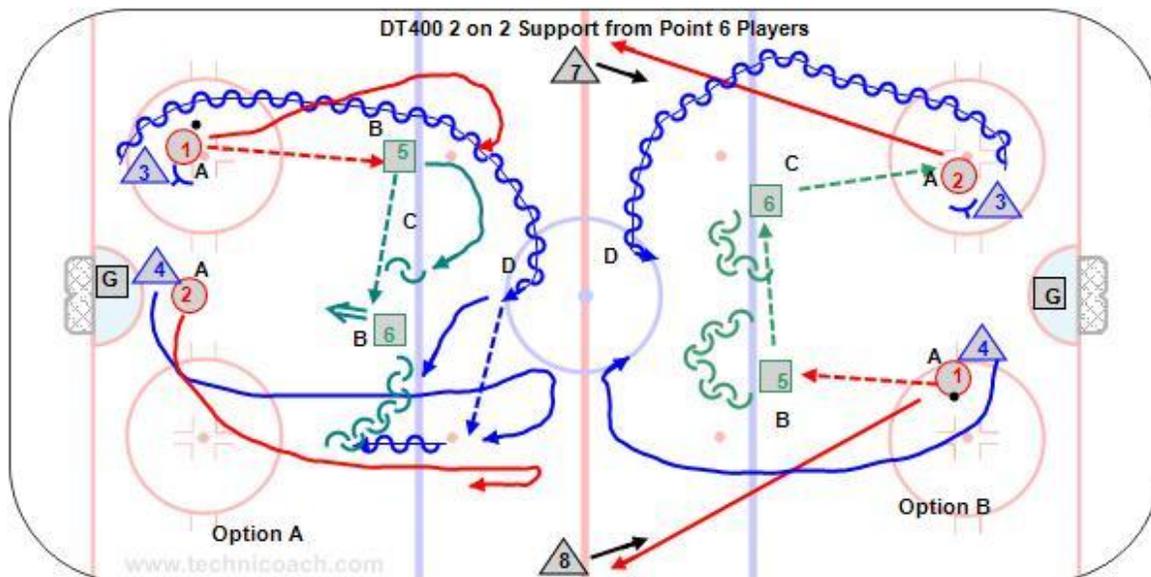
Key Points:

Attackers create 2 on 1's, get open, screen, give target. Defenders stay D side, box out and tie up sticks on rebounds.

Point players can't jump in and only get one second with the puck and can only make one D to D pass.

Description:

- A. 1 and 2 attack vs 3 and 4.
- B. 5 and 6 support attackers from point.
- C. 5 and 6 can make one pass and only have the puck one second.
- D. On goal, frozen puck or transition 3 and 4 regroup thru middle dot and attack vs 5 and 6.
- E. Option A. 1 and 2 support attack from the point.
- F. Option B. 7 and 8 support and 1 and 2 rest.



DT400 3-3 Krusel Battling Game - ProW

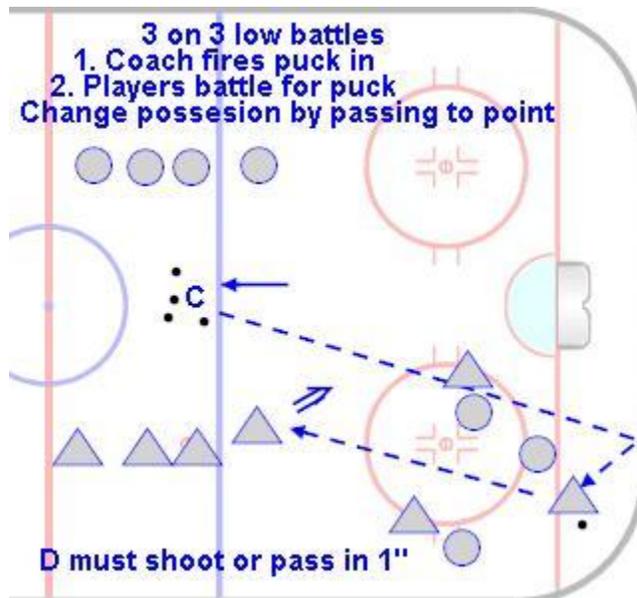
Key Points:

Battle for loose pucks, screen the goalie, shot passes, cycle, man on man, tie up sticks, tip, low zone play.

Description:

1. Line up with the face-off dots and 1 to 3 players race for a loose puck on the whistle.
2. Pass to the point to transition to offense.
3. Point player must shoot or pass within 2 seconds.
4. If a point pass goes out the other pointman gets the puck.
5. Either leave the puck in the zone or pass to the coach on a whistle.

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DT400 Game with Two Nets

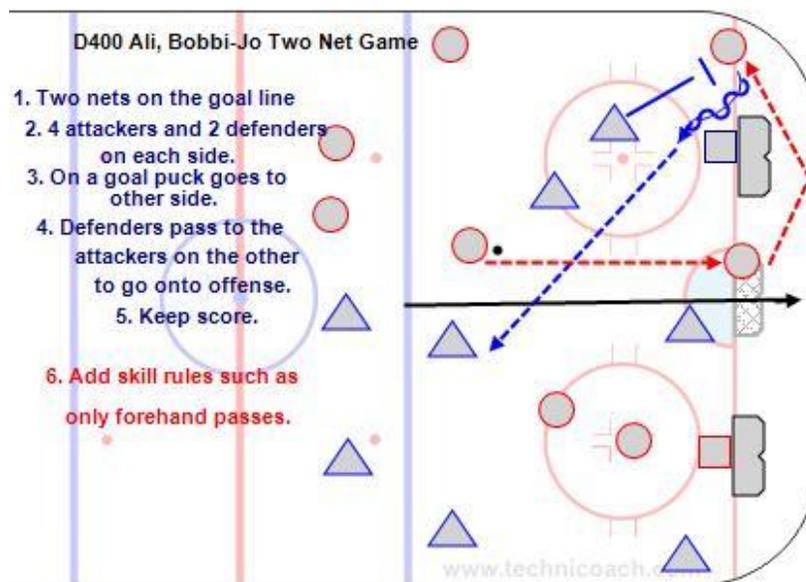
Key Points:

Attackers either skate or move the puck right away when they get it. Defenders have one on the puck and one in front of the net with sticks in the passing lanes. Rotate every 45 seconds.

