

# 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.

**3 types of time in game!**

The slide concludes with two thick horizontal bars at the bottom: a yellow one on top and a blue one on the bottom.



# ***SKILLS and TACTICS***

- **Technical Skills** -The fundamental skills that are required to play the game (skating, shooting, passing, puck control and checking).
- **Individual Tactic** - Action by one player using one or a combination of technical skills in order to create an advantage or to take away the advantage of an opponent. A tactic may be classified as offensive or defensive (e.g. 1-on-1 offensive fake and driving to the net, puck protection).
- **Team tactic** - A collective action of two or more players using technical skills and / or individual tactics in order to create an advantage or take away the advantage of an opponent (e.g. 3 vs.2).



# Where can this happen?

## All 3 zones

From checking and exiting the D-zone

From checking and attacking from N-zone

From 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...1<sup>st</sup> 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



**STRIDE - NO GLIDE**  
**First 5 Steps FULL EFFORT**



# 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









# HABITS





# *Individual Skills:* Transition to Offense

## **DEFENSEMEN**

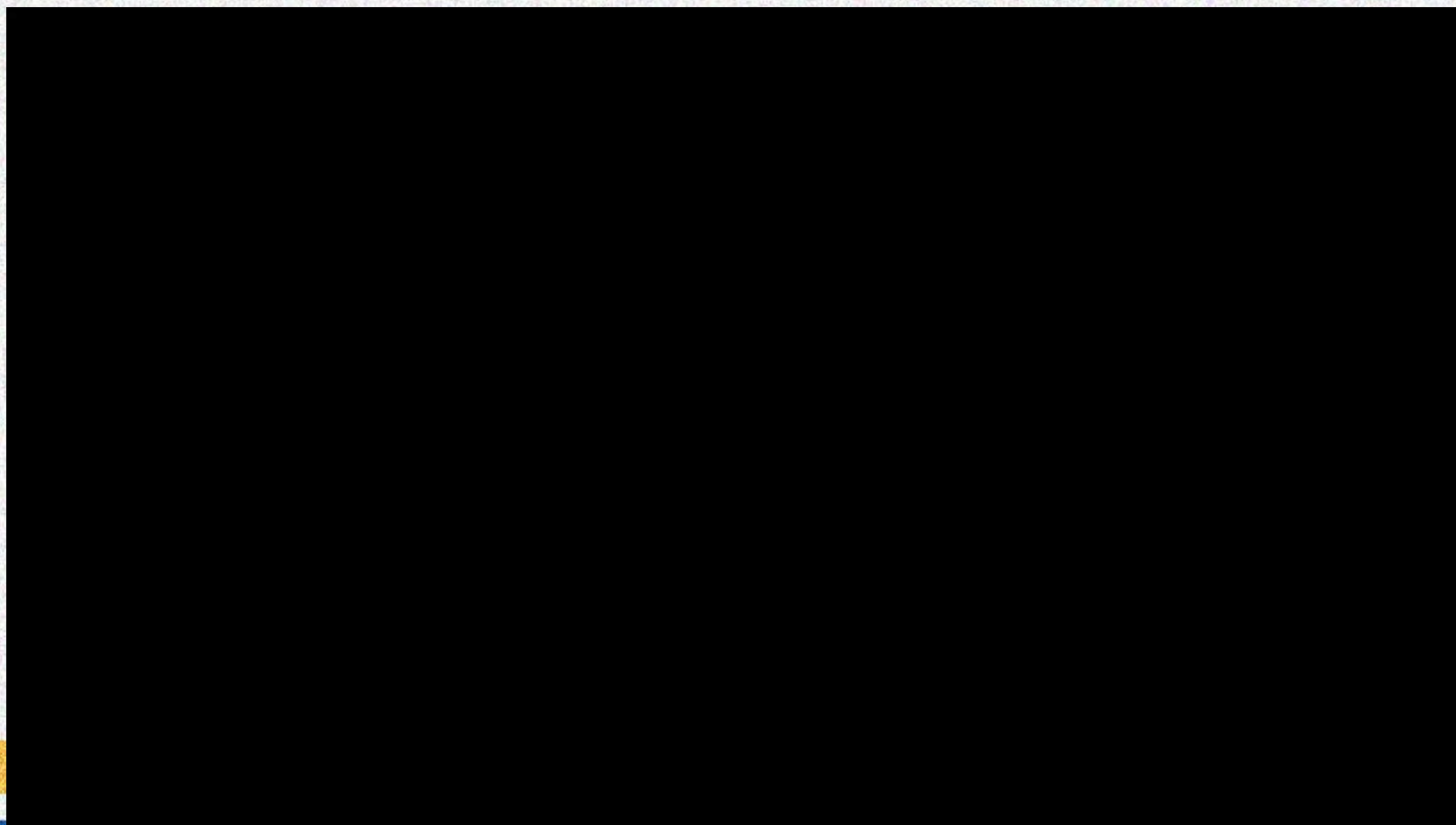
- Tight turns for quick ups
- Evasion skating to initiate breakouts
- Puck protection and pass
- Receive pass and accelerate
- Passing/receiving in variety of situations, e.g.. breakout; regroup; turnover; face-off
- Transition skating

