

### [Card 1 A1 Basic Formation](#)

Players line up along the side boards.

We did many of these skating exercises in 4 groups but across ice in the A1 formation at the start of practice. [A2-A200 Puck Handling and Skating Practice from Finland](#)

**A2-A200 Puck Handling and Skating Practice from Finland** 1. A200 formation and Yashin leads the big moves warm demonstrating the skill and the kid's follow. 2. **A2** skating drills for balance and edge control. 3. A200 Russian Big Moves exercises. Pro player demonstrate the big moves and the players follow.

### [Card 39 A200 Puck Handling Formation](#)

Skate the length of the ice and do various puck handling moves while skating.

#### **8. [A2 Russian Puck-Handling Warm-up with Shots](#)**

**A2 Russian Puck-Handling Warm-up with Shots** Key Points: This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body. This ...

**This article on using games is very important. Practices should always include drills and Games and not only drills which teach roles 1 and 3 but not the supporting roles of 2 and 4.**

### [Games to teach the 4 Game Playing Roles](#)

Hockey can be conceptualized very easily if we think of the 4 Game Playing Roles. In a game we are always in one of 3 Situations: Offense, Defense or Loose Puck. In offense and defense we are in one of the 4 Game Playing Roles. This article explains the 4 ...

**Maybe the most famous skills coach in the world. Developed the Soviet and now the Russian stars.**

### [A2 Russian Puck-Handling Warm-up with Shots with Vladimir Yursinov](#)

This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body. This is one of the most important exercises a ...

### [A3 Puckhandling and Passing Skills Practice](#)

College women puck handling and passing practice Tracey Luhowy. This practice focuses on handling the puck all around the body in drills and then in game situation. 1. Nervous system overload A300 stickhandling both a puck and tennis ball at the same time, then one with the stick on one ...

### [A3 Backward Striding](#)

**A3 Backward Striding** Key Points: Players work on the forward and backward skating stride. Maintain good body position with the knees bent and weight transfer from side to side. The toes are pointing out a little in the forward stride and in while striding backward. Gaston Schaeffer's two skating videos ...

### [A3-B500 Skills Warm up Routine](#)

**A3-B500 Skills Warm up Routine** Key Points: It is important for all players to have a puck on their stick. Multi pucks overload the nervous system. Split vision is developed as a tacit skill in crowded situations. Develop routines to minimize talking time and maximize puck time. Description: 1. Start ...

### [A300 Multiple Puck, Ball Nervous System Overload](#)

Key Points: Use two or more balls, pucks of different sizes, weights, bouncyness to overload the nervous system. Description: 1. Skate around the ice and control more than one puck, ball or combination of balls and pucks. 2. Use items such as: tennis balls-light, racquet balls-bouncy, heavy pucks, light pucks, ...

### [B202 Luhowy Puckhandling and Passing Circuit](#)

**B202 Luhowy Puckhandling and Passing Circuit** Key Points: Control the puck and "lock and load" when you carry the

puck; meaning move it from in front to your side. Keep a strong skating position with the knees bent and head up.  
Description: Line up behind the top of the circle ...

### **B202 Nzone Regroup 1-0 and 2-0**

B202 Nzone Regroup 1-0 and 2-0 Key Points: Start by exchanging the puck and always face the puck when pivoting for the return. Description: 1. Players face each other and regroup in the neutral zone 1-0 then 2-0 and then attack. Start with exchanging the puck and then the breakout ...

### **B202 Nzone Regroup 1-0 and 2-0**

Players face each other and regroup in the neutral zone 1-0 then 2-0 and then attack. You can alternate corners to get shots from each side. You can also add defense by having the shooter go out and defend the next attack. When just shooting follow the rebound then circle ...

### **B2 Scoring with One Timers**

One time shot practice.

### **B2 Shooting**

Skate and shoot player pass to any player in the semi circle in front who one times the shot.

### **Card 42, B3 Basic Formation; Passing**

Passing instruction using the **B3** Basic Formation. More video in the Passing section of this site.

### **Important resource for coaches to learn about how we learn. [Re: Player Development: The 10, 000 Hour Rule](#)**

I'm excited about this book. I first read about the concept here:

[url]http://web.me.com/workouts/OutsideTheBarrel/LearnSkill.html[/url] and in the NY Times article here:

[url]http://www.nytimes.com/2007/03/04/sports/playmagazine/04play-

talent.html?\_r=1&ex=1173758400&en=ff5fca9ff62bb41&ei=5070[/url] The scientific articles at the bottom of the first link were a bit complex to grab my interest at the time, but the NY Times Article was fascinating and ...