Description:

1. Two nets on the goal line.
2. 4 attackers and 2 defenders on each side.
3. On a goal puck goes to other side.
4. Defenders pass to the attackers on the other side to go onto offense.
6. Add skill rules such as only forehand passes.

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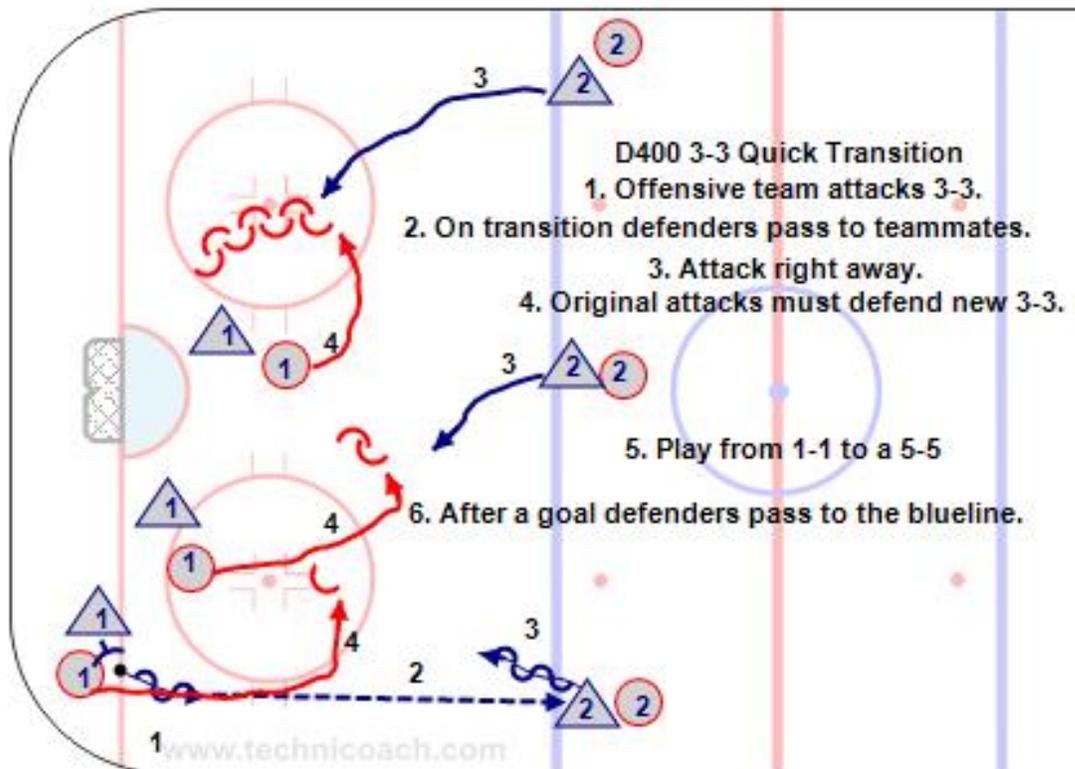
D400 - 3 on 3 Quick Transition Game

Key Points:

The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

Description:

1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Upt to 5-5 is possible.
2. On transition to offense the defenders pass to their teammates waiting behind the blue line.
3. Attack right away (don't have to wait for teammates to get onside in this game.)
4. Original attackers now defend and communicate with each other on how to stop the attack.
5. After a goal the defenders is allowed to pass to the new attackers.



DT400 - Regroup with Jokers Behind Defensive Net

Key Points:

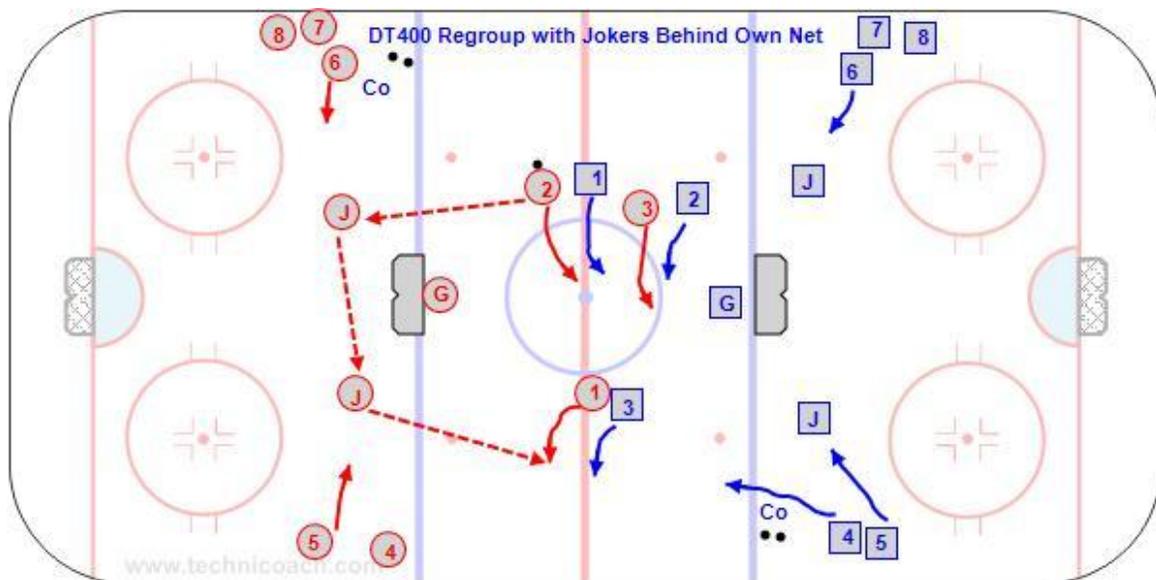
Practice regroup and breakout options. Jokers can pass right away or go D to D, switch, counter etc.

