

On July 1, 1994, a new and more effective national organization was established in Canada. The Canadian Amateur Hockey Association and Hockey Canada announced plans to combine operations to form a new national hockey organization, to be referred to as the Canadian Hockey Association.

The Canadian Hockey (Association) Centre of Excellence continued with its mandate to pursue innovative approaches towards hockey development. The Calgary Centre of Excellence hosted the International Hockey Coaching Chair program from September to December 1994. Erkkka Westerlund, Head of Coaching for the Finnish Ice Hockey Association, headlined this international appointment.

Erkkka Westerlund as the head of Coaching in Finland was responsible for:

- The operation of the Olympic Team, the Women's Team and the Under 15 to 20 National Teams.
- Coaching education for all levels of coaches in Finland, and
- Ice Hockey Research.

For 11 years, he has coached at a variety of levels including the Olympic Team of Finland, Under 20 Team, Finnish Division I League and within the Finnish National League.

In 1986 Westerlund graduated from the University of Jyväskylä in Finland with a Masters in Sport Science and is presently completing his Licensiate in Sport Sciences with an emphasis on "Developing a system of game analysis to measure the efficiency of team play."

Erkkka Westerlund's responsibilities with the Centre of Excellence included, expanding his present research, developing this drill manual and corresponding instructional video and hosting clinics and workshops throughout Canada. "It is important to develop more game like thinking drills in your practices," states Westerlund. "Players must have the ability to think in cooperation with other players on the team."

The Canadian Hockey Centre of Excellence is proud to present to you this unique drill manual by Erkkka Westerlund.



Canadian Hockey Centre of Excellence

Presents

TRANSITION: FROM GAME TO PRACTICE

By

ERKKA WESTERLUND 1994

HEAD OF COACHING: FINNISH ICE HOCKEY ASSOCIATION

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⊛ These drills are found in both the drill manual and the corresponding video entitled "Transition: From Game To Practice."

FOREWARD

The International Coaching Chair provides an opportunity for the sharing of knowledge from a hockey source unique to the development of the game in Canada. Slava Lener occupied this position in 1991-92, where he produced a video and drill manual on transition.

The 1994-95 season sees Erkka Westerlund occupy the Centre of Excellence Coaching Chair where he is poised to share his knowledge of the game with all of us. Erkka comes to us from the Finnish Ice Hockey Association where he has worked with numerous National Teams. The by-product of his experience in Finland as well as his work here in North America is this drill manual which takes transition one step further. The outstanding publication will be of benefit to all coaches since it is in keeping with sound progression teaching. It will certainly serve as a valuable resource for hockey coaches all over the world.

All the Best,



Tom Renney

SYMBOLS

Ⓒ	Coach
Ⓐ	Assistant Coach
G	Goaltender
○	Offensive Player
▲	Defensive Player
→	Forward Skating
~ ~ ~ ~ ~	Backward Skating
~ ~ ~ ~ ~	Skate and Puckhandle
- - - - -	Pass
~ ~ ~ ~ ~	Puckhandling and Shot
~ ~ ~ ~ ~	Drop Pass
	Stopping
↪	Pivots
—	Checking
• • • • *	Area with scattered pucks and pylons
→	Acceleration
→	Jumping

INTRODUCTION

In Finland we have determined a need to improve more "game like thinking" in our hockey practices. This need is based on research that has been ongoing within the Finnish Ice Hockey Association. (see diagram on the next page)

The hockey of today requires the player to have good physical abilities, good skills and mental abilities, but first of all the players must have the ability to think in cooperation with other players on the team.

This drill manual emphasizes the idea of TRANSITION and teaching coaches how to develop the players ability to think in cooperation with other players on the team "From Game to Practice".

In today's hockey, successful teams have a well organized defensive style of play. Quick transition from offense to defense is required to set up a well organized defense. Vice versa transition from defense to offense is the key to your team's successful offensive play against an opponent's well organized defense. Successful teams must create quick counter attacks through the transition from defense to offense in order to attack against an unorganized defense. Therefore today's players must think both offensively and defensively during the offensive play as well as during the defensive play.

This drill manual presents the progression of teaching thinking through CROSS ICE GAMES for ages 7-12 and TRANSITION DRILLS for ages 12 and older.

Chapter one introduces tips for minor hockey players.

Chapter two includes the progression teaching thinking through cross ice games in four game situations.

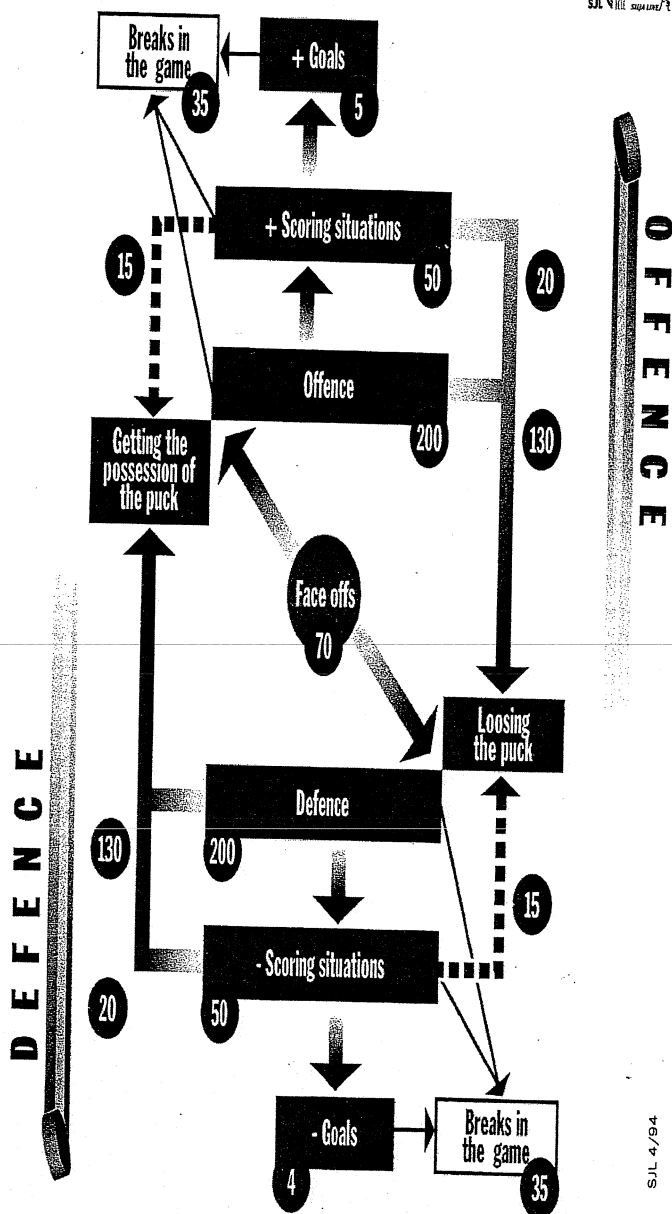
Chapters three and four emphasize transition in one end and also the use of the full ice to encourage players to think both offensively and defensively at the same time.

IMPORTANT NOTE: Many of the following drills have the same objectives from different formations. This idea will allow the coach more time to teach versus taking more time to explain each drill. I have been impressed with the Canadian style of using teaching progressions in coaching within the Canadian Hockey Association, National Coaching Certification Program. Teach transition, while at the same time, teaching individual and/or team play tactics as described in the National Coaching Certification Manual. I would also like to thank Slava Lener, the first International Hockey Coaching Chair (1992) for his work in the area of transition and developing the complete player. **All minor hockey coaches should review Slava's drill manual entitled "TRANSITION - DEFENSE TO OFFENSE" before using the ideas in this drill manual.**

Coaches should review and study this drill manual in order to better understand and develop the "Game to Practice thinking". This will help you and your players to better enjoy the world's best game.