### **B2 Transition Skate Shooting**

**B2** Transition Skate Shooting Key Points Keep 2 hands on the stick and keep the feet moving. Hit the net. **B2** Transition Skate Shooting 1. Lineup on blue lines. 2. Skate to top of circle, back to blue, top of circle and shoot. 3. Next player leave when the first ...

### **Body Checking Skills**

Jeff Hill of the Edge School and Tom Molloy teach Pee Wee players the skills in **checking**.

by [TomM](#) on 07/19 06:32PM - [Media Gallery](#) - 247 Hits

### **B4 Crossover Skating and Skills**

This is a great skating and puck handling warm up drill. Many variations can be used with the puck or in skating tasks.

### **B500 Point Shots and One Timers**

B500 Point Shots and One Timers Key Points: Skate forward to the middle then slide sideways and shoot. Look up to see the target, shot blockers and team mates in front. On one timers follow through at the target. Increase the speed of the passes. Description; 1. Player pick up ...

### **B500 Rejo Passing Routine**

B500 Rejo Passing Routine Key Points: Face the puck at all times. Passes should be hard but quiet. Description: 1. Partners take turns being the spoke in the wheel. One player passes to the other two who return to that player. 2. Pass for about 10" and then rotate or ...

### [Re: Daily Drill Part Four](#)

B500 Puckhandle or Pass and Shoot Key Points: Make hard fakes and shoot while skating and follow the shot.

Description: 1. Nets across from each other and one group facing the other. 2. First player from each line face each other then make a fake and skate in for a ...

### [B5 Options Using ¼ Ice](#)

**B5** Options Using ¼ Ice Key Points: When you have large groups and many goalies it is easy to divide the ice and do skills and games in smaller areas. Skating around the circle adds crossovers as well as drop pass options.

Description: Players line up just outside of the ...

### [B5 Cross and Drop](#)

Two players leave and skate around the circle then cross and drop and skate into the zone and shoot, pass and shoot, do one timers etc. . Practice one timers, quick shots etc.

### [B500 Individual Skill Exercises on Ice](#)

Players exchange pucks and pivot for a regroup pass before attacking.

### [B500 Defensive Skating with Stick on the Puck](#)

Players are in pairs all over the ice and take turns mirroring an offensive partner with their sticks on the ice and on the puck.

### [B5 Loose Puck Battles](#)

**B5** Loose Puck Battles Key Points: -Players should protect themselves while going into the corners. Don't skate straight in toward the boards. -Contact each other before getting the puck to gain position. -Protect the puck with the body and use quick strides to escape. -Attack with a good move and ...

### [B500 Passing Circuit](#)

B500 Passing Circuit Key Points: Make wrist and snap passes. 4 Passing phases. 1. Wind up 2. Produce forward force. 3. Release 4. Follow through at the target. Description: A. Two players exchange passes while two players pass and follow the pass. B. Partner pass with 2 groups at once ...

### [A3-B500 Skills Warm up Routine](#)

A3-B500 Skills Warm up Routine Key Points: It is important for all players to have a puck on their stick. Multi pucks overload the nervous system. Split vision is developed as a tacit skill in crowded situations. Develop routines to minimize talking time and maximize puck time. Description: 1. Start ...

### [B5 Angling PDF](#)

I am posting pdf files of the drills and games in this section. The first is the **B5** Angling drill with the description and diagram

### [B5 Cross and Drop Sequence](#)

**B5** Cross and Drop Sequence Key Points: Players are inside the middle circle. Two players skate around and cross and drop then 2 from the other group leave. Leave the puck when dropping and the second player skate behind. Return to line from the wide lanes to avoid collisions. Description: ...

### [B6 Defense Drag and Shoot Drills](#)

**B6** Defense Drag and Shoot Drills Key Points: Defense must skate quickly from the boards to between the dots when they get the puck. Forwards should bounce the puck off the boards when passing to the D in this drill. Alternate sides. Forwards in the corners and

### [B6 Puck Handling Skills](#)

**B6** Puck Handling Skills Key Points: Separate the movement of the upper and lower body by doing these exercises to loosen the shoulders. Description: 1. Players line up in diagonal corners in the **B6** Formation. 2. Skate in big arcs down the ice and perform different tasks with the puck. ...