Description:

1. Place the nets on the opposite blue lines.
2. Play from 1-1 to 5-5.
3. Each team has 1 or 2 jokers behind their goal line.
4. Defensive team transitions to offense by passing to a joker.
5. Jokers can pass to each other, switch, drive the back of the net etc.
6. Play about 30" then switch with jokers playing, waiting players become jokers 5 and 6) and active players (1-2-3) rest.

Options: After the players learn the basic game add good habits like they must move with the puck, or saucer snap passes, pivots etc. (you don't want them standing still while passing) They could even join the rush and then return on loss of possession.

<http://www.hockeycoachingabc.com/media/gallery/video.php?n=20120927102225533>



DT400 Active Jokers at Point

Key Points

Each team has two jokers at the point. Introduce the game allowing jokers to check jokers and then add that jokers can come in for one timer shots.

This transition game creates three situations. In the first part the players at the point must get open and take a shot or make a pass. The defender practices covering the point. In the second part add that the jokers at the point can come in for a one timer shot

Description:

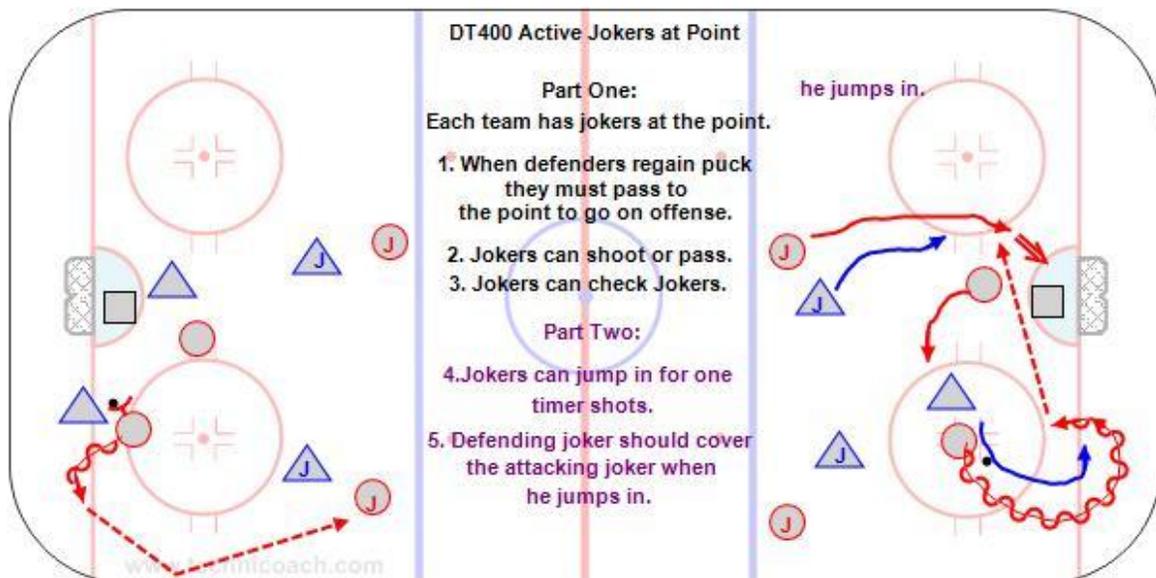
Part One: Each team has jokers at the point.

1. When defenders regain puck they must pass to the point to go on offense.
2. Jokers can shoot or pass.
3. Jokers can check the opponents Joker.

Part Two:

4. Jokers can jump in for one timer shots.
5. Defending joker should cover the attacking joker when he jumps in.

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DT400 Attack-Defend-Breakout-Rest

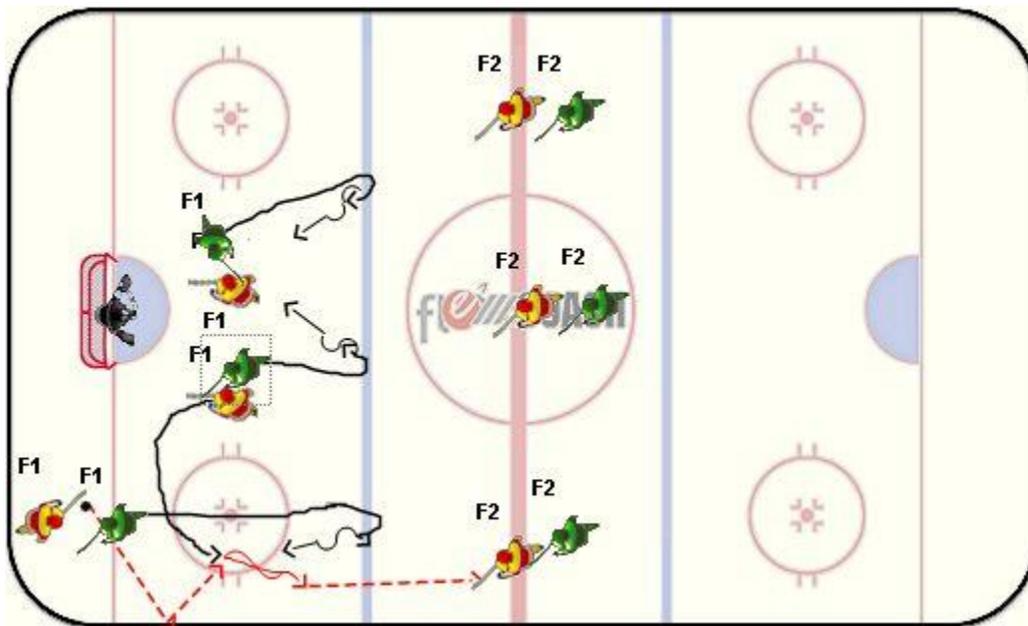
Key Points:

The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line. Left handed player in black sweats and hat is Dany Heatley just after he won NHL Rookie of the Year.