Research in Finland

THE GAME



Explanation of Diagram

In the average 60 minute game, a team has approximately 200 opportunities to attack on offence. An offensive attack starts when the team (player) has good possession of the puck. The attack ends when the team loses possession of the puck. The average result of 200 offensive attacks are that a team will:

- * score approximately 5 times
- * shoot on goal approximately 50 times
- * have a stoppage of play approximately 35 times
- * lose possession of the puck approximately 150 times

Vice versa, a team will have approximately 200 opportunities to play defense. The defense starts to play when the opposing team has possession of the puck. The average result of 200 defensive opportunities are that:

- * the opponent will score approximately 4 times
- * your goalkeeper will have approximately 50 shots
- * have a stoppage of play approximately 35 times
- * your team will gain possession of the puck approximately 150 times

The research information shown in the diagram, emphasizes that:

- 1) If you want to play good offense you must first play good defense since your team will gain possession of the puck about 150 times.
- 2) If you want to play good defense you must be ready during offense to start the defensive play 150 times.

In summary, this research emphasizes the need for players to have the ability to think both defensively and offensively in cooperation with other players on the team.

This drill manual also emphasizes this important aspect in the game of hockey.

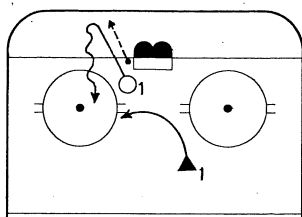
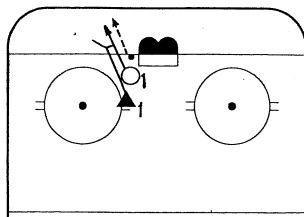
I. TIPS FOR MINOR HOCKEY COACHES

Forechecking or Backchecking

One of the most common situations in hockey occurs when the offensive player loses possession of the puck and must apply transition from offense to defense. After losing possession of the puck (ie. in the offensive zone) ▲1 has two basic defensive options: (1) to check the opponent or (2) to back up and angle/steer the opponent towards the boards.

FORECHECKING

BACKCHECKING



FROM OFFENSE TO DEFENSE

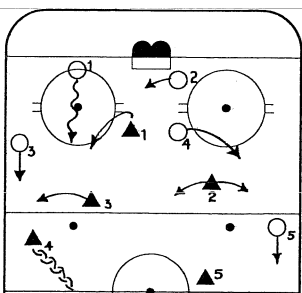
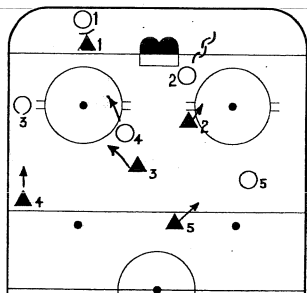
FORECHECKING: When ▲1 reads that he/she has better opportunities to win a 1 on 1 situation than the puckcarrier, ▲1 should forecheck. 1) ▲1 is close to the opponent, 2) the opponent is close to the boards, 3) the opponent does not have good possession of the puck, 4) the opponent is facing the boards, then ▲1 should forecheck.

BACKCHECKING: 1) If the opponent has good control of the puck, ▲1 should protect the middle of the ice by angling/steering.

MOST IMPORTANT: The decision and action of this first player (▲1) determines the decisions and actions of the rest of the team.

FORECHECKING

BACKCHECKING



FORECHECKING: If ▲1 forechecks then the team sets up to forecheck.

BACKCHECKING: If ▲1 backchecks and/or steers/angles, then the rest of the team must also backcheck. Backchecking can also be called contain forechecking.

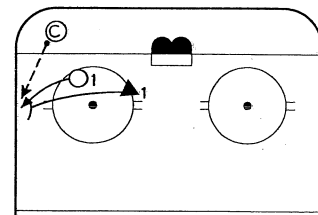
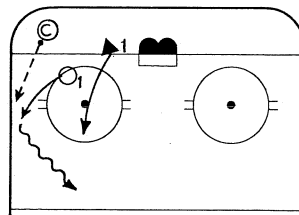
To better understand and teach transition from offense to defense you must understand the difference between forechecking and backchecking.

Counter attack or organized attack

After gaining possession of the puck O1 has two basic offensive options: (1) to counter attack against an unorganized defense or (2) to set up an organized attack against a well organized defense.

COUNTER ATTACK

ORGANIZED ATTACK



FROM DEFENSE TO OFFENSE

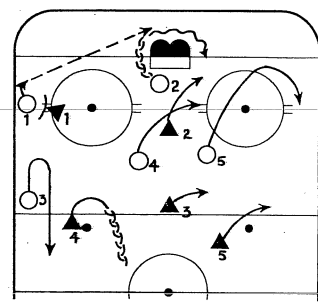
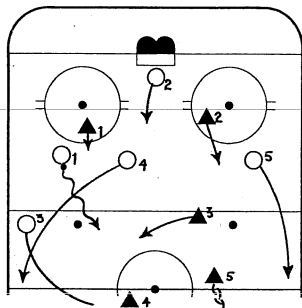
COUNTER ATTACK: When O1 gains possession of the puck and has space and time to pass or skate to the middle of the ice, O1 should read the situation and start counter attacking quickly by skating or passing forwards.

ORGANIZED ATTACK: When O1 is pressured by the defensive player (ie. forechecking) O1 does not have space and time, O1 should try to control the puck and create more space by passing backwards or laterally to start the organized attack.

MOST IMPORTANT: The decision/action of this first player (O1) determines the decisions/actions of the rest of the team.

COUNTER ATTACK

ORGANIZED ATTACK



COUNTER ATTACK: If O1 counter attacks, then the team sets up to also counter attack.

ORGANIZED ATTACK: If O1 starts the organized attacks, then the rest of the team must set up for the organized attack.

To better understand and teach transition from defense to offense you must understand difference between the counter attack and the organized attack.

NOTE: * The third decision could be to dump the puck in the offensive zone where-by the defensive team must now apply the forecheck or backcheck.

II. CROSS ICE TEACHING GAMES

(For Ages 7-12)

Cross ice games improve both playing skills and thinking skills of the young hockey players. The first aim is to develop and improve skills against the opponent in the gamelike situations.

The second aim is that in the game situation the player is forced to read the game and make good decisions by playing.

Each player has four different roles in the game:

1. To play with the puck
2. To play without the puck
3. To cover the opponent with the puck
4. To cover the opponent without the puck

This chapter presents a simple progression to teach thinking skills in the above four roles. Each of these game drills have key teaching points that coaches should control and reinforce during the game.



1. Cross ice game 1 on 1 (one net)

1A. 1 ON 1 – OFFENSE OR DEFENSE

THE OFFENSIVE PLAYER'S OBJECTIVE:

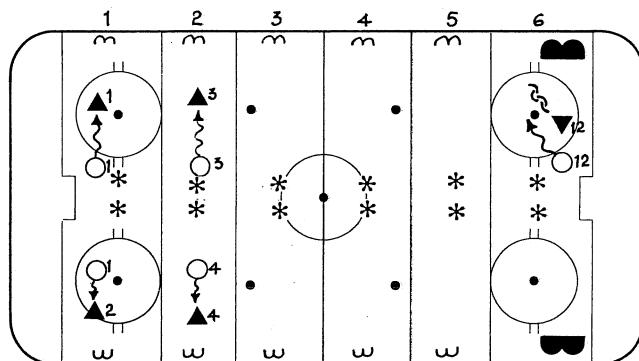
1. To score (challenge the defensive player in a 1 on 1 situation).

THE DEFENSIVE PLAYER'S OBJECTIVE:

1. To prevent O1 from scoring (by playing on the defensive side and angling the offensive player away from the goal.)

1Ai) Divided the rink into 6 playing areas where 12 or 24 players can play at the same time.