## **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**

**3. - create 1 drill for transition**

**Zone? Def to Off? Off to Def?**

**4. Return to your group and teach**

**5 mins**



## *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











***1. All same # groups together again***

***- build 1 SAG***

***or***

***- 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*



# Where to Practice Transition

## *Individual Transition/Team Transition*

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



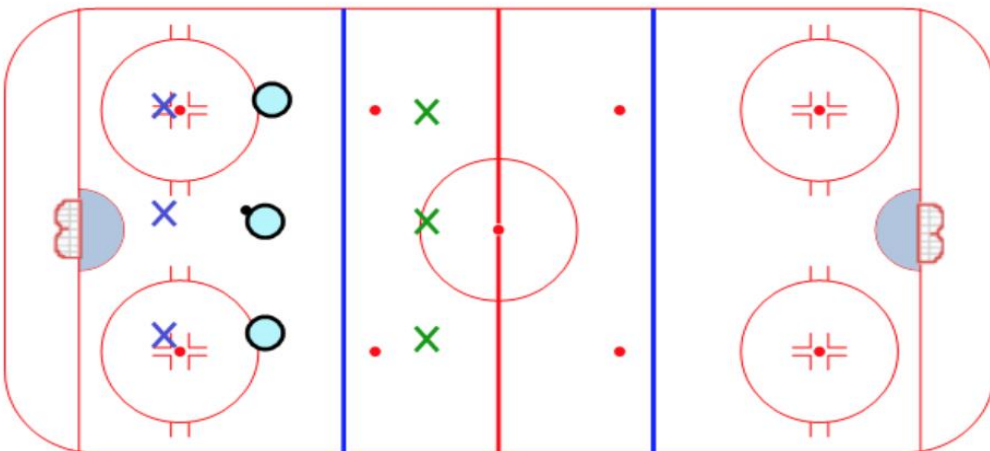
Title : 3vs3 Transition

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 :