Description:

1. Players line up within a stick length of the red line if you have 2 groups or only ½ ice; otherwise behind the red or far blue line.
2. Three players attack three defenders.
3. Defenders must carry the puck out of the zone before passing to team waiting team mates.
4. Three new players attack vs the original offensive players.
5. Keep score, implement skill (only forehand passes) or team play rules (goals originate from below the goal line).

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DT400 Game of Quick Transition

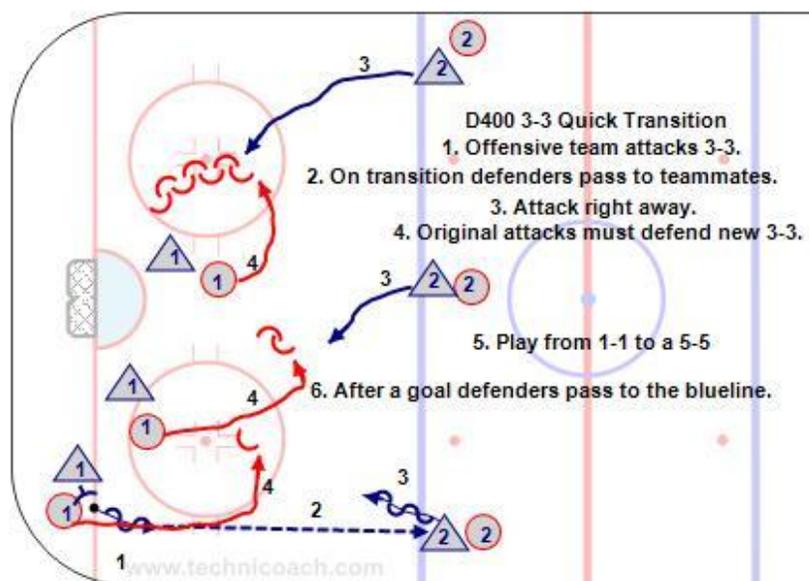
Key Points:

The resting players attack right away when they get a pass and the original attackers must communicate and cover one attacker each.

Description:

1. Offensive team attacks 3 on 3. It can be 1-1, 1-2, 2-1, 2-2 or 2-3 also if the coach wants to practice these situations. Upt to 5-5 is possible.
2. On transition to offense the defenders pass to their teammates waiting behind the blue line.
3. Attack right away (don't have to wait for teammates to get onside in this game.)
4. Original attackers now defend and communicate with each other on how to stop the attack.
5. After a goal the defenders is allowed to pass to the new attackers.

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DT400 Half-ice Transition Game of 2 on 1 – Yursinov-Wahlsten IIHF Symposium

Key Points:

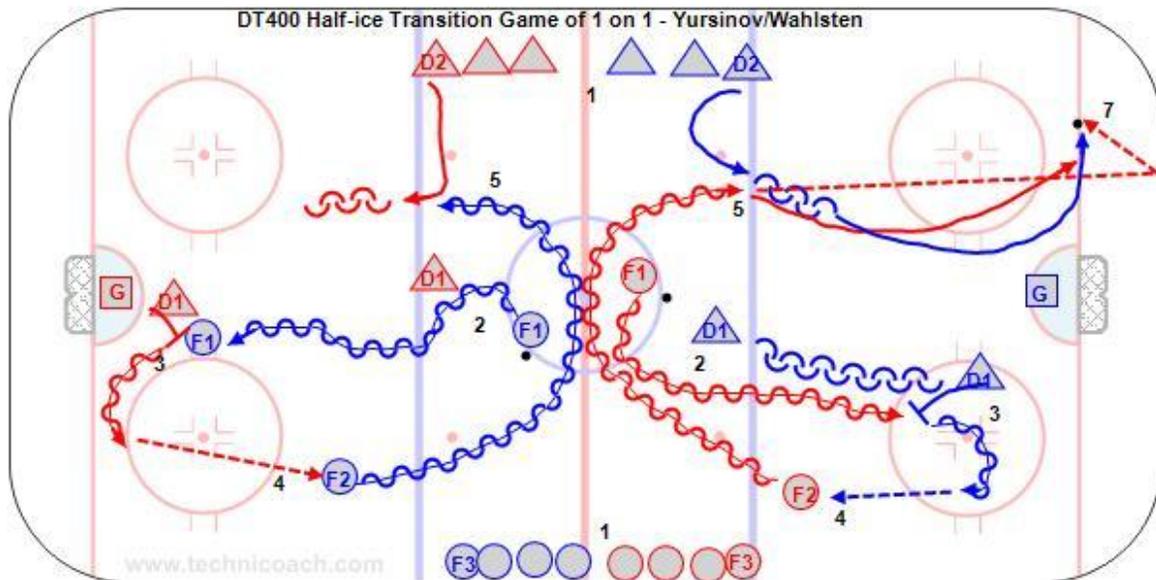
Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump ins the defender must read where the checker is coming from and the attacker create good checking angles.

Description:

1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.
2. F1 attack vs. D1 after skating through the middle circle.
3. Fight for rebounds and loose pucks.
4. On transition pass to F2 at the top of the circle.
5. F2 skate through the middle circle and attack vs. D2.
6. Add a regroup with the forward circling back.
7. Add a neutral zone dump-in and the D and F fight for the loose puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131204162120693>

Add one forward to the diagram to create a 2-1 with the same flow.