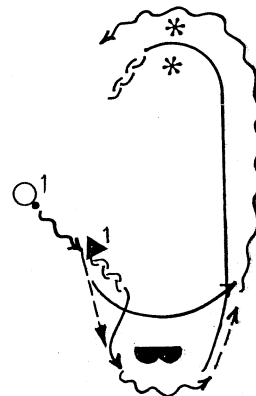
1Ai)



1Aii) O1 starts the game with the puck by attacking 1 on 1 against ▲1. ▲1 will prevent O1 from scoring.

If ▲1 gains possession of the puck, ▲1 passes to O1 and O1 will start a new attack. O1 must skate around the furthest pylon and attack 1 on 1 against ▲1.

▲1 follows up and must skate around the closest pylon before defending the next attack. Repeat approximately 5 times and then change the roles. 1Aii)



NOTE: * Add modified rules, 1. scoring allowed only within 2 meters of the pylons (nets) or 2. Shoot only with the backhand.

1B. 1 ON 1 – OFFENSE AND DEFENSE

THE OFFENSIVE PLAYER HAS TWO OBJECTIVES:

1. To score (challenge the defensive player in a 1 on 1 situation) and 2. To control the puck.

THE DEFENSIVE PLAYER HAS TWO OBJECTIVES:

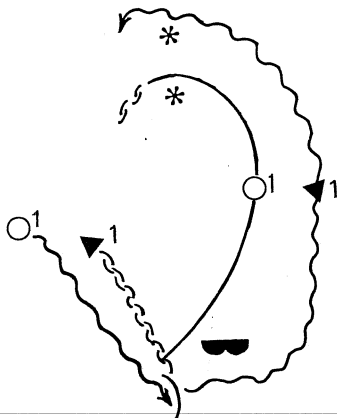
1. To prevent O1 from scoring by playing on the defensive side and angling the offensive player away from the goal and 2. To gain possession of the puck.

The formation of the drill is similar to drill 1A.

1Bi) O1 starts the game with the puck by attacking 1 on 1 against ▲1. ▲1 will try to prevent O1 from scoring and after gaining possession of the puck ▲1 will start the offense.

▲1 skates around the furthest pylon and attacks 1 on 1 against O1. O1 follows up and must skate around the closest pylon before defending ▲1.

1Bi)



② Cross ice game

1 ON 1 TO TWO NETS

THE OFFENSIVE PLAYER HAS THREE OBJECTIVES:

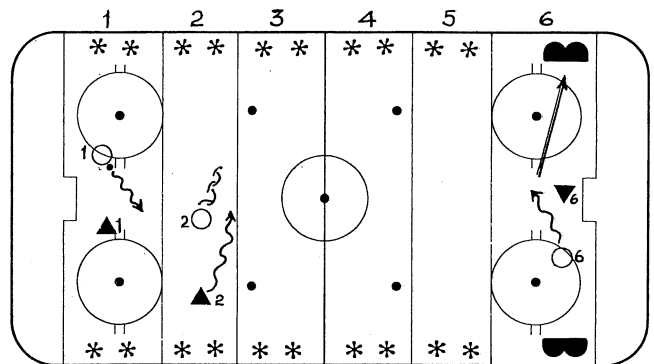
1. To score (challenge the defensive player in a 1 on 1 situation), 2. To control the puck and 3. To be ready to play defense (transition).

THE DEFENSIVE PLAYER HAS THREE OBJECTIVES:

1. To prevent O1 from scoring by playing on the defensive side and angling the offensive player away from the goal, 2. To gain possession of the puck and 3. To be ready to play offense (transition).

2i) The rink can be divided into six lateral lanes so that 12 players can play at the same time. You can play shifts of 1-3 minutes and then change the players.

2i)



3. 1 on 1 and break out pass

3A. WITH 4 PLAYERS

THE OFFENSIVE PLAYER HAS TWO OBJECTIVES:

1. To score and 2. To start forechecking.

THE DEFENSIVE PLAYER HAS THREE OBJECTIVES:

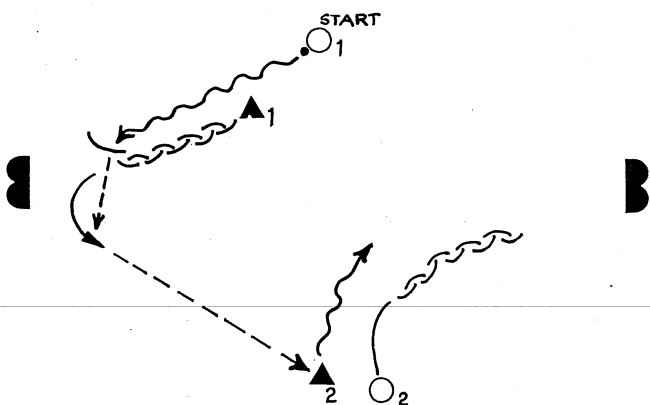
1. To prevent O1 from scoring, 2. To gain possession of the puck and 3. To break out with ▲2.

3Ai) This game involves four players. O1 attacks 1 on 1 against ▲1. O1 will try to score or forecheck in order to try to score again. ▲1 must gain possession of the puck and pass to ▲2 who starts the offense to the other goal. At the same time O2 will join in the drill and defend 1 on 1 against ▲2.

O1 and ▲1 skate above the "neutral" zone and must be ready to play in the opposite direction. O1 must skate to open space for the break out pass from O2 and ▲1 must be ready to defend O1.

O1 and ▲2 are always playing as forwards. ▲1 and O2 are always playing defense. After 2 minutes players will change roles from offense to defense and vice versa.

3Ai)



NOTE: * You can practice this model with 1 on 1 to 3 on 3 situations.

3B. 1 ON 1 AND BREAK OUT PASS WITH 6 PLAYERS

THE OFFENSIVE PLAYER HAS TWO OBJECTIVES:

1. To score and 2. To start forechecking.

THE DEFENSIVE PLAYER HAS TWO OBJECTIVES:

1. To prevent O1 from scoring, 2. To gain possession of the puck and 3. To break out with ▲2.

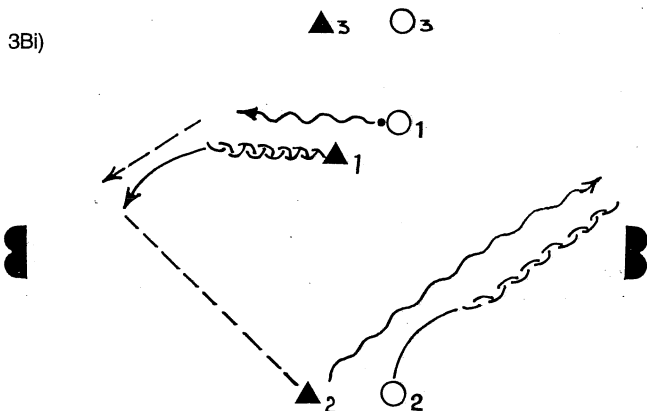
The same drill as 3A but now this game involves 6 players.

3Bi) O1 attacks 1 on 1 against ▲1. O1 will try to score or forecheck in order to try to score again.

▲1 must gain possession of the puck and pass to ▲2 who starts the offense to the other goal. At the same time O2 will join in the drill and defend 1 on 1 against ▲2.

O3 and ▲3 are waiting above the "neutral" zone and must be ready to play in the opposite direction. O3 must skate to open space for the break out pass from O2. ▲3 must be ready to defend O3.

3Bi)

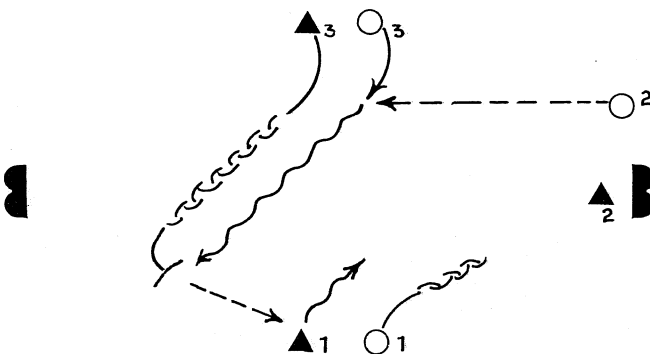


3Bii) The drill continues. O3 attacks 1 on 1 against ▲3. ▲1 and O1 must move to the neutral zone and be ready to play in the opposite direction.