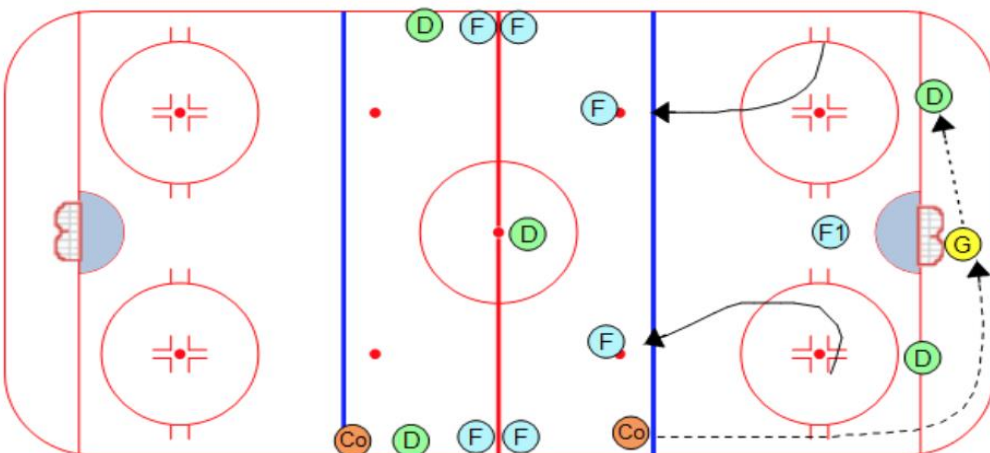
Title : Oilers 2v1

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

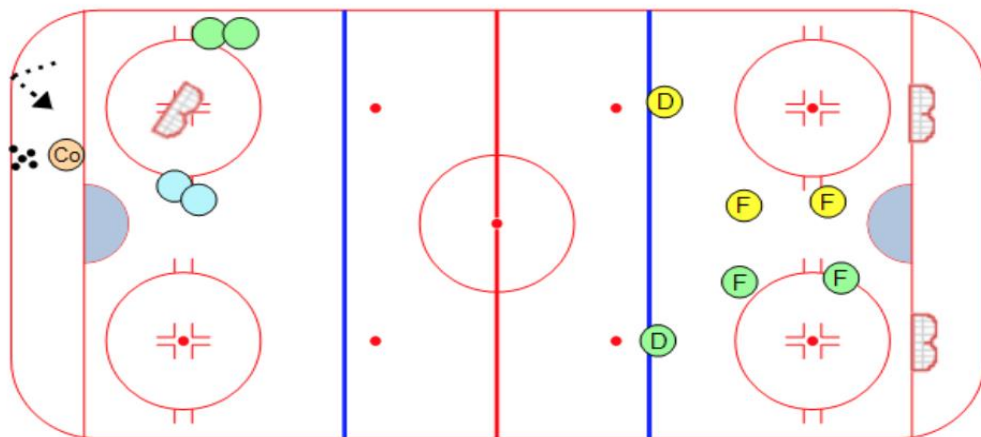
A. 2v2 at net front/out of corner.

1. On transition players from defense to offense must use wall 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 :

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Drill no. :

Duration :

## Minutes

From :










To :

**Title :** Box Out Sequence


**Content elements:**

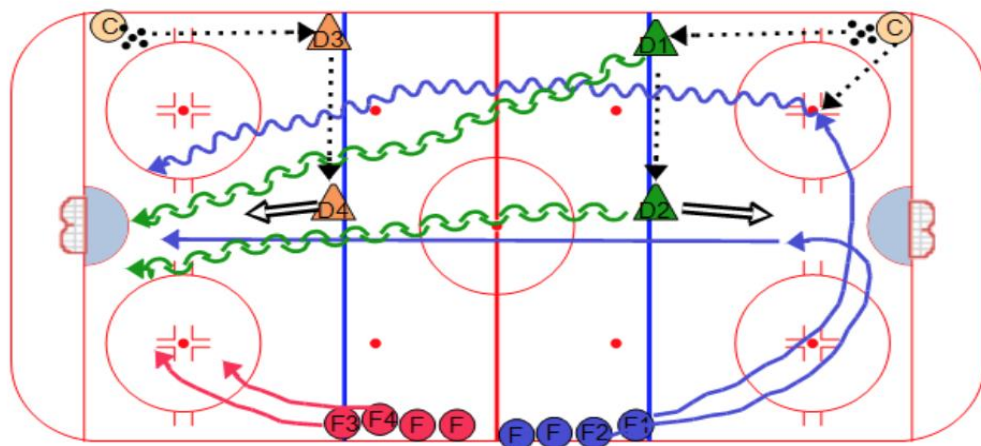
### Components :