DT400 Half-ice Transition Game of 3 on 2 – Yursinov-Wahlsten IIHF Symposium

Key Points:

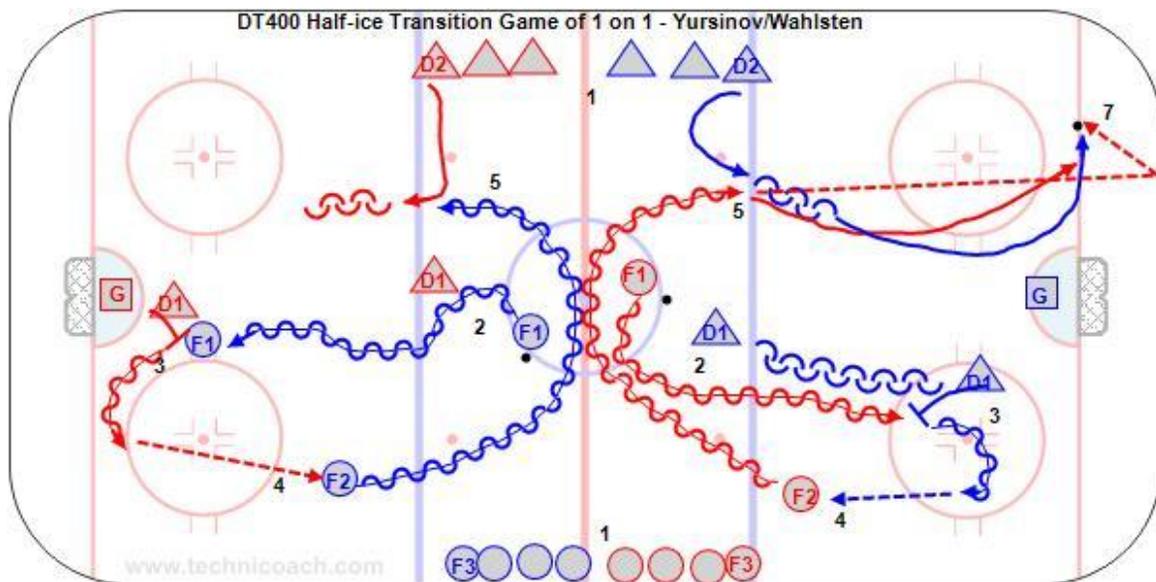
Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump ins the defender must read where the checker is coming from and the attacker create good checking angles.

Description:

1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.
2. F1-2-3 attack vs. D1-2 after skating through the middle circle.
3. Fight for rebounds and loose pucks.
4. On transition pass to F4-5-6 at the top of the circle.
5. F4-5-6 skate through the middle circle and attack vs. D3-4.
6. Add a regroup with the forward circling back.
7. Add a neutral zone dump-in and the D and F fight for the loose puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131204162617698>

Add two forwards and one D to the diagram to create the 3-2. The flow is the same as the 1-1.



DT400 Multiple Situations in Small and Smaller Area

Key Points:

This SAG goal is to practice READING Game Situations by constantly changing the situation from 1-3 on offense or defense at once. Set one net up on the goal line below the face-off dot facing up ice and the other net facing the corner just inside the circle. The game is continuous and the coach shoot in a new puck on a goal.

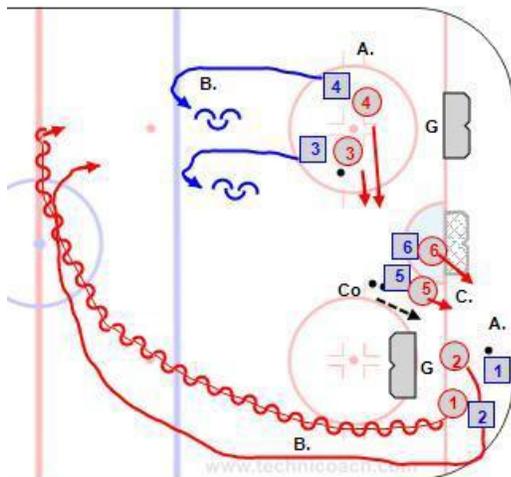
Description:

- A. Blue 1 and 2 attack Red 1 and 2 in the corner and Blue 3 and 4 attack Red 3 and 4 from the red line.
- B. Coach whistles and Red 1 and 2 carry the puck out to the red line and attack the other net vs. Blue 3 and 4.
- C. Coach shoots in a new puck and Red 5 and 6 attack vs. Blue 1 and 2 in the corner. Red 3 and 4 return to the line.

Option:

Vary the number of players from 1 to 3 and switch up who starts on offense half way through the game. 1-1, 2-2, 1-2, 2-2, 1-3, 2-3, 3-3, 3-2, 3-1.

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DT400 One Pass with Varying Numbers

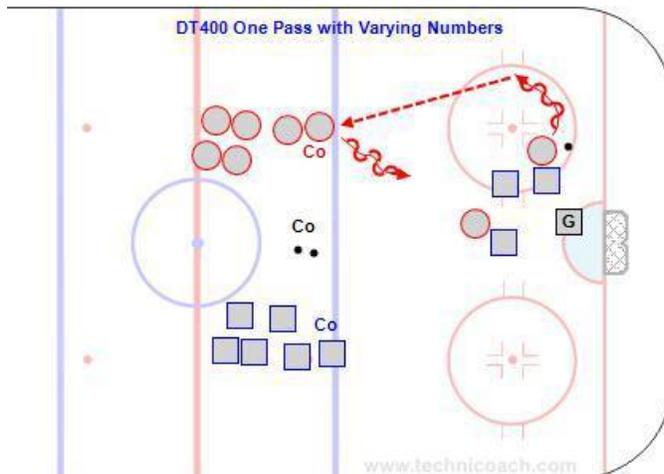
Key Points:

Players must read the numerical situation and communicate. Attackers must quickly take advantage of either their scoring chances or the ability to pass to the line to add an attacker.