### **17. B600, 2-0 Passing, shooting warm up**

Two players exchange pucks in the neutral zone regroup with a player at the blue line and get a return pass then at

### **B6 1-0, 2-0, 3-0 Small Horseshoe**

**B6** 1-0, 2-0, 3-0 Small Horseshoe Key Points: This is a great timing drill with good flow for early in the practice. Pass hard and get your top hand away from your body. Call for the pass. Give your stick and skates as a target.

Description: 1. Skate to the ...ack.

### **B6 Five Circle Skill Circuit**

**B6** Five Circle Skill Circuit Key Points: -Rotate from one circle to the other. -Do skills at top speed and with good habits. -You can have #1 and #4 going on in opposite directions at the same time. -Vary where the shots come from.

Description: 1. Player skate full speed ...

### **C2 Angling Drill**

**C2** Angling Drill Key Points: Defensive player first force the play wide and approach the puck carrier from a little behind in a line with the back of the inside shoulder. Create the checking angle and then finish the check with this angle preventing the puck carrier from cutting in ...

### **C2 Angling and Loose Puck**

Players fight for loose pucks then attack 1-1 up to 2-2.

### **Card 19b D100 Formation**

Full ice game with extra players along the boards.

### **D1 Puck Dog**

Puck Dog: British Bulldog on ice. One player is the puck dog and you must be a defender when you lose the puck. Last one to lose the puck wins

### **D1 Keepaway with a 5 Pass Rule**

Play keepaway games of 2-2, 3-3 etc. where you get one point if you make 5 consecutive passes. Play to a score or keep score in ex. 5 min. Require various skills like only forehand, only backhand, only the top hand on the stick or certain kinds of skating etc.

### **D1 Game Using Different Balls, Rings, Pucks**

Play a game using tennis balls, racquet balls, ringuette rings, soccer balls, small pucks etc. With the ring turn the stick upside down, soccer ball you can only use your feet, Rule is that the goalie must be watching before you can shoot. Leave the balls etc. in the net ...

### **43. D100 Two one on one games at the same time**

Start with one full ice 1-1 and blow the whistle every 15 seconds. Players play for 2 whistles and pass to a team mate on the second whistle who then plays for 2 whistles.

by [TomM](#) on 08/02 10:44AM - [Media Gallery](#) - 43 Hits

### **44. D100 full ice 2 on 2**

Full ice 2 on 2. In a 2-2 you all the 4 game playing roles. Shifts of 30 seconds. In the whistle either pass to a team mate coming on or to give the goalie practice pass back to your goalie.

### **D400 Regroup Transition Game**

D400 Regroup Transition Game Key Points: This transition game works on all 4 playing roles. It is a great way to teach the nzone regroup if the players regroup with the coach. Progress to regrouping with the players who follow the play into the zone. Insist on facing the puck, ...

### **How to organize Transition Games**

There has been a fundamental change in coaching or teaching games. Instead of just doing drills and expecting the players to be able to use the skills and lessons practiced in the drills when they play an official game, both teachers and coaches have realized that they were missing a ...

### **D100 Transition Game 3-2 to 3-3**

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

### **D100 Transition Game with Passive and Active Support**

A 3-2 in the nzone and F1 joins the 2 D low to make it a 3-3. Two F's and 2 D give passive support high in the zone.

### **D100 Transition Game with Defense Joining the Attack**

D100 Transition Game with Defense Joining the 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; a ...

### **D100 Transition Game with D Joining the Attack and F Backchecking**

D100 Transition Game with D Joining the Attack and F Backchecking Key Points: Many coaches have a 2 on 1 at one end and then another starts the other way with a new puck and the original players skate up the ice and join the play on offense and defense. ...

### **D100 Transition Game with F Backchecking**

This is a great way to practice back pressure. D100 Transition Game with F Backchecking Key Points: The highest attacking F backcheck and backpressure the puck thru the nzone. Description: D100 Full Ice 1. Start by attacking 1-1 up to a 3-2. 2. F and D give passive support above ...

### **D100 2 on 2 with Regroup**

This is a great transition game to work on all four game playing roles in all three zones. You can focus on the offense, the defense, the regroup, boxing out, cycling, tying up sticks, creating offensive 2 on 1's, defensive communication etc. etc. All players attack and defend. The jokers ...

### **D100 Examples of sequence from 1-1 to 3-2 Situations**

College women demonstrate the D100 full ice transition game to practice situations and team play. Dump ins and regroups and be added

### **D100 Continuous 1-1**

### **D100 Continuous 2-1**

D lined up on one side and forwards on the other in the nzone. Both the F and D get active support. 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 ...