▲3 must gain possession of the puck and pass to ▲1 who starts the offense to the other goal. At the same time O1 will join in the drill and defend 1 on 1 against ▲1.

O1, O2 and O3 are always attacking from right to left and ▲1, ▲2 and ▲3 to the opposite direction. In this drill the roles will change automatically. In the first situation ie. O1 played as forward and then as defense.

3Bii)



④. Cross ice games 2 on 1 or 2 on 2

4A. 2 ON 1 – DROP PASS ONLY

4Ai) 2 on 1:

*THE OBJECTIVES OF 01 AND 02:

- 01: 1. To break to the middle ice (cross).
2. After the drop pass blocking or screening the opponent
- 02: 1. To support behind the player with the puck.

*THE OBJECTIVE OF ▲1:

1. To defend 2 on 1 to the outside.

4Ai)



4Aii) 1 on 2:

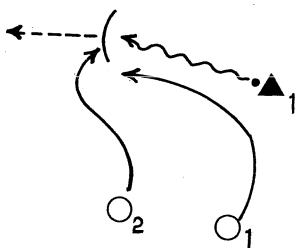
*THE OBJECTIVES OF 01 AND 02:

- 01: 1. To separate and pin the puckcarrier away from the puck or
2. To angle the puckcarrier towards the boards.
- 02: 1. To support 01 and be ready to take possession of the puck or
2. To support 01 and be ready to separate ▲1 from the puck.

THE OBJECTIVES OF ▲1:

1. To carry the puck to the middle of the ice and
2. To control the puck (no dumps).

4Aii)



NOTE: * You can practice this model also in the 2 on 2 situation.

IMPORTANT: See page 6 – FORECHECKING OR BACKCHECKING

4B. 2 ON 1 – HEADMAN PASS ONLY

4Bi) 2 on 1:

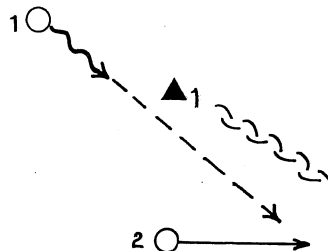
*THE OBJECTIVES OF 01 AND 02:

- 01: 1. To start a counter attack or
2. To challenge the opponent in a 1 on 1 situation.
- 02: 1. To offensively support 01 (skate to the open space).

*THE OBJECTIVES OF ▲1:

1. To defend against the puckcarrier and
2. To cover the offensive player without the puck.

4Bi)



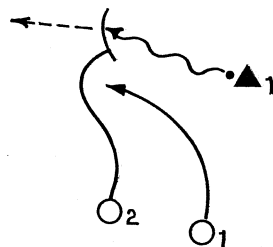
4Bii) 1 on 2: (the same situation as in drill 4Aii)

*THE OBJECTIVES OF 01 AND 02:

- 01: 1. To separate and pin the puckcarrier away from the puck or
2. To angle the puckcarrier towards the boards.
- 02: 1. To support 01 and be ready to take possession of the puck or
2. To support 01 and be ready to separate ▲1 from the puck.

THE OBJECTIVES OF ▲1:

1. To carry the puck to the middle of the ice and
2. To control the puck (no dumps).



4C. 2 ON 1 – WIDEMAN PASS ONLY (THE PLAYERS HAVE THEIR OWN LANES)

4Ci) 2 on 1:

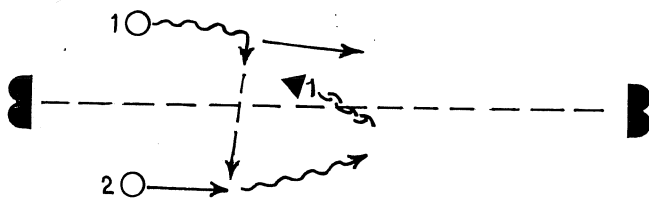
*THE OBJECTIVES OF 01 AND 02:

- 01: 1. To give and go to 02 or
2. To carry the puck and challenge the opponent.
02: 1. To **offensively support 01** (skate to open space in your lane).

*THE OBJECTIVE OF ▲1:

1. To protect the middle of the ice.

4Ci)



4Cii) 1 on 2:

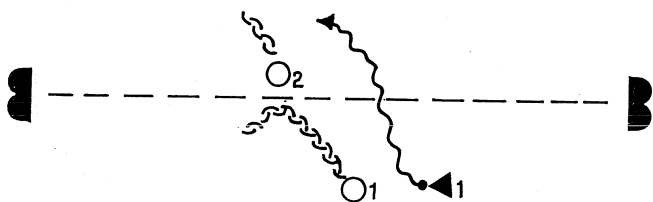
*THE OBJECTIVES OF 01 AND 02:

- 01: 1. To angle ▲1 to the boards.
02: 1. To support 01 by switching.

THE OBJECTIVES OF ▲1:

1. To carry the puck across and
2. To control the puck (no dumps).

4Cii)



NOTE: In the 2 on 2 cross ice game you can change the rule to 1.) the offensive players can exchange lanes but the defensive players must stay in their own lanes or 2.) vice versa.

4D. 2 ON 1 – HEADMAN PASS ONLY

4Di) 2 on 1:

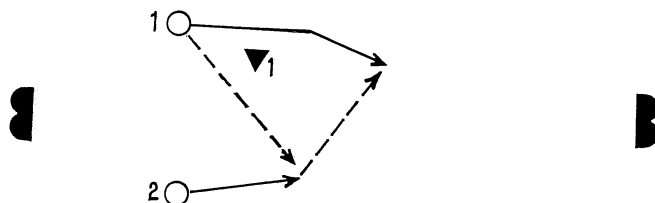
*THE OBJECTIVES OF 01 AND 02:

- 01: 1. To give and go to 02 or
2. To carry the puck and challenge the opponent.
02: 1. To **offensively support 01** (skate to open space in your lane).

*THE OBJECTIVE OF ▲1:

1. To protect the middle of the ice.

4Di)



4Dii) 1 on 2:

(the same situation as in the drill 4Aii or 4Bii)

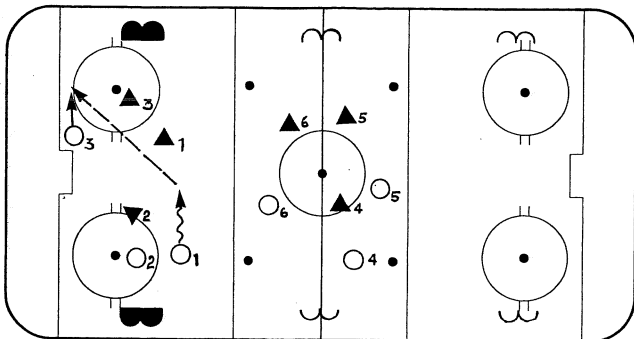
4E. THE REGULAR CROSS ICE GAME 2 ON 1 OR 2 ON 2

5. Cross ice games 3 on 2 and 3 on 3

You can also use all the previous rules in 3 on 2 and 3 on 3 games.

The rink can be divided for example into three or four parts according to the number of players (5i).

5i)



5A. 3 ON 3 – ALL PLAYERS MUST HANDLE THE PUCK BEFORE SCORING.

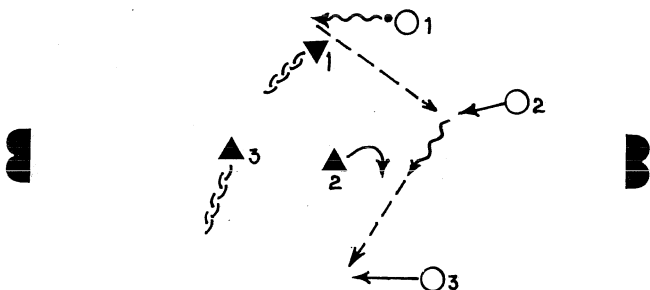
*THE OBJECTIVES OF THE OFFENSIVE PLAYERS:

- 01: 1. To read the game.
02 and 03: 1. To offensively support (skate to the open space) and
2. To read the game and prepare for the next pass.