Description:

1. Teams line up outside the blue line.
2. A coach tells each team how go on the whistle.
3. Coach dumps the puck in to start.
4. On transition to offense there must be at least one pass before a shot.
5. Up to 4 players can be on one team.
6. Add players by passing to the player at the front of the line.
7. Play 30" and on the whistle pass to your line.
8. On a goal the coach shoots in a new puck.

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DT400 Perry Pearn Game Rotation

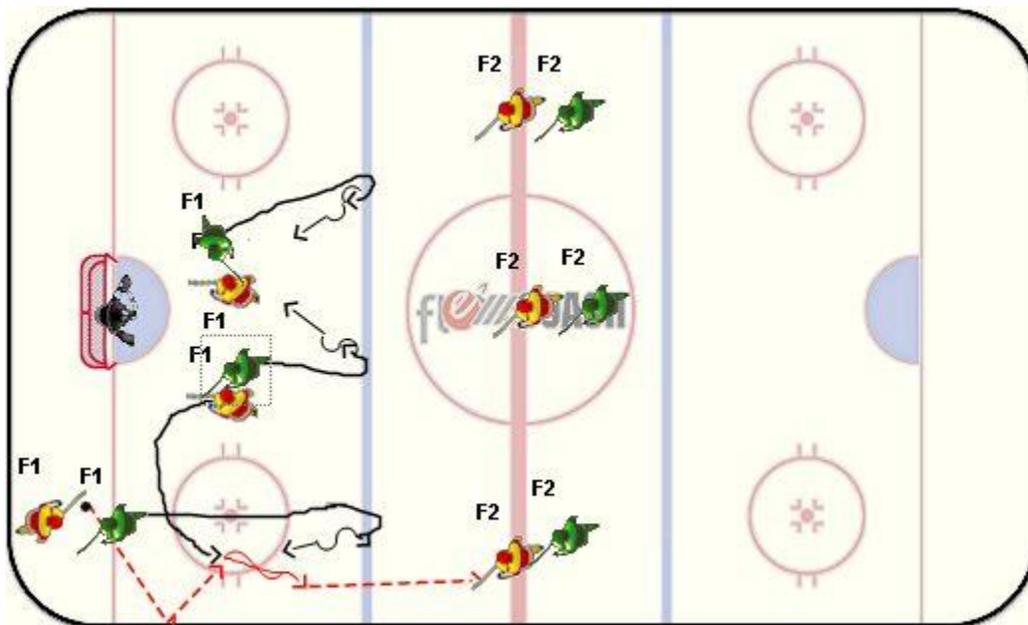
Key Points:

This game allows the coach to focus on the attack or defending deep in the zone. You can play this game in situations from 1-1 to 5-5. It is a great rotation to practice specialty teams if you have 3 lines because it gives the players some rest and they alternate between pp and pk (one F would leave the zone) The defenders have to clear the zone with control of the puck. With situations over a 3 on 3 I would move the resting players back to the far blue line.

Description:

1. Players line up within a stick length of the red line if you have 2 groups or only ½ ice; otherwise behind the red or far blue line.
2. Three players attack three defenders.
3. Defenders must carry the puck out of the zone before passing to team waiting team mates.
4. Three new players attack vs the original offensive players.
5. Keep score, implement skill (only forehand passes) or team play rules (goals originate from below the goal line).

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DT400 Regroup Game of 2-2

Key Points:

This is a continuous flow game. When supporting from top of the circles act like wingers and give wall and middle breakout options.

If the attackers come above the top of the circles the defenders there can check the puck carrier.

* Add regroups-dump ins.

Description:

A. Players line up below the circles on each side.

B. Offensive 1 and 2 attack vs. defenders 1 and 2.

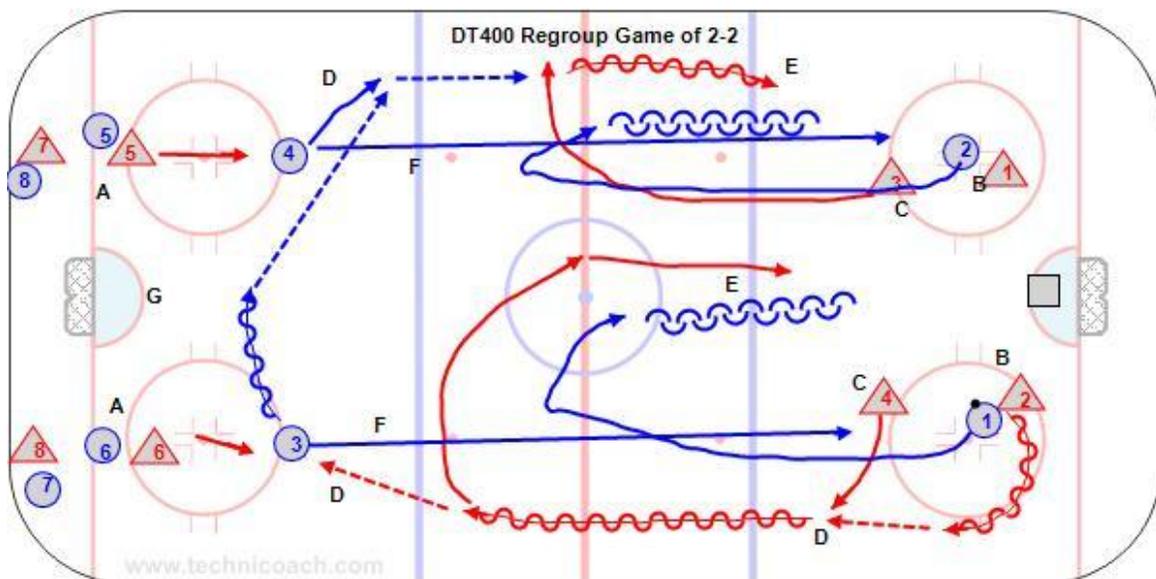
C. Defenders 3 and 4 support 1 and 2 from the top of the circles.