### **D100 2 on 2 to a 4 on 4**

D100 2 on 2 to a 4 on 4. Both the attackers and defenders get active support from players lined up along the boards in the nzone. It is a 2-2 thru the neutral zone and a 4-4 at each end.

### **D100 Total Hockey 1-1 to a 3-2**

D100 Total Hockey 1-1 to a 3-2 Key Points: The support can be either passive or active. Once the new players are in the neutral zone the original players go back to line; unless a regroup is added. Description: D100 formation along the boards in the nzone. Start with a ...

### **D100 Defend-Attack with Regroups**

This is a great progression from the original transition game in the last posting. The coach may blow the whistle to indicate a regroup. The offensive players pass back to the supporting players. They now line up behind the blue instead of red line. They may do a D to ...

### **D100 Transition Game of Support, Defend, Attack**

D100 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 ...

### **D100 Two 1 on 1 games at once**

D100 the coach blows the whistle every 15" and the players play for 2 whistles and pass to teammate when done.

### **D100 Backchecking Transition Game**

Full ice game with the defenders getting support. New attackers have to get the breakout pass inside their zone.

### **D100 Continuous Transition Game of 2 on 2 to 4 on 4.**

Full ice transition games where both the offense and defense get support after the rush. Big left shot is Dany Heatley.

### **D200 Tournament with Three Cross Ice Games**

D200 Tournament with Three Cross Ice Games Here is an idea of how to use the ice to play tournaments on one sheet. Incorporate one tournament per week. Two or three teams could share the ice and set up everything before so they don't waste time. I have included a ...

### **D2 Game with One Goalie**

**D2** Game with One Goalie Key Points: Goalie has to switch nets on a turnover. Description: **D2** Game With One Goalie 1. One team shoots on one net and the opponent shoots at the other net. 2. On transition to offense there must be at least 2 passes before shooting. ...

### **D200 Swedish Cross Ice Game**

D200 Swedish Cross Ice Game of 1-1 Key Points: Players use the moves in a game situation that they just practiced in drills. Encourage the players to be creative and remember that the key to stickhandling is to protect use the body to protect the puck. Sell the fakes to ...

### **D200 Game Nets back to back with Jokers**

D200 Game Nets back to back with Jokers Key Points: Transition from one role to another. Jokers can only hold the puck 1-2". Description: 1. D200 Cross Ice game extra players wait outside the blue line. 2. Play 20-30" shifts 3. Either coaches or players be the joker. 4. Pass ...

### **D200 With Players Joining After a Give and Go**

D200 With Players Joining After a Give and Go Key Points: Pass hard and get open for a return pass. Description: 1. Players are lined up either in two lines or along the blueline. 2. Coach dumps the puck in to start the game of 1 on 1. 3. When ...

### **D200 Cross Ice 1-1, 2-2**

Play cross ice with short shifts using various numerical situations.

### **D200 Game With Jokers at each end**

Cross ice game with one joker from each team at each end. When you regain the puck you must regroup and then pass to the offensive joker before shooting. Rotation is jokers out, players become jokers, waiting players in.

### **D200 Game with College men and Dany Heatley**

It starts with a 2 player shootout in the nzone and then there is a cross ice 2-2 game with about 20 second shifts. Coach puts in a new puck on the whistle.

### **D2 and D200 Cross Ice Games with Rules**

Various cross ice games with rules to practice skill. College women demonstrate

### **29. D200 With Jokers at Both Ends**

D200 With Jokers at Both Ends Key Points: Regroups and give and goes are stressed. Description: Each team has a Joker at each end. You must regroup with your defensive joker when you gain possession on the puck and pass to

the offensive joker before shooting. A. Coach dumps in ...  
by [TomM](#) on 02/07 06:21AM - [Forum](#) - 0 Hits

### **30. D200 with Jokers in the Middle**

D200 with Jokers in the Middle Key Points: Get open on transition to offense and cover pass receiver on transition to defense. Goalie control rebounds. Description: - Play 15-25". - Pass to the teammate in the middle who can only shoot or pass. - Defense ignores joker and covers the ...

### **D200 Straight on Angling Game**

D200 Straight on Angling Game Key Points: Both teams go behind their net on the whistle. Defenders close the gap and maintain the defensive side. Description: D200 Straight on Angling Game 1. Teams are lined up behind blue line. 2. On the whistle each team skates behind their net. 3. ...