### 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 Backtracker on rush



### Key Points :

## Be Available

Speed

**D box out**

## Battle



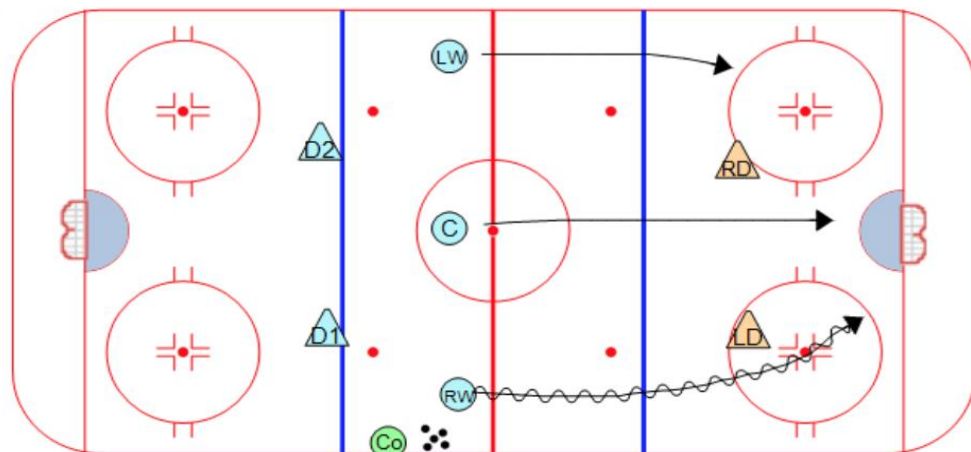
Title : Kokudo 3 vs 2

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 :

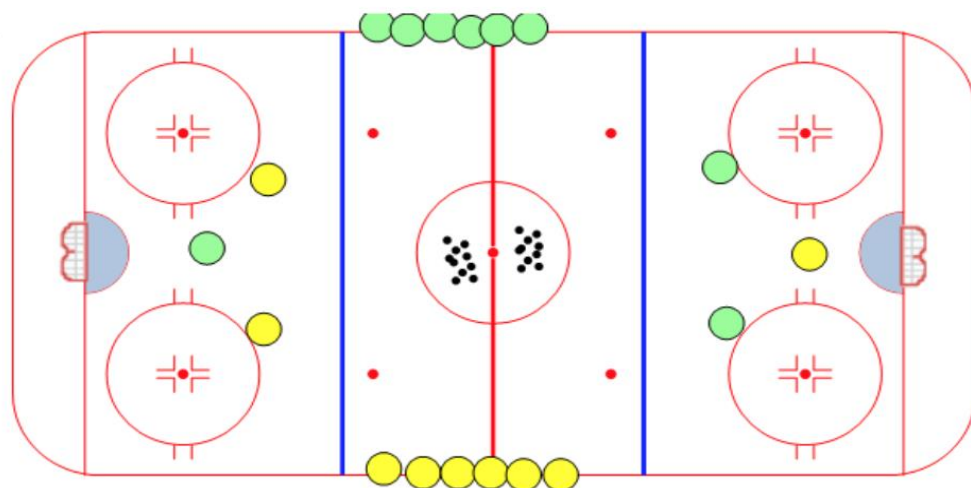
Title : OZ Challenge

Content elements:

Components :

### Description

1. 2v1, 3v1 or 3v2
2. Number of players is determined prior to shift
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 :



















# Seasonal Planning

What you're going to do  
When you're going to do it

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# What is seasonal planning?

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Seasonal planning is creating a roadmap that helps position coaches for a successful season.

1. Lets you know where you are
2. Lets you know where you want to go
3. Lets you know how to get there

The goal for all seasonal plans is to make sure coaches put a plan in place that will act as a guide and *ultimately provide players with the best hockey experience possible.*

*...there will be curveballs, so be flexible.*





# Why create a seasonal plan ?

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Seasonal plans help make sure you serve the player

Thinking about all the elements that go into the season will assure coaches are looking at the bigger picture

*- Player development - Player centered approach*

What will the coach do?