D. After a goal, frozen puck or breakout 3 and 4 regroup with the opposition 3 and 4 who hinge and pass.

E. 3 and 4 attack vs original offensive 1 and 2.

F. After hinging the new 3 and 4 support the defending 1-1 from top of the circles.

G. Continue this flow of hinge and pass-support-breakout-regroup-attack-defend-rest.



DT400 Support-Regroup-Hinge-Attack-Defend

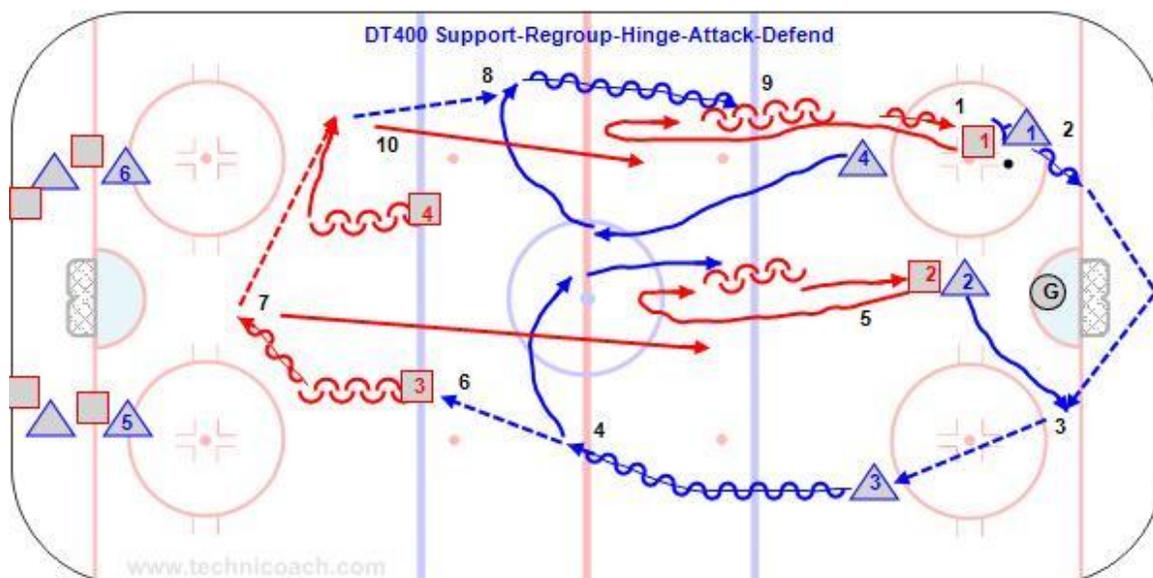
Key Points:

New players give defenders support from the top of the circles as if they were wingers. If the puck is carried above there they can.

Description:

1. Red 1-2 attack Blue 1-2.
2. Blue 1-2 defend.
3. Pass to Blue 3-4 after a turnover or goal.
4. Blue 3-4 breakout the other direction.
5. Red 1-2 follow the play as defenders
6. Blue 3-4 regroup with Red 3-4.
7. Red 3-4 hinge at least once.
8. Red 3-4 pass to Blue 3-4.
9. Blue 3-4 attack vs Red 1-2.
10. Red 3-4 follow attack to support Red 1-2.
11. Blue 5-6 move to nzone ready to regroup with Red 3-4.

Continue this rotation of support-regroup-hinge-attack-defend.



DT400 Transition Game of 1 on 1 - Yursi-Juuso IIHF Symposium

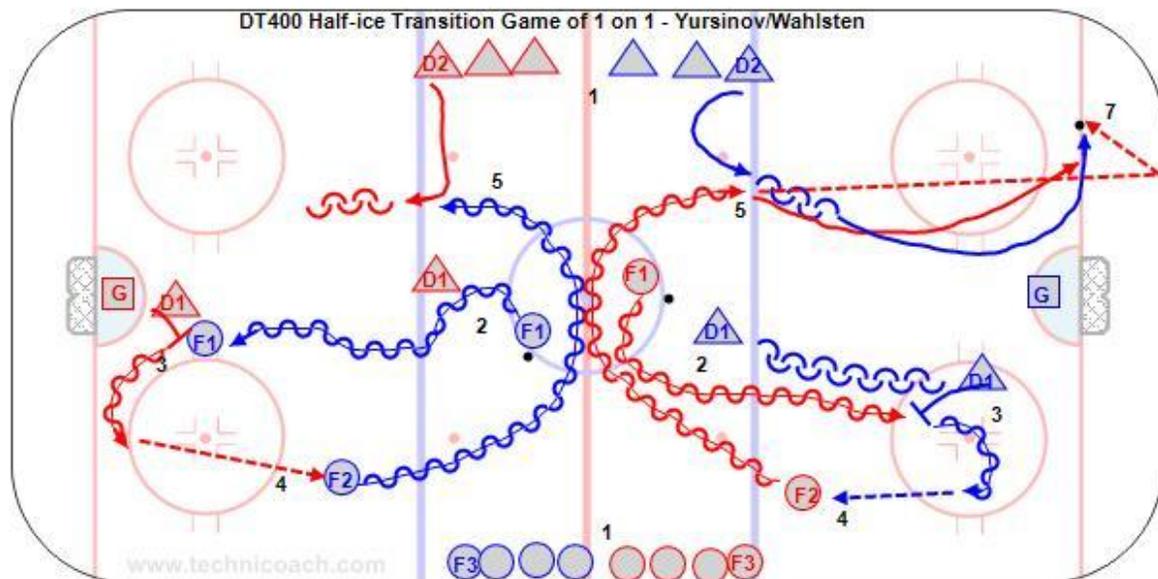
Key Points:

Defender must maintain a tight gap and stay of the defensive side. Attacker use moves to beat the defender, fight for rebounds and loose pucks. On the dump-ins the defender must read where the checker is coming from and the attacker create good checking angles.

