

TRANSITION

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Agenda

1. Theory
2. Skills and Tactics
3. Workshop
4. Practice



WHAT IS TRANSITION?

Players – Must learn to switch from...
offense to defense/defense to offense
in a split second as the puck is lost to the opposing team, or retrieved from the opposing team.

- **Most goals are scored within five (5) seconds of an opposition turnover**
- 
- Two horizontal decorative bars are located at the bottom of the slide. The top bar is gold with a textured, metallic appearance. The bottom bar is solid blue.

Where can this happen?

All 3 zones

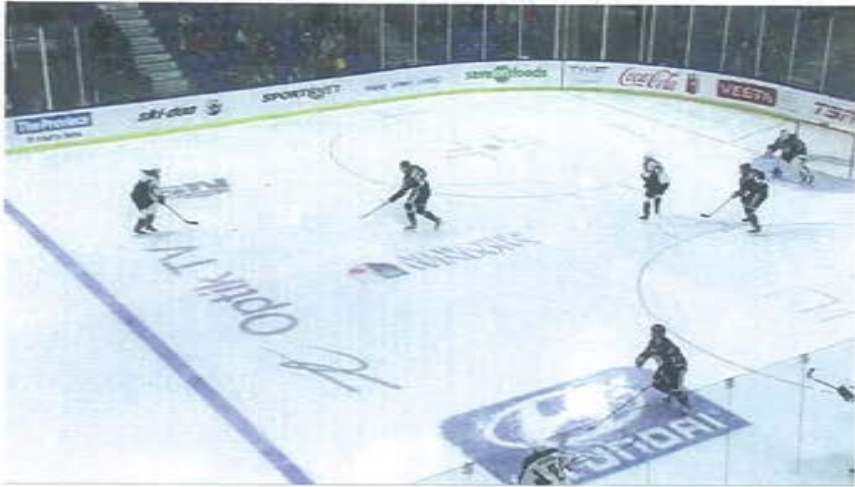
For checking and exiting the D-zone

For checking and attacking from N-zone

For checking and attacking from O-zone













Habits

- Stop on loose pucks
- Reloads and Track
- Head on swivel
- Back to pucks hard
- Stick positioning
- Communication
- Stop on net
- Hit blue line with speed
- Puck support
- Puck movement
- Work for your ice



THINK FAST...PLAY FAST

- Play defense in the offensive zone!
- Move pucks as quickly as possible **NORTH** into the OZ. Move pucks before they can establish their pressure.
- Play on your **toes**.
- Play a quick game...1st to pucks all over the ice.
- **Manage** the Puck - **Manage** the Game.
- **Play in units of 5.**



THINK FAST...PLAY FAST

Defensemen activate into rush – **Push the Pace**

Allowed to play within your structure - **Creativity**

Fast Hockey – pressure puck in all 3 zones – HUNT.

- “5 strides” habit





Hockey Sense

Tactical decisions

- by the player with the puck
- by the offensive players away from the puck

The puck carrier's options

1. Move the puck up ice or pass the puck to a teammate
 2. Keep the puck himself by skating with it or protecting it
 3. Make 1-1 moves
 4. Try to score
- passing the puck forces the defending team to make adjustments which in turn opens up skating, passing and shooting lanes for the offensive team.



Hockey Sense

Offensive player away from the puck

- find open ice to receive a pass
- provide support – read/react
- provide an “out” for the puck carrier
- presentation
- timing
- communication
- ice awareness
- create time and space
- become a scoring threat



Technical Skills Required For Transition

Passing/Receiving - most important skill in playing quick transition hockey -be available (stick on the ice)

Puck control: (no dusting)

- as the puck carrier is identifying his pass options, stickhandling should be limited
- the puck should be carried in a passing or shooting position as much as possible
- stickhandling will become necessary when the puck carrier is confronted with pressure