*THE OBJECTIVE OF THE DEFENSIVE PLAYERS

- (▲1, ▲2 AND ▲3):
1. To defend MAN ON MAN.

5Ai)



NOTE: *You can change the rule ie. so that at least two or three passes must be made before scoring.

5B) 3 ON 3 – ALLOWING PASS ONLY TO THE THIRD PLAYER

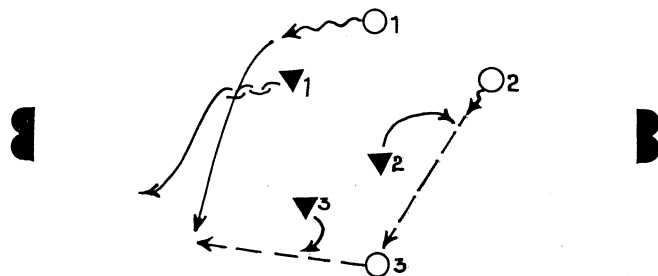
*THE OBJECTIVES OF THE OFFENSIVE PLAYERS

- 01: 1. To read the game and 2. To give and go.
02 and 03: 1. To offensively support (skate to the open space) and
2. To read the game and prepare for the next pass.

*THE OBJECTIVE OF THE DEFENSIVE PLAYERS

- (▲1, ▲2 AND ▲3):
1. To defend man on man.

5Bi)



5C. 3 ON 2 OR 3 ON 3 CROSS ICE GAMES WITHOUT SPECIAL RULES

III. TRANSITION DRILLS IN ONE END

A. ONE PUCK DRILLS

(For Ages 12 and older)

The drills in this chapter have objectives for the defense. They teach the breakout through defensive zone coverage = TRANSITION FROM DEFENSE TO OFFENSE IN THE DEFENSIVE ZONE.

The objective for forwards is to forecheck after the offensive attack options = TRANSITION FROM OFFENSE TO DEFENSE IN THE OFFENSIVE ZONE.

There is a teaching progression in this chapter from 1 on 1 situations to 3 on 2 situations.

Teach transition, while at the same time, teaching individual and/or team play tactics as described in the Canadian Hockey Association, National Coaching Certification Manual. (Intermediate and Advanced Levels)



6a. 1 vs 1 – ONE PUCK DRILL (IN ONE END)

* FROM THE SIDE OF THE ICE

THE FORWARD (01) HAS 2 OBJECTIVES:

1. To score and 2. To start forechecking

THE DEFENSE (▲1) HAS 3 OBJECTIVES:

1. To prevent 01 from scoring, 2. To gain possession of the puck and 3. To make a break out pass to 02

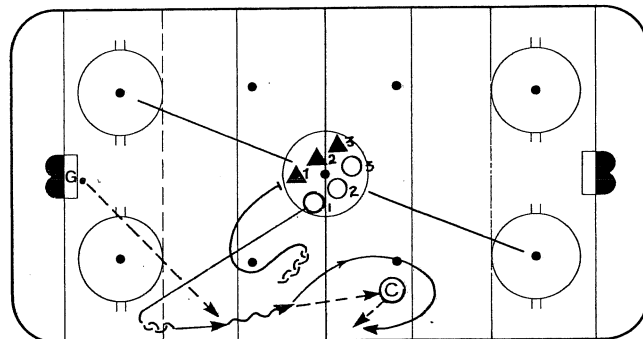
6i) 01 skates to the top of the circle and receives a pass from the goaltender. 01 carries the puck and passes to the coach, then skates around the coach. The coach makes the pass back to 01.

▲1 begins when 01 has received the pass from the goaltender.

▲1 skates below the blueline and follows 01 to the neutral zone.

▲1 pivots and skates backwards to close the gap and plays 1 vs 1 against 01.

6i)

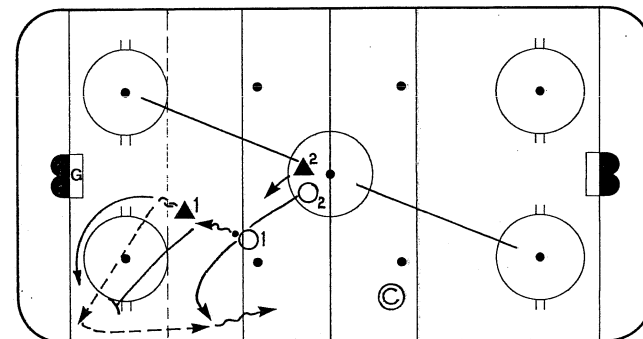


6ii) 01 will try to score or forecheck in order to try to score again. 01 and ▲1 play 1 vs 1 below the dotted line. (If the puck comes over this line 02 can take the puck.)

▲1 must gain possession of the puck and pass to 02.

02 must read the play and move with timing to support, (stay outside the top of the circles), 02 starts the drill over.

6ii)



NOTE: *The goaltender, after the save or goal, 1. must pass to ▲1 who then passes to 02, 2. or pass directly to 02.

*Circles and face off dots are guidelines only. Players must learn to read and react to the situation.

6b. 1 vs 1 – ONE PUCK DRILL (IN ONE END)

* FROM THE MIDDLE OF THE ICE

THE FORWARD (01) HAS 2 OBJECTIVES:

1. To score and 2. To start forechecking

THE DEFENSE (▲1) HAS 3 OBJECTIVES:

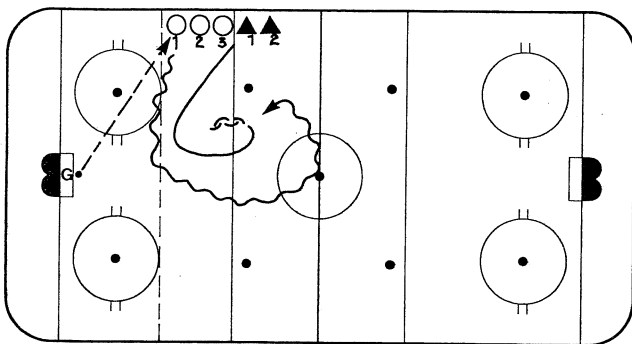
1. To prevent 01 from scoring, 2. To gain possession of the puck and 3. To make a break out pass to 02

6i) The goaltender starts with the puck and passes to 01. 01 skates through the neutral zone (touching the face off dot) and attacks 1 vs 1 against ▲1.

▲1 begins at the same time as 01. ▲1 skates to the top of the circle and then must touch the blueline, pivot and skate backwards.

▲1 must close the gap and play 1 vs 1 against 01.

6i)

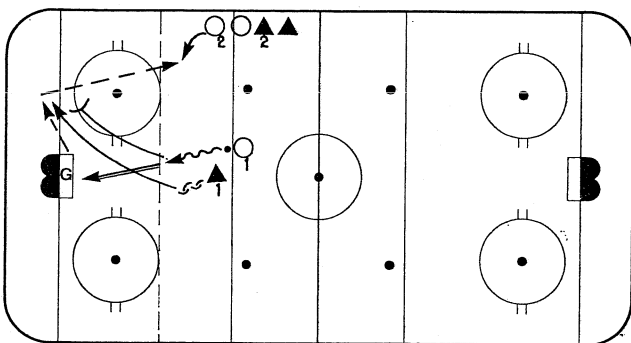


6ii) 01 will try to score or forecheck in order to try to score again. 01 and ▲1 play 1 vs 1 below the dotted line. (If the puck comes over this line 02 can take the puck.)

▲1 must gain possession of the puck and pass to 02.

02 must read the play and move with timing to support. 02 starts the drill over, turns at center ice and plays 1 vs 1 against ▲2.

