

I just went through the forum posting with Transition Games and have listed them here. They all have diagrams and most have video demonstrations with either North American or European kid's, pro's or women teams that I have coached.

DT1-DT100 Two Second Game

Key Points:

Supporting players must give close support plus depth and width. Puck carrier must skate hard to open ice and use escape moves, drive skating and cut backs to create passing lanes.

*This game can be played full, cross, half ice or it can be a rule in keepaway games with 2 or more players.

Great game for on ice awareness, passing skills and offensive support and defensive coverage.

Description:

1. Play full ice with either all the players on the ice at once or in shifts.
2. Players can be in possession of the puck for a maximum of 2 seconds.
3. Stress that when you get the puck the order of priorities should be:
A-Make a play.
B-Regroup.
C-Gain a zone.
3. When over 2 seconds the other team gets the puck (coach monitor).

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 [D1-D100 Two Second Game.jpg](#)

DT 400 Game 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.

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 [DT400 Game with Attack-Defend-Rest Rotation.jpg](#)

DT100 Continuous 2 on 2 to 4 on 4

Key Points:

Forwards cover D and D cover F's. One D should join the attack to create triangles. Defenders play tight gaps and attackers create 2 on 1's on the rush.

Description:

1. Forwards line up on one side and defense on the other.
2. Start with a 2 on 2 attack F1 and F2 vs D1 and D2.
3. When the puck enters the zone defensive F1 and F2 support D and attacking team D1 and D2 support F's.
4. Play 4 on 4 in the zone.
5. If the puck is dumped out with no possession the offensive team regroup and attack again.
6. The supporting players who joined the play now go 2 on 2 in the other direction.
7. F2 - F3 support D1 and D2 and D3 and D4 support attacking F1 and F2.

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  [DT100 Continuous 2 on 2.jpg](#)

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 Perry Pearn.jpg](#)

DT100 Continuous 1-1 with 85er's

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 regroupings can be added.

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 [DT100 Total Hockey 1-1 to a 3-2.jpg](#)

DT100 Continuous 2-1

This is an 85 born team with Mason Raymond and Jeremy Colliton, who are in the NHL. Ryan Duncan who won the Hobey Baker is also one of the players. Aaron Lee is also still playing pro. All but one of these boy's played at least Jr. A. Many major jr. and many NCAA Div. 1.

I get chocked up thinking about these kid's because of what happened after the last tournament we played in Vancouver. I started to go around the room and shake their hands to say goodbye and good luck. Instead of shaking hands the first boy got up and hugged me and my assistant coaches and then the whole team did the same thing. Great memory.

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 regroupings can be added.

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 [DT100 Continuous 2-1.jpg](#)

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 2 on 2 Support from Point 6 Players.jpg](#)

DT400 - 2 on 2 Passive Support 6 Players

Key Points:

Players support from the top of the slot as if they are wingers and can steal the puck if the attackers go too high. Strong side support be on the boards and facing the passer and weak side cut across the ice giving a target

Create offensive 2 on 1's.

Description:

A. 1 and 2 attack vs 3 and 4.

B. 3 and 4 defend.

C. 5 and 6 follow and support from top of circles.

D. On a goal, frozen puck or transition 3 or 4 pass to 5 or 6.

E. 3 and 4 support defensive 1 and 2 from the top of the circles.

F. Option A. Repeat this rotation if only 6 players.

G. Option B. 7 and 8 support defense and 3 and 4 would rest. With 8 or more players have two teams.

  [DT400 2 on 2 Passive Support 6 Players.jpg](#)

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 - 3games-defender get support.jpg](#)

DT400 Low Battles With a Pass to the Point

Key Points:

Transition happens when the defending team passes to their team mate at the point. The players must go from offense to defense when the puck is passed to the point and give support on both offense and defense.

Description:

1. Players line up behind the blueline in teams.
2. Coach shoots the puck in and any number from 1 to 3 players on each team battle for possession.
3. The team that gains possession of the puck is on offense and tries to score.
4. The defending team must pass to their player at the point to be on offense.
5. Player at the point must shoot or pass within one second. He can't skate in and shoot.
6. Play shifts of 30" and pass to the coach and hustle outside the blue line on the coaches whistle.
7. The coach dumps a new puck in for the next group.

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 [DT400 Low Battles with Point Support.jpg](#)

DT400 2/3 Ice Attack-Defend-Breakout-Rest

Key Points:

Defender play a tight gap and backchecker back pressure the puck carrier to create a defensive 2 on 1. Fight for rebounds. Defender tie up the stick of the attacker and attacker fight to keep stick free to shoot. Do from both sides of the ice.