Technical Skills Required For Transition

Shooting

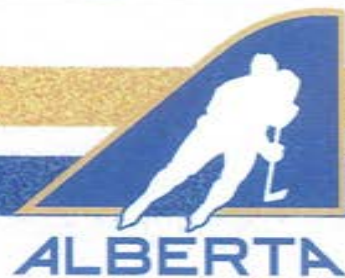
- Shooting in stride
- Quick shots

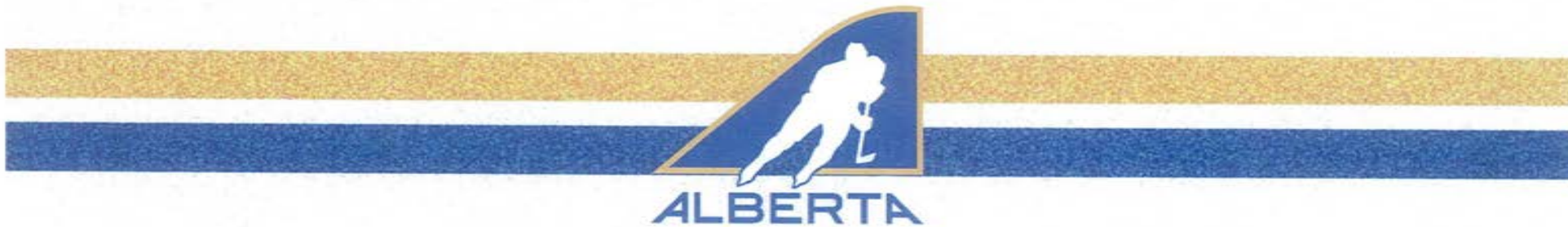
Skating- agility skating, tight turns, arc and flat, transition skating, stop & accelerate

Checking



DEFENSE HABITS





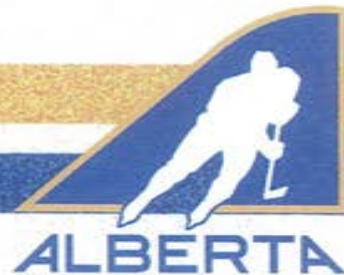
Individual Skills: Transition to Offense

DEFENSEMEN

- Tight turns for quick ups
- Evasion skating to initiate breakouts
- Puck protection and pass
- Receive pass and accelerate
- Passing/receiving in variety of situations, e.g.. breakout; regroup; turnover; face-off
- Transition skating

FORWARDS

- Tight turns to ready for pass
- Control skating (timing)
- Acceleration to hit open spaces
- Pass-receiving in variety of situations e.g. breakout; regroup; turnover; face-off
- Transition skating



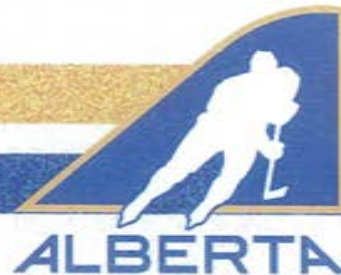
Individual Skills: Transition to Defense

DEFENSEMEN

- Transition skating
- Checking skating
- Checking in variety of situations e.g. pinching; standing up; angling; turn & go; closing; pinning; sealing game situations

FORWARDS

- Transition skating
- Checking skating
- Checking in variety of situations e.g. pressure; contain; angling; closing; pinning; sealing; fore-checking; back-checking; game situations



Goalies





- 1. Groups of 4 – numbered 1 thru 4**
- 2. Breakout all same # together**
 - what does your transition look like?**
Zone? Def to Off? Off to Def?
 - create 1 deliberate drill**
 - create 1 random drill**
- 3. Return to your group and teach**