6ii)



PROGRESSION: 02 can join in the drill to support ▲1 after 01 and ▲1 have crossed the blueline. The defense should concentrate on separating 01 from the puck and 02 can take the free puck and start the drill over.

7. 1 vs 1 – ONE PUCK DRILL (IN ONE END)

* FIRST AS A FORWARD THEN AS A DEFENCE

THE FORWARD (01) HAS 2 OBJECTIVES:

1. To score and 2. To start forechecking

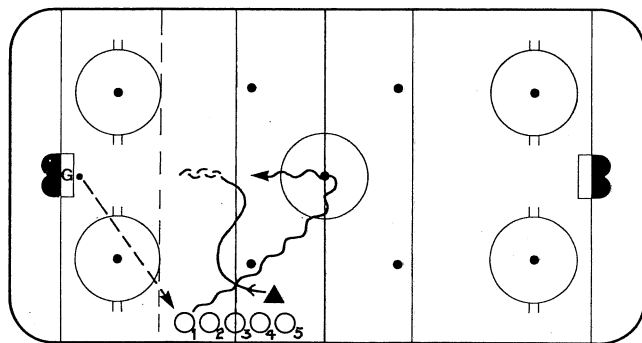
THE DEFENSE (▲1) HAS 3 OBJECTIVES:

1. To prevent 01 from scoring, 2. To gain possession of the puck and 3. To make a break out pass to 02

7i) The goaltender starts with the puck and passes to 01. 01 then skates through the neutral zone (touching the face off dot) and attacks 1 vs 1 against ▲1.

▲1 begins at the same time as 01 and defends 1 vs 1 against 01 as in drill 6B.

7i)

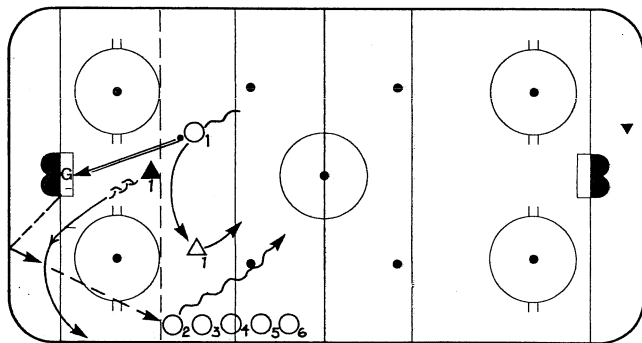


7ii) 01 will try to score or forecheck in order to try to score again. 01 and ▲1 play 1 vs 1 below the dotted line. (If the puck comes over this line 02 can take the puck.)

▲1 must gain possession of the puck and pass to 02.

02 then receives the pass from ▲1 and starts the drill over. 01 must skate up to the blueline and pivot to play defense 1 vs 1 against 02.

7ii)



NOTE: The goaltender, after the save or goal, 1. must pass to ▲1 who then passes to 02, 2. or pass directly to 02.

8. 2 vs 1 – ONE PUCK DRILL (IN ONE END)

THE FORWARDS (01-02) HAVE 2 OBJECTIVES:

1. To score and 2. To start forechecking

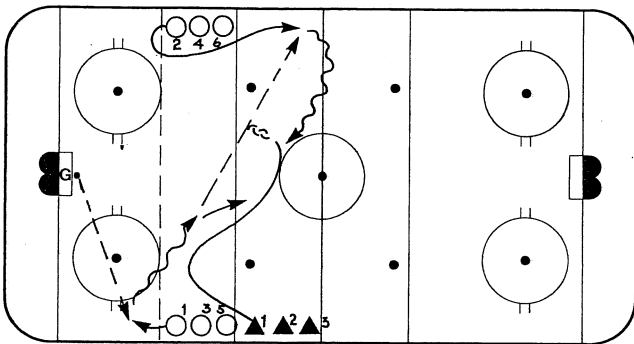
THE DEFENSE (▲1) HAS 3 OBJECTIVES:

1. To prevent forwards from scoring, 2. To gain possession of the puck and 3. To make a break out pass to 03 or 04.

8i) The goaltender starts with the puck and passes to 01. 01 skates to the middle and passes to 02. Then 01 and 02 skate through the neutral zone and play 2 vs 1 against ▲1.

▲1 begins at the same time as 01. ▲1 reads the movements of 01 and 02, skates to the neutral zone, pivots and skates backwards to close the gap to play 2 vs 1 against 01 and 02.

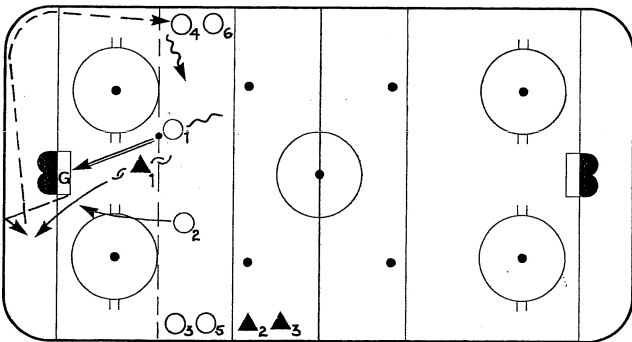
8i)



8ii) 01 and 02 will try to score or forecheck in order to try to score again. 01 and 02 play 2 vs 1 against ▲1 below the dotted line. (If the puck comes over this line 03 or 04 can take the puck.)

▲1 must gain possession of the puck and pass to 03 or 04. 03 or 04 then receive the pass from ▲1 and start the drill over.

8ii)



NOTE: *The goaltender, after the save or goal, 1. must pass to ▲1 who then passes to 03 or 04, 2. or pass directly to 03 or 04.

*If the defense or goaltender can't break out in about 20 seconds, the coach blows the whistle and the next players start the drill over.

9. 2 vs 1 – ONE PUCK DRILL (IN ONE END)

*TRANSITION FROM DEFENSE TO OFFENSE FOR FORWARDS

THE FORWARDS (01-02) HAVE 3 OBJECTIVES:

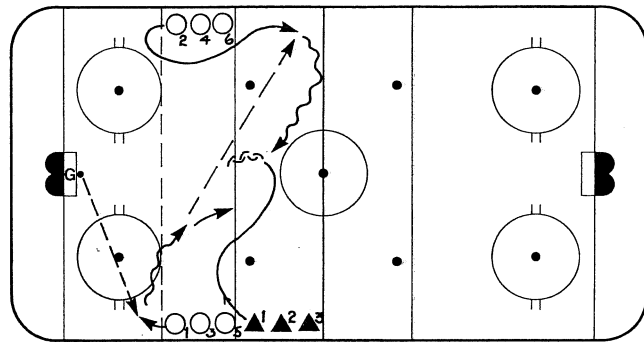
1. To cooperate with the defense to gain possession of the puck, 2. To score and 3. To start forechecking.

THE DEFENSE (▲1) HAS 3 OBJECTIVES:

1. To prevent forwards from scoring, 2. To gain possession of the puck and 3. To make a break out pass to 03 or 04.

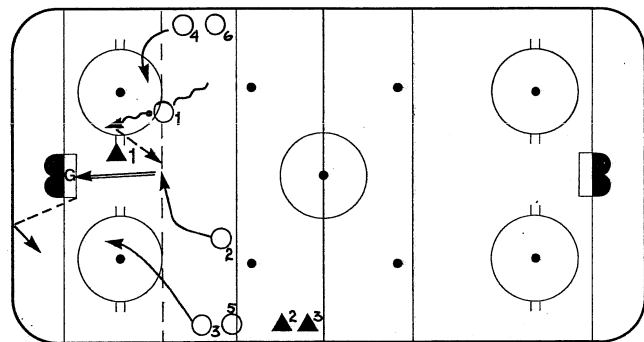
9i) This drill starts the same way as drill 8.