### **D200 Shootout Game**

D200 Shootout Game Key Points: As soon as there is a rebound or goal the defender pick up the puck and attack the other way. Description: 1. Coach dumps the puck in and players race for it. 2. Puck carrier try to score defender defend. 3. On rebound or goal ...

### **D200 Angling game**

D200 Angling game Key Points: Checkers create an angle on puck carrier and take away their time and space with body on body and stick on the puck. Description: 1. D200 lineup outside blue line. 2. On whistle carry the puck behind the net and checkers leave and create good

### **D200 Two Cross Ice Games with Jokers**

From and international symposium. Players can pass to Jokers who shoot or pass. Also pdf on Games  
by [TomM](#) on 07/23 08:28PM - [Media Gallery](#) - 397 Hits

### **50. D2 Cross Ice Games with Rules**

Play cross ice with rules for good habits i.e. face the puck or skills i.e. only forehand passes.

### **D200 Game with Jokers below the goal line**

D200 Game with Jokers below the goal line Work on give and go and getting open. Defenders intercept passes and tie up sticks on the rebounds. Goalies control rebounds. Play for twenty to thirty seconds and the offense must pass to a joker and get a return pass before scoring. ...

### **T4 D400, 3 on 3 Team Play Practice**

T4 D400, 3 on 3 Team Play Practice Key Points; On offense try to score using quick feet, give and goes, picks, screens, cycles. Defensively cover man to man from the net side with the sticks on the puck and in passing lanes.

### **Card 22b D400**

Games using one net with extra players waitin outside the zoneDescription: 1. Players wait outside the blue ...

### **D400 - 3 on 3 Quick Transition Game**

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 ...

### **D4 Two Pass**

D4 Two Pass Key Points: My favorite game to warm up the players at the start of practice. The quicker they make the passes after regaining the puck the more scoring chances they produce. If you look on the video's my son and I are playing this game with Dany ...

### **D400 Close Battles**

We did this battling game last night and it was very competitive and the players enjoyed it. D400 Close Battles Key Points: -Coach shoots in a new puck whenever one goes out of play. -Players battle to keep sticks free and get shots. Description: . Nets are close together. 2. ...

### **D400 SAG, 1-1, 2-1, 2-2, 2-3, 3-3**

D400 SAG, 1-1, 2-1, 2-2, 2-3, 3-3 Key Points: -Play in small areas for short shifts of 20-30 seconds. -Focus on offensive puck protection and defensive net side with the stick on the puck and tight gaps. -Attackers practice creating 2 on 1's, screening and picking while protecting their stick. ...

### **D400 The Best Man Win Game**

D400 The Best Player Win Game Key Points: -Battle hard for the puck. -Protect the puck. -Get a shot and fight for the Rebound. Description: 1. Players line up outside the blueline. They can be in 3 teams and keep score or just everyone vs everyone. 2. Coach fires the ...

### **D400 3-3 Team Play Practice**

Play 3-3 in the zone. On a goal or if the puck is cleared the coach puts in another puck. Other forms of the game allow transition from D to O by passing to the point or 2 passes before you can shoot. Offense cycle and go to the net ...

### **D4 Game With Escape Moves**

The player must skate hard to open ice to gain time and space. In this game the players have to make an escape move by pivoting or skating backward with the puck. Later the rule is they must take at least 3 hard strides to open ice before making a ...

### **D4 Games with Modified Rules**

Make rules for skills, good habits, team play and enforce them to teach game understanding and have active and fun practices

### **D4 Game Rule that shots must come from plays below the goal line**

**D4** game and the players must get the puck deep and cycle or make passes or walk out from below the goal line to score. This is great cycle and Dzone coverage practice.

### **D400 Regroup Transition Game**

D400 Regroup Transition Game Key Points: This transition game works on all 4 playing roles. It is a great way to teach the nzone regroup if the players regroup with the coach. Progress to regrouping with the players who follow the play into the zone. Insist on facing the puck, ...

### **D400 Multiple Puck Games**

My women's team practiced with a midget AAA boy's team and Wally Kozak ran this game with many variations for about 20 minutes. The players loved it and worked really hard. D400 Multiple Puck Games Key Points: -Players can only shoot when the goalie is ready. -No empty net goals. ...

### **D400 3 on 3 attack-defend-breakout-rest**

This is a great transition game to practice cycling, low zone coverage and use all of the individual offensive and defensive skills of hockey. D400 3 on 3 attack-defend-breakout-rest Key Points: Create offense by cycling, crossing etc. and play man to man defense. To add more intensity play a timed ...