5 mins

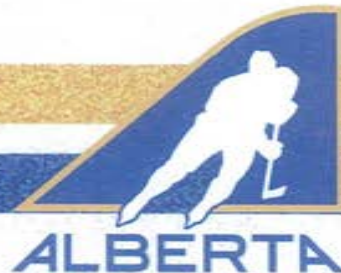
Tactics needed



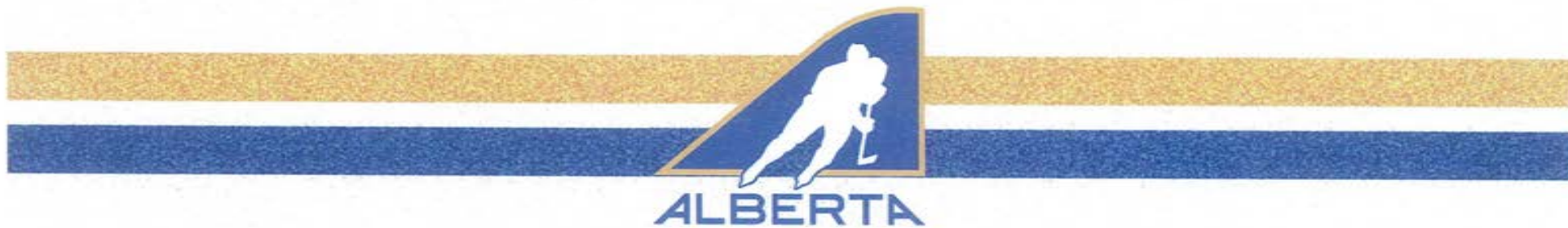
Tactical Skills - Transition to Offense

Acceleration to open or predetermined space

- Movement/support by players away from puck
- Outnumbering
- Good puck control technique, passing, receiving, minimum number of passes
- Coordinated offensive tactics, quick strike, changing positions, use of space (depth), second area/wave, direct
- Awareness/anticipation
- Ability to quickly transition and counterattack



OFFENSIVE HABITS



Tactical Skills - Transition to Defense

- Speed of recovery for checking skating and applying immediate pressure on opponents
- Good checking skills for forcing turnovers
- Movement/support by players away from puck
- Coordinated defensive tactics with outnumbering or at least even-numbering
- Individual player action/reaction – pressure
- Team action/reaction – support



STRIDE - NO GLIDE
First 5 Steps FULL EFFORT

VAN 1 CBJ 2 1st 10:00 **ROGERS** sportsnet





1. All same # groups together again

- build 1 SAG

- build 1 small space drill

2. Return to group and present

10 mins



Where to Practice Transition

- Warm Up
- Stations
- Game-like drills
- SAGs

work it into your preparation every day



Individual Transition/Team Transition

- turnover reaction drills – 2nd pucks
- Possession competitions
- SAG
- Zone situations
- Game scrimmage simulation – **CO-ORDINATED TEAM PLAY**



Title : 3vs3 Transition

Content elements:

Components :

Description

1. 3 Offensive players ○ vs 3 defensive players X
2. ○ try to score, X try to gain possession and quickly move puck to X in NZ
3. Once there is a change of possession, NZ X attack immediately vs ○, no offsides
4. Rotation is offense, defence, out



Key Points :

Quick Attack

Quick Transition

Support

Communication

Drill no. :

Duration :

Minutes

From :

To :

Title : Oilers 2v1

Content elements:

Components :

Description

1. Co rims puck in, G touch, 2 D BO to 2 F - 2v1 with F1 BC
2. On Whistle, Co rims puck, 2 new D BO 2 new F - 2v1 with one of the previous 2v1 F as BC.
3. BC F must wait for BO pass to be completed before engaging
4. Add a NZ touch to defending D by attacking F and return touch to create slight attack delay



Key Points :

Speed

Early Pass on Entry

Direct Attack

Get to Net

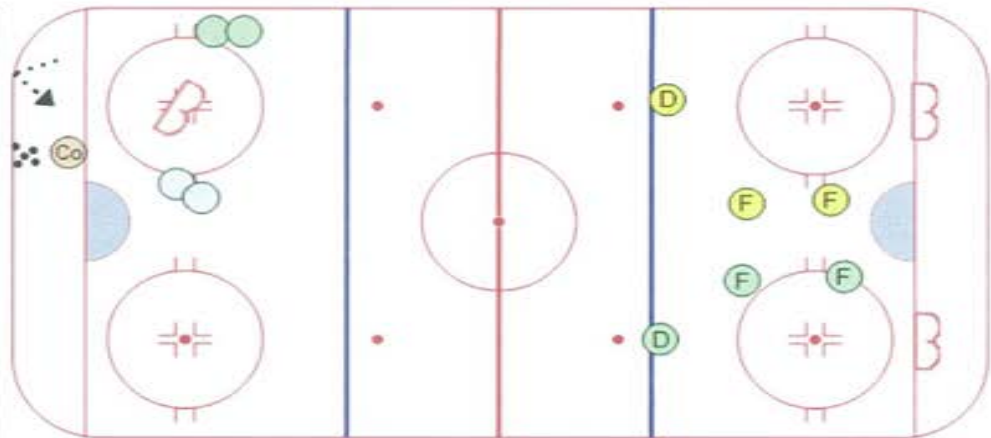
Title : Wall Bump + 2v2 Pt Shot

Content elements:

Components :

Description

- A. 2v2 at net front/out of corner.
1. On transition players from defense to offense must use wal to bump upon transition before attacking.
 2. On whistle, players must sprint to blue
- Option - 1v1
- B. 2v2 Point Shot
1. 2v2 in zone. On transition, team must pass back to their D and get to front of their net
 2. D can shoot for rebound of hard shot pass for deflection
 3. rebounds are live; offensive team can play rebound or return puck to their D



Key Points :

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Drill no. :

Duration :

Minutes

From :

To :

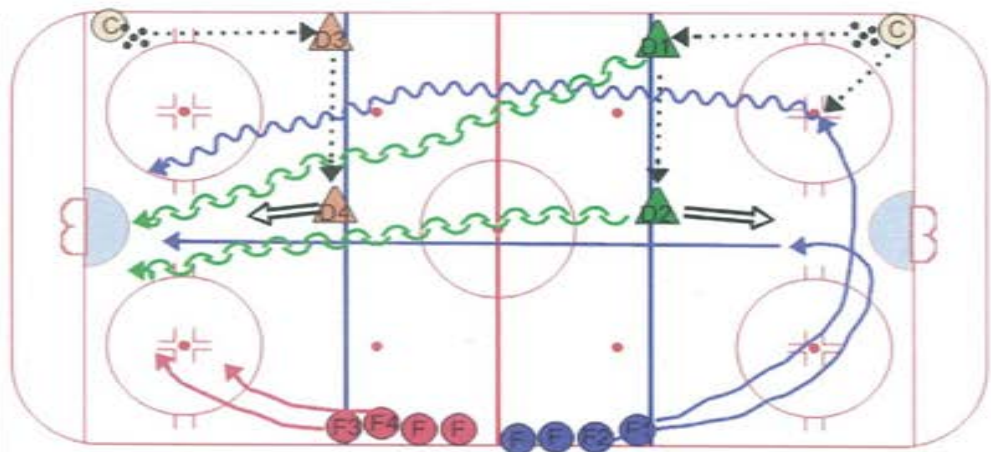
Title : Box Out Sequence

Content elements:

Components :

Description

1. ▲ get pass from Coach - point shot
 2. ● curl low, get pass from © to set up 2vs2 down ice, play until whistle
 3. On whistle, ● and ▲ battle in front of net
 4. ▲ get pass from © point shot
 5. ● curl low, get pass from © to set up 2vs2 down ice
- Options
- A. Have ● pass puck to ▲ for point shot - OZ plays in effect
- B. Add Backtracer on rush



Key Points :

Be Available

Speed

D box out

Battle




Title : 4 vs 4 Transition

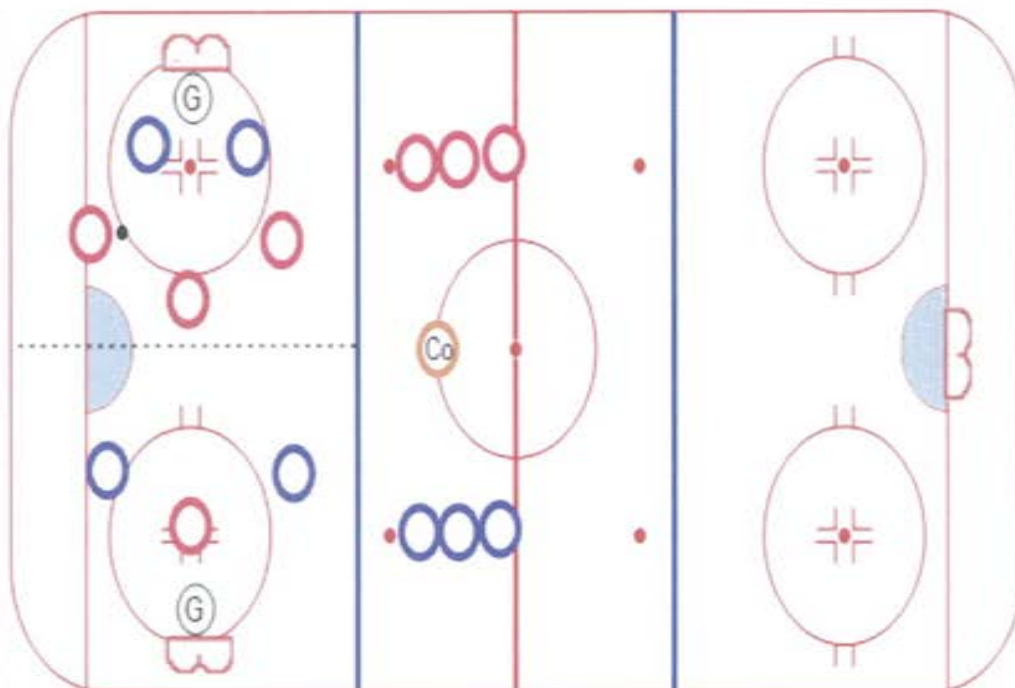
Content elements:

Components :

Description

Game is played with a mid-line. Puck must be passed across the line.

1. Each team MUST keep 2 players in their offensive zone and 1 in their defensive zone.
2. If  gains possession of puck in their D-Zone, they must pass to their O-Zone  and 1 D-Zone  can jump in to create a 3 vs 2.



Key Points :

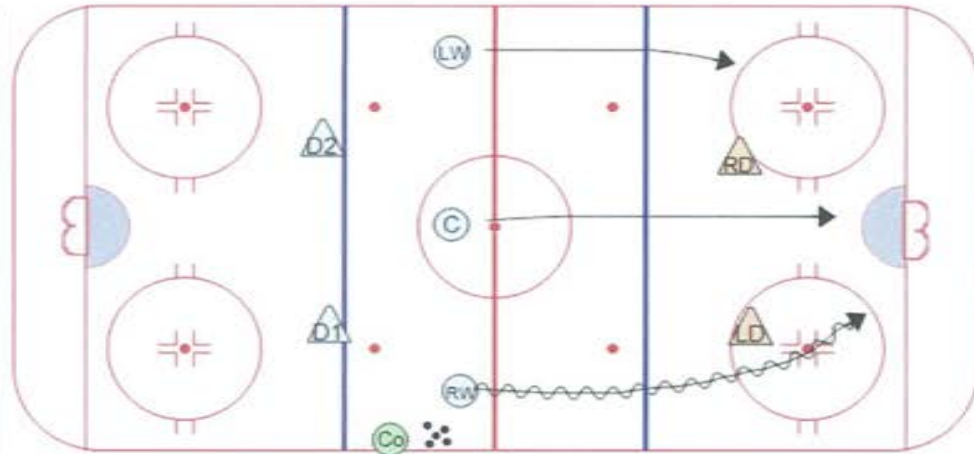
Title : Kokudo 3 vs 2

Content elements:

Components :

Description

1. 1st NZT will be BTT
2. Play in OZ until whistle - RELOAD
3. On whistle (Co) spots puck in NZ, Fwds fill lanes; quick up stretch pass HIGH NZT
4. Play in OZ until whistle - RELOAD
5. On whistle (Co) spots puck in NZ, Fwds fill lanes; WSW LOW - LOW NZT
6. Play in OZ until whistle - HARD OFF



Key Points :

puck movement

speed of attack

good routes

support

Drill no. :

Duration :

Minutes

From :

To :