9i)



9ii) 01 and 02 will try to score or forecheck in order to try to score again. In this drill 03 and 04 can help ▲1 in the defensive zone behind the direct 2 on 1 attack trying to gain possession of the puck. When they get possession of the puck, 03 and 04 skate through the neutral zone and play 2 vs 1 against ▲2 at the same end of the ice.

9ii)



NOTE: *The goaltender, after the save or goal, 1. must pass to ▲1 who then passes to 03 or 04, 2. or pass directly to 03 or 04.

*Teach the defense and forwards to cooperate in the defensive zone.

10. 2 vs 2 – ONE PUCK DRILL (IN ONE END)

THE FORWARDS (01-02) HAVE 2 OBJECTIVES:

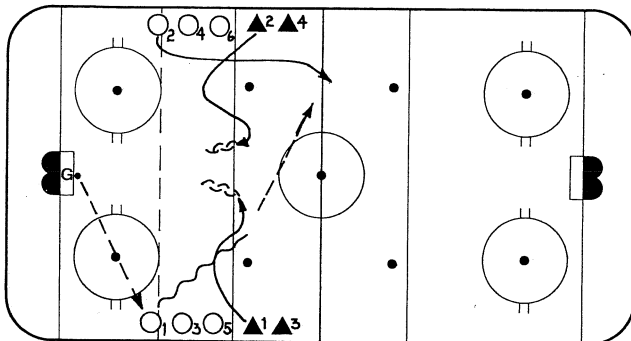
1. To score and 2. To start forechecking.

THE DEFENSE (▲1-▲2) HAVE 3 OBJECTIVES:

1. To prevent forwards from scoring, 2. To gain possession of the puck and 3. To make a break out pass to 03 or 04.

10i) The goaltender starts with the puck and passes to 01. 01 skates to the middle and passes to 02. Then 01 and 02 skate through the neutral zone (touching the faceoff dot) and attack 2 vs 2 against ▲1 and ▲2. ▲1 and ▲2 begin at the same time as 01. ▲1 and ▲2 skate to the neutral zone, pivot and skate backwards to close the gap to play 2 vs 2 against 01 and 02.

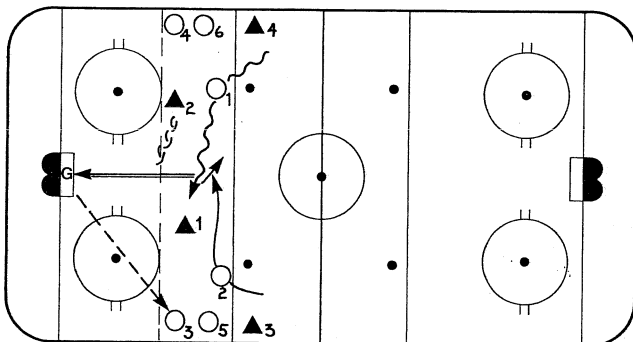
10i)



10ii) 01 and 02 will try to score or forecheck in order to try to score again. 01 and 02 play 2 vs 2 against ▲1 and ▲2 below the dotted line. (If the puck comes over this line 03 or 04 can take the puck).

▲1 and ▲2 must gain possession of the puck and pass to 03 or 04. 03 or 04 then receive the pass and start the drill over.

10ii)



NOTE: *The goaltender, after the save or goal, 1. must pass to ▲1, ▲2, 03 or 04.

*If the defense or goaltender can't break out in about 30 seconds, the coach blows the whistle and the next players start the drill over.

11. 3 vs 2 – ONE PUCK DRILL (IN ONE END)

THE FORWARDS (01, 02-03) HAVE 2 OBJECTIVES:

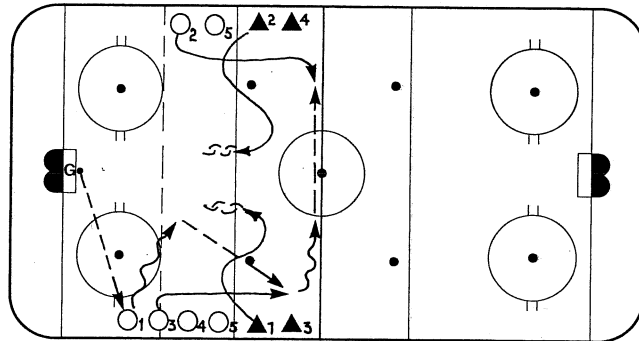
1. To score and 2. To start forechecking.

THE DEFENSE (▲1-▲2) HAVE 3 OBJECTIVES:

1. To prevent forwards from scoring, 2. To gain possession of the puck and 3. To make a break out pass to 04, 05 or 06.

11i) The goaltender starts with the puck and passes to 01. 01 skates to the middle and passes to 02 or 03. Then 01, 02 and 03 skate through the neutral zone (touching the middle circle) and attack 3 vs 2 against ▲1 and ▲2. ▲1 and ▲2 begin at the same time as 01. ▲1 and ▲2 skate to the neutral zone, pivot and skate backwards to close the gap to play 3 vs 2 against 01, 02 and 03.

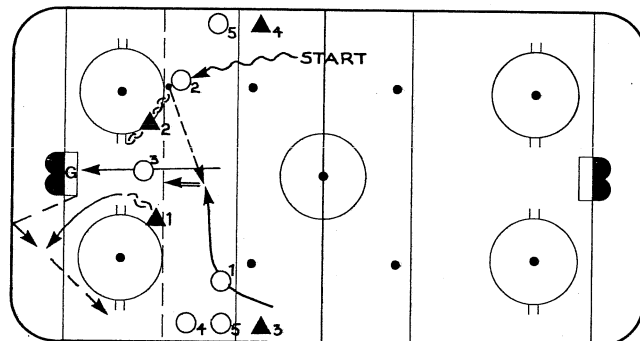
11i)



11ii) 01, 02 and 03 will try to score or forecheck in order to try to score again. The forwards play 3 vs 2 against ▲1 and ▲2 below the dotted line. (If the puck comes over this line 04, 05 or 06 can take the puck.)

▲1 and ▲2 must gain possession of the puck and pass to 04, 05 or 06. 04, 05 or 06 start the drill over.

11ii)



NOTE: *The goaltender, after the save or goal, 1. must pass to ▲1 or ▲2 who then pass to 04, 05 or 06, 2. or pass directly to 04, 05 or 06.

*If the defense or goaltender can't break out in about 30 seconds, the coach blows the whistle and the next players start the drill over.

III. TRANSITION DRILLS IN ONE END

B. DRILLS USING TWO NETS

(For Ages 12 and older)

This chapter is the progression from chapter IIIA.

The drills in this chapter also have an objective for the defense: to teach breakouts through defensive zone coverage = **TRANSITION FROM DEFENSE TO OFFENSE IN THE DEFENSIVE ZONE**. But, after gaining possession of the puck the defense must try to individually carry the puck (or in cooperation with other offensive players) to the middle of the ice.

The objective for forwards is to teach forechecking or backchecking after the offensive attack option = **TRANSITION FROM OFFENSE TO DEFENSE IN THE OFFENSIVE ZONE**. So after losing possession of the puck the forwards must read the game and make a decision between forechecking or backchecking.

There is a teaching progression in this chapter from a 1 on 1 to 3 on 3 situations.

12) 1 vs 1 – DRILL USING TWO NETS (IN ONE END)

THE FORWARD (01) HAS 2 OBJECTIVES:

1. To score and 2. To start **forechecking or backchecking** (prevent 01 from getting to the middle of the ice).

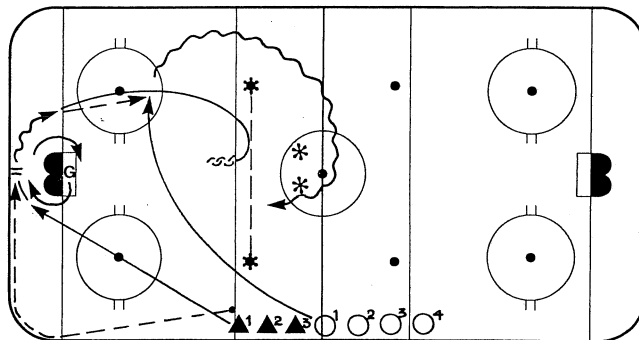
THE DEFENSE (▲1) HAS 3 OBJECTIVES:

1. To **prevent 01 from scoring**, 2. To gain possession of the puck and 3. To **start the offense by breaking to the middle of the ice** (over the line between the two face off dots.)