Description

1. Number 1 attack vs number 2 on both sides of the ice.
2. Number 3 support defender number 2 from the lineup.
3. Number 2 breakout with number 2.
4. Number 3 skate with the puck to either the red line or far blue line and then turn back and attack vs number 2.
5. Continue with number 3 attacking number 2 and getting support from number 4 at the front of the line.

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 [DT400 Attack-Defend.jpg](#)

DT400 Game, 4 on 2 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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 [DT400, 4 on 2 with Two Nets.jpg](#)

DT400 Transition Game of Low Battles with Point Support

Key Points:

Great game to practice cycling, going to the net, screening, tipping, point shots, shot pass, one timers on offense. On defense you have the low zone coverage and communication skills. As well as individual techniques like sealing the stick to the outside, tying up sticks, boxing out, switching, all from the defensive side.

Description:

1. One team is lined up behind each faceoff dot. From one to tree players leave at a time.
2. The next player in line plays the joker at the point and must pass or shoot within a second. Defenders do not check the joker as he can't go in and score.
3. The coach dumps the puck in or shoots on net and the teams race for the puck. Whoever gets the puck can shoot right away.
4. When the defending team gets the puck they must pass to their joker at the point to transition to offense.
5. If the puck is shot out of the zone the coach passes to the non offending joker.
6. Play 20-30" and on the whistle the players pass to the coach and skate hard out of the zone before the coach shoots a new puck in.

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 [DT400 Transition Game of Low Battles with Point Support.jpg](#)

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 Perry Pearn 2.jpg](#)

 [DT400 Perry Pearn.jpg](#)

DT100 Erkkka 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 Erkkka 2-1.jpg](#)

DT100 Transition Game; 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's 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.

There are two videos of the same game with a pro team filmed on different days.

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 [DT100 3-2 to 3-3 - Active and Passive Support.jpg](#)

DT100 Continuous 3-2 - HC Dukla

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 regroups can be added.

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 [DT100 Continuous 3-2.jpg](#)

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 regroupings can be added.

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 [DT100 Continuous 2-1.jpg](#)

DT100 Continuous 1-1

The Czech team HC Dukla U20 demonstrates this transition game.

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.
6. Keep Score.

Dukla U20 demo of the 1-1.

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This is a video that goes through how to build from a 1-1 to a 3-2 with demo's by college women and elite Pee Wee players.

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 [Contiuous1on 1 to 3 on 2b.jpg](#)

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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 [DT100 Game with F Backchecking x 2 Dukla.jpg](#)

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.

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 [DT4 - Pass Low - Plays from Point.jpg](#)

DT100- Continuous 2-1 with D Join Attack and F Backcheck

Key Points:

This is a continuous 2-1 transition game using only one puck and no whistles. It practices situations in the nzone, teaches players who to cover in the dzone and how to support the attack.

Forwards enter the zone to support the defense and then attack and backcheck.

Defense support from the point, defend and then join the attack.

Coach can vary the number of F or D to create different situations in each zone.

Description:

1. Red F1 and F2 attack 2-1 vs blue D1.
2. Blue F1-F2 support D1, Red D1 support F1 and F2.
3. Play 3 on 3
4. On Transition Blue F1-F2 attack Red D1.
5. Red F1-F2 Backcheck and Blue D1 join the rush.
6. Blue D2 and Red F3-F4 support when puck enters the zone.
7. Play 4 on 5 and continue flow.

It is easiest to start with a 1-1 and progress to other situations but I gave this example to show varying numbers as I posted the 1-1 before. The D like this because they get to join the play and it takes about the same time as a regular shift and they players learn to play in all 3 zones.

This video is from a college women's practice. The graphics say passive support but they are playing a continuous 1-1 with active support and the D joining the rush and F backchecking. The diagram is of a continuous 2-1.

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I have added a second diagram that shows a 1-1 with passive support. I like the active support better but both serve a purpose. In the passive support you basically have a 1-1 at one end to start and then 2-2 on the attack the other way and a 2-2 in the end and it continues like that. Very similar to the traditional drill where you have a 1-1 at one end and then start a new one at the other with a whistle and the original players leave the puck and the D joins the attack and F back check. It is a drill and not a transition game but isolates situations as well.

 [DT100-D Join Attackand F Backcheck.jpg](#)

 [D100 Transition Game with D Joining Play and F Backchecking.jpg](#)

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.

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 [D4-Jokers at Point and Below Goal Line-Dukla.jpg](#)

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.

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 [DT 100 Swedish Transition 1-1.jpg](#)