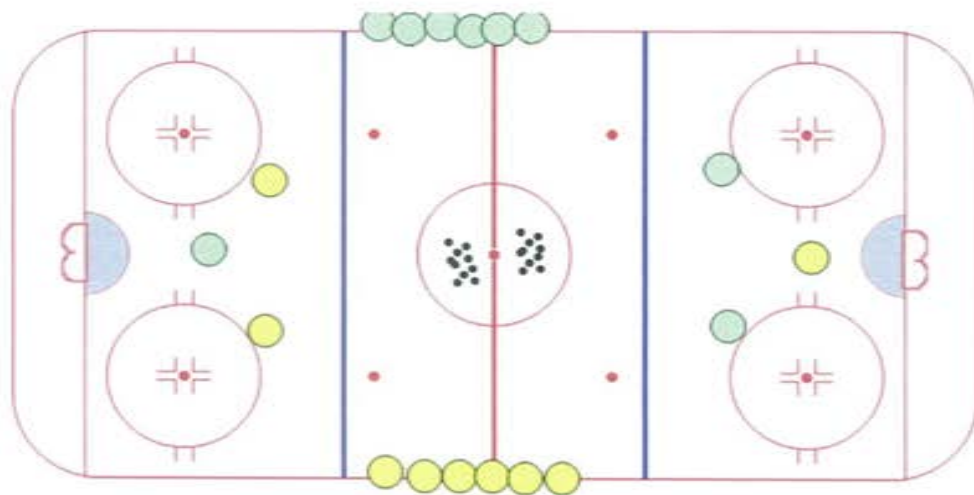
Title : OZ Challenge

Content elements:

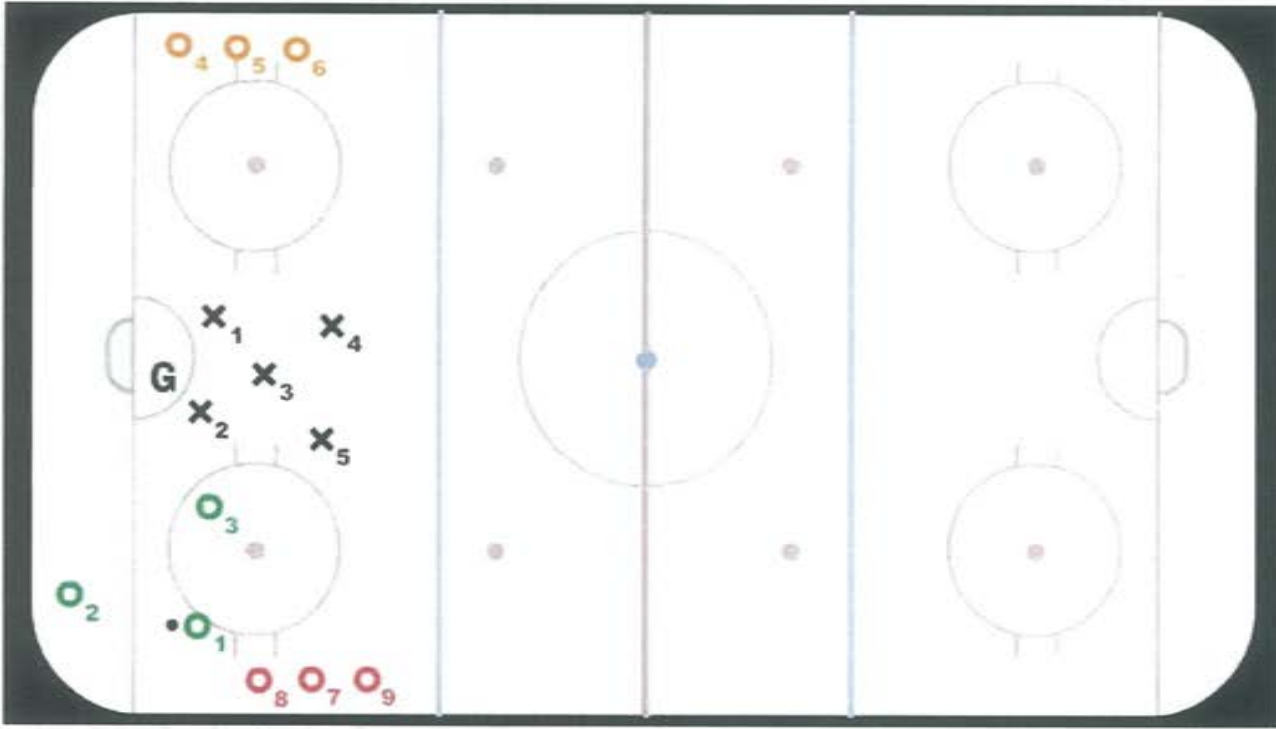
Components :

Description

1. 2v1, 3v1 or 3v2
2. Number of players is determined prior to shift (1 or 2 defenders)
3. Each team will try to score as many goals in 40 secs on their respective net
4. Defenders cannot shoot the puck out of the zone, must be carried out then offensive team must re-enter inside
4. On whistle, all players must sprint back to their respective box...1st team back on their bench gets an extra point.



Key Points :





Share your favorite drill to teach transition