A] Organize the information

B] Determine what is useful to the players

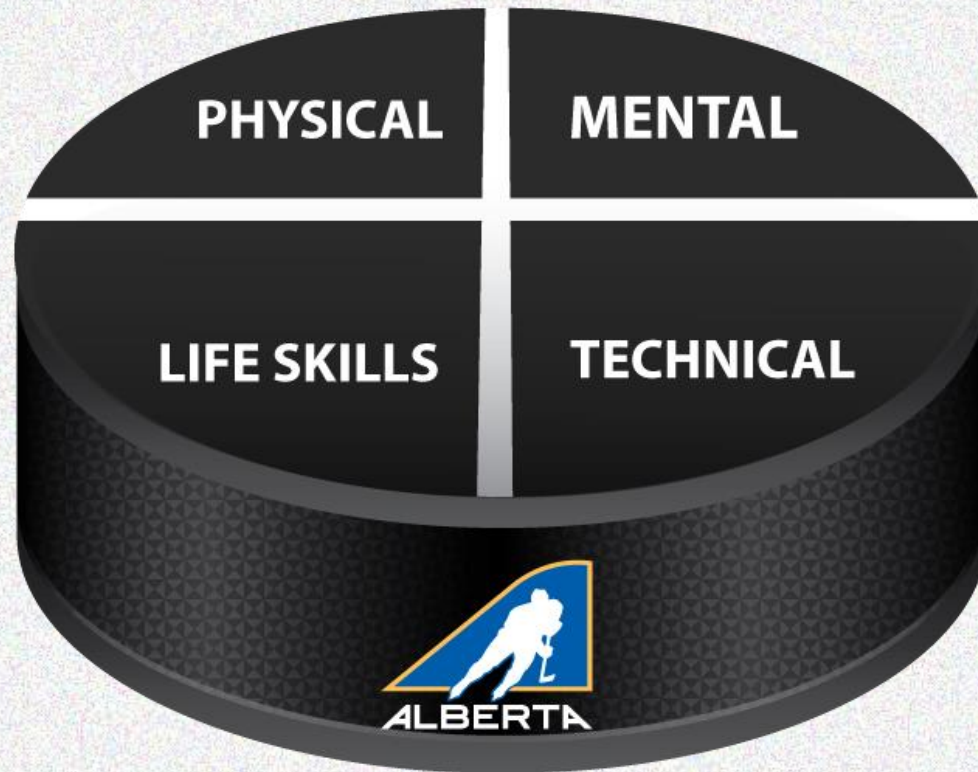
C] Plan how to have maximum effect with this information





# 4 PILLARS OF PLAYER DEVELOPMENT

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# Factors that shape your YTP

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Age group (Novice and Midget plans will look different)

Level (Midget AAA plans not the same as Midget C)

Parent expectations

This will be closely tied to the age and level being coached

If your plan won't receive buy-in from parents, you're in for a long season





# Seasonal Planning elements

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Different seasonal plans will have varying levels of detail, but there are several elements that will be *in all* seasonal plans:

## ***Coaching philosophy***

What guides you as a coach?

## ***Key dates***

Regular season, tournaments, playoffs, exhibition games

## ***Segments/focus areas***

What will you be working on and when

## ***Coaching duties***

What will each coach on the staff be responsible for?

## ***Goals***

What are the goals for each segment, the season and how will they be measured?





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## START WITH THE END IN MIND

*The best coaches start with an end goal that will help guide everything they do*

- What do I want my players to get out of the season?
- How will I be remembered as a coach by my players, or their parents?
- Purpose of the program [age/comp/rec]
- Are my own personal goals as a coach, appropriate for the skill level and age group I'm coaching?





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**1. Describe the Coaching Culture**

**2. Dashboard Concept**

*Monthly timeline*

*Schedule Bar*

*Pre-competition*

*Competitive 1*

*Competitive 2*

*Competitive 3*

*Classify your competitions*





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## Identify training elements

What areas or categories will be developed

Prioritize

Most common:

physical

technical/tactical skills

team play

mental





*Do your seasonal and  
segment goals fit  
Hockey Canada's skill  
pyramid?*





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## Periodization

**Every segment should build on the previous segment:**

**What will you work on to develop players individually? Within the team?**

**Introduce or develop?**

**Address both on and off-ice activities**

**Have progression from segment to segment**





**Team:**

[illegible]



# EXCEL COACHease





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## **ESTABLISH MEASURES TO TRACK SUCCESS**

**How will we know if our plans are working?**

**When creating measures be sure to keep in mind:**

- Empirical benchmarks – Subjective benchmarks
- Am I measuring both individual and team success?

### **Keep your parents and players updated**

- Make sure you let players and parents know about the progress of the team
- Are we achieving our segment goals?





# Communicating your YTP

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*In order for the seasonal plan to be most effective, it must be communicated clearly to your hockey team.*

**Don't just tell your assistants you have a seasonal plan**

- Your assistants should play a role in creating the seasonal plan
- Creates instant buy-in

**Present your seasonal plan to parents and players**

- Allows for questions
- Valid points will be raised that could help you tweak the seasonal plan to make it even better





# SUMMARY

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- Plan practices
- Seasonal planning will enhance coaching performance
- Have flexibility – re-evaluate

**“FAILING TO PLAN, IS PLANNING TO FAIL”**