Description:

1. Divide the team into two colours and opposite forwards and defense play against each other at both ends.
2. F1 attack vs. D1 after skating through the middle circle.
3. Fight for rebounds and loose pucks.
4. On transition pass to F2 at the top of the circle.
5. F2 skate through the middle circle and attack vs. D2.
6. Add a regroup with the forward circling back.
7. Add a neutral zone dump-in and the D and F fight for the loose puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131203153607732>



DT400 Two Net Game – CW

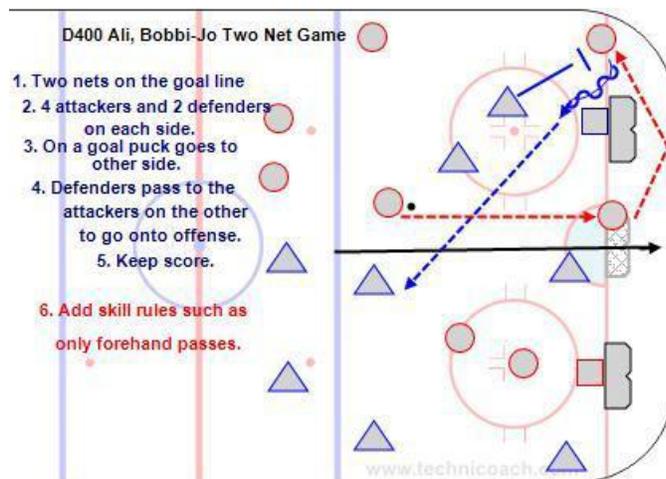
Key Points:

Attackers either skate or move the puck right away when they get it. Defenders have one on the puck and one in front of the net with sticks in the passing lanes. Rotate every 45 seconds.

Description:

1. Two nets on the goal line.
2. 4 attackers and 2 defenders on each side.
3. On a goal puck goes to other side.
4. Defenders pass to the attackers on the other side to go onto offense.
5. Keep score.
6. Add skill rules such as only forehand passes.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130404174536584>



DT400 2/3 Ice Games of Attack-Defend-Breakout

Key Points:

Attacker make quick moves and go to the net. Defender play a tight gap and stay on the defensive side always. Backchecker come hard to create a defensive 2-1 and get open for a breakout pass. Goalie fight to find the puck if there is a screen.

Description:

This is a half or 2/3 ice transition game. It can be played 1-1 or 2-1 or 2-2. The defender gets support from the line in the nzone when the puck crosses the blueline. In this example there are 2 games at one end and one game at the other. It is a college women tryout and there are 3 goalies.

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DT400, 4-2 x 2 - Pro

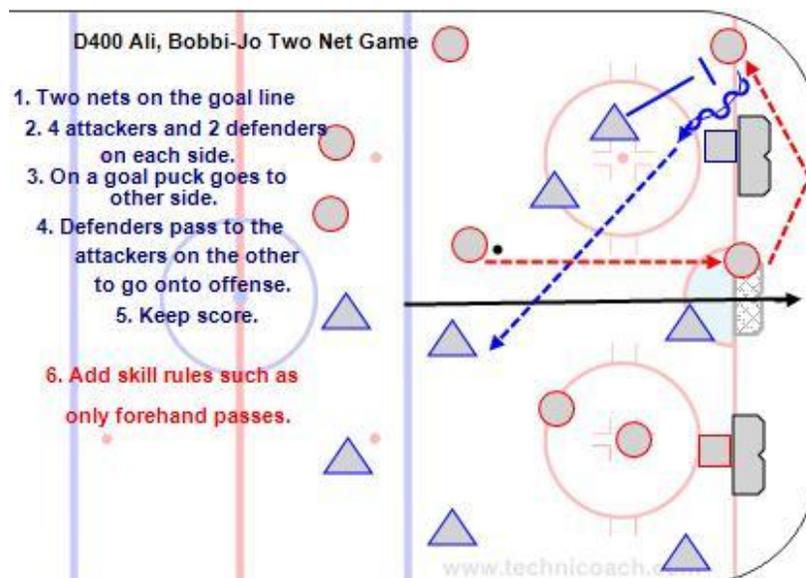
Key Points:

Attackers either skate or move the puck right away when they get it. Defenders have one on the puck and one in front of the net with sticks in the passing lanes. Rotate every 45 seconds. I have posted this game with other groups playing. It is one of those universal games played all over the hockey world. This is a pro group playing.

Description:

1. Two nets on the goal line.
2. 4 attackers and 2 defenders on each side.
3. On a goal puck goes to other side.
4. Defenders pass to the attackers on the other to go onto offense.
5. Keep score.
6. Add skill rules such as only forehand passes.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121109165330506>



DT500 Nets Back to Back with Jokers

Key Points:

Jokers can only have the puck 1 second and then must pass or shoot. You can add that they must move sideways or back when they get the puck.

Description:

Place the nets back to back at the red line.

-Half the team play and half are jokers. Shifts 30"- 60".

-When the team gets the puck on defense they must pass to a joker before they can score. Jokers can move around on the perimeter.

If you have only one goalie then it is a great conditioning - skating drill for the goalie to play for both teams and skate around to the other goal.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012052310414296>