### **D400 Games of 1-1 to 2-2 with multiple nets**

D400 Games of 1-1 to 2-2 with multiple nets Sometimes you have many goalies. Here is a game that you can use up to 3 nets and work on the offensive and defensive principles and skills of 1-1, 2-1, 1-2, 2-2. I have used this formation with up to 4 ...

### **D4 Give and Go Game**

Teach playing principles by using rules in game situations. In this game goals only count after a give and go. The coach has the role of enforcing the rule. A give and go is the cornerstone of effective team play.

### **D4 with Forehand Passing only**

Play a half ice game with the rule that only forehand passes can be used. This causes the player to loosen the shoulders and turn to see the play before passing. It encourages a much stronger passing technique.

#### **D4 with 3 Games at the same time**

**D4** Three games in one zone at once. Use multiple nets. In this example there were 3 goalies at practice. Have a tournament with one rule for each game and rotate one colour after about 6 minutes.

#### **D4 half ice game with the rule that you can only carry the puck max 2 seconds and goals must come on one timers. This game makes puck support crucial and encourages the puck carrier to protect the puck and look around. It is great game for offensive skill**

**D4** half ice game with the rule that you can only carry the puck max 2 seconds and goals must come on one timers. This game makes puck support crucial and encourages the puck carrier to protect the puck and look around. It is great game for offensive skills and ...

#### **. D400 Forecheck and Dzone Coverage**

Play short shifts in one zone to review both offensive and defensive team play. Here the focus is on the forecheck and having 3 up on each side and a weak side attack then making sure the weak side is back on transition.  
by [TomM](#) on 07/30 12:39PM - [Media Gallery](#) - 294 Hits

#### **40. D400 1-1, 2-1, 2-2 Transition Game using 2/3 ice**

Practice various situations. The big left handed player with the sweat suit is Dany Heatley. It is just after he won the Calder trophy. He came to say hi to the players but because we were playing transition games participated in the whole practice and then stayed and posed for ...  
by [TomM](#) on 07/26 10:40AM - [Media Gallery](#) - 141 Hits

#### **41. D400 Perry Pearn 3-3**

Description and demo by college women's team of this half ice transition game.  
by [TomM](#) on 07/26 10:23AM - [Media Gallery](#) - 141 Hits

#### **42. D400 with a Pass to the Point for Transition from defense to Offense**

College women demonstrate the D400 transition game. Great to practice cycling, point shots, screening, dzone coverage.  
by [TomM](#) on 07/26 10:23AM - [Media Gallery](#) - 129 Hits

#### **43. D400 2/3 ice Transition Game of Attack-Defend-Breakout-Rest**

Practice 1-1, 2-1, 2-2 with this 2/3 ice game. Add dump ins or regroup in the nzone.  
by [TomM](#) on 07/26 10:23AM - [Media Gallery](#) - 94 Hits

#### **44. D400 With a Pass to the Point**

Play any combination from a 1-1 to a 3-3. To transition from offense to defense you must pass to your player at the point who can only shoot or pass.  
by [TomM](#) on 07/26 09:35AM - [Media Gallery](#) - 110 Hits

#### **45. D400 Pass Defend Breakout Rest**

Resting players wait at the red line. This example is a 3-3 and the defending team must get the puck over the blueline and pass to resting players. A dump out is a loose puck.  
by [TomM](#) on 07/26 09:35AM - [Media Gallery](#) - 86 Hits

#### **46. D400 Transition game with active Support**

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. ...

#### **D4 Games with Modified Rules**

Games in one zone with passing, shooting, skating rules or rules for good habits.  
by [TomM](#) on 07/23 05:20PM - [Media Gallery](#) - 235 Hits

#### **49. D4 Game With Goals Started Below the Goal Line**

Practice cycling and D joining the play with goals originating from plays made below the goal line.  
by [TomM](#) on 07/23 05:20PM - [Media Gallery](#) - 250 Hits

#### **50. D4 Game to Teach Onside to Young Players**

This game requires that players clear the zone and get onside. Add rules for skill and good habits.

#### **D400 Transition Game of Attack-Defend-Rest**

1-1 to 3-3 half ice game where you attack, defend when they break out and leave. Dany Heatley is the big left shot in a sweat suit.

#### **D4 Game Forehand Pass Only**

Game in one zone using only the forehand enhances vision and causes the player to play with balance.