12i) ▲1 starts this drill by shooting at the goalkeeper or dumping the puck behind the net. The goalkeeper makes the save or stops the puck for ▲1. ▲1 skates and picks up the puck behind the goal and passes 01. ▲1 then skates over the blueline, pivots and plays 1 vs 1 against 01.

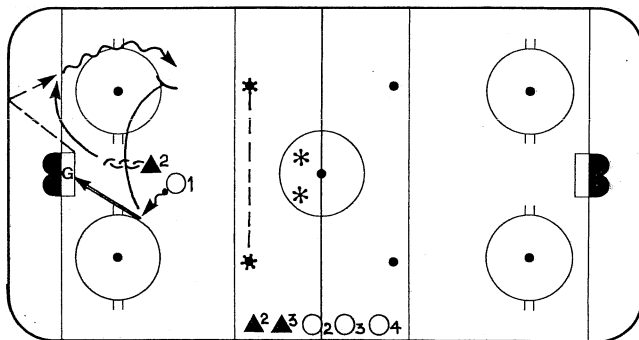
01 starts the drill at the same time as ▲1. 01 reads the play and skates with timing to open space for the break out pass from ▲1. After receiving the pass 01 skates through the centre ice and plays 1 vs 1 against ▲1.

12i)



12ii) If 01 scores, then ▲2 starts the drill over. If ▲1 gains possession of the puck, ▲1 must try to carry the puck to the middle of the ice through the neutral zone face off dots which acts as the second net.

12ii)



NOTE: *The Players continue playing until one or the other scores or up to a maximum of 20 seconds. On the whistle the next players start the drill over.

*The Goaltender, after the save, has to pass to ▲1.

*Coaches can add two pylons, 3 feet apart as the second net.

13) 1 vs 2 – DRILL USING TWO NETS (IN ONE END)

THE FORWARD (01) HAS 3 OBJECTIVES:

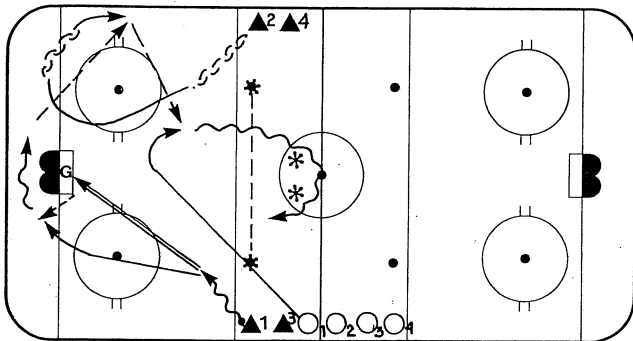
1. To score and 2. To control the puck and 3. To start **backchecking** (protect the middle of the ice).

THE DEFENSE (▲1-▲2) HAVE 3 OBJECTIVES:

1. To prevent 01 from scoring, 2. To gain possession of the puck and 3. To start the offense by breaking to the middle of the ice (over the line between the two face off dots.)

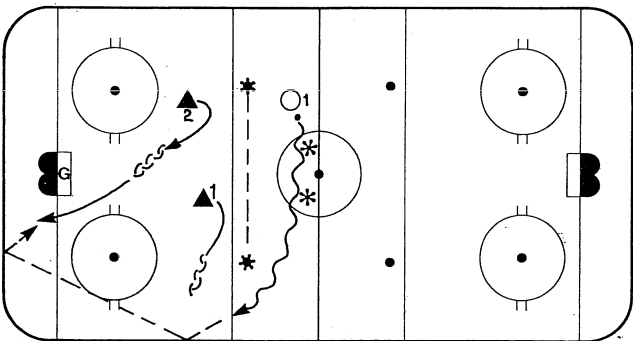
13i) ▲1 starts this drill by shooting at the goalkeeper or dumping the puck behind the net. The goalkeeper makes the save and passes to ▲1 or ▲2 who then pass to 01 (according to your break out system). Then ▲1 and ▲2 skate quickly in the neutral zone, pivot and play 1 vs 2 against 01. 01 starts the drill at the same time as ▲1. 01 reads the play and skates with timing to open space for the break out pass. After receiving the pass 01 skates through the centre ice and plays 1 vs 2.

13i)



13ii) If 01 scores, then ▲3 starts the drill over. If ▲1 or ▲2 gain possession of the puck, ▲1 and ▲2 play 2 vs 1 against 01. ▲1 and ▲2 try to carry the puck to the middle of the ice through the neutral zone face off dots which act as the second net.

13ii)



NOTE: In the first option the forward (01) can dump the puck in and try to gain it back. Defense ▲1 and ▲2 have to cooperate: ▲1 screens 01 and gives time for ▲2 to pick up the puck. In the second option (2) the forward can't dump the puck in.

14) 2 vs 1 – DRILL USING TWO NETS (IN ONE END)

THE FORWARDS (01-02) HAVE 3 OBJECTIVES:

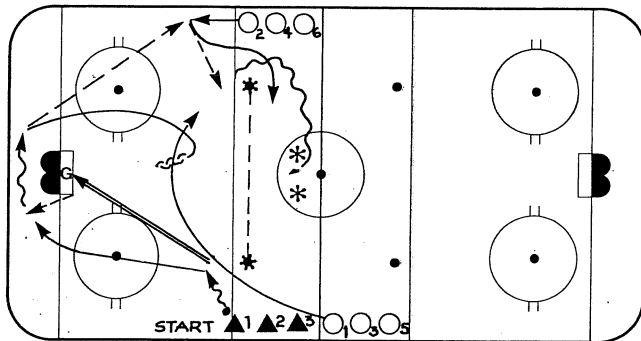
1. To score and 2. To control the puck and 3. To start **forechecking** or **backchecking** (protect the middle of the ice).

THE DEFENSE (▲1) HAS 3 OBJECTIVES:

1. To prevent forwards from scoring, 2. To gain possession of the puck and 3. To start the offense by breaking to the middle of the ice (over the line between the two face off dots.)

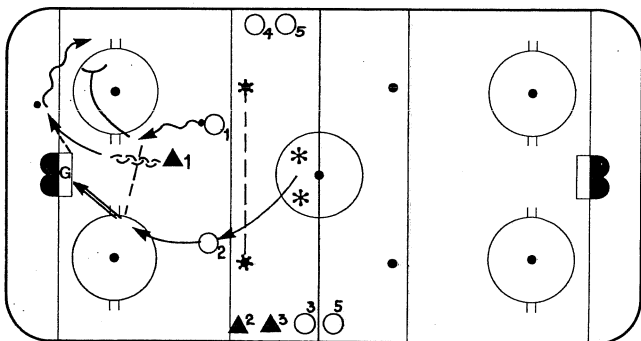
14i) ▲1 starts this drill by shooting at the goalkeeper or dumping the puck behind the net. The goalkeeper makes the save or stops the puck for ▲1. ▲1 skates and picks up the puck behind the net and passes to 01 or 02. ▲1 then skates over the blueline, pivots and plays 2 vs 1 against 01 and 02. 01 and 02 start the drill at the same time as ▲1. 01 and 02 read the play and skate with timing to open space for the break out pass from ▲1. After receiving the pass 01 and 02 skate through the centre ice and play 2 vs 1 against ▲1.

14i)



14ii) If 01 and 02 score, then ▲2 starts the drill over. If ▲1 gains possession of the puck, ▲1 must try to carry the puck to the middle of the ice through the neutral zone face off dots, which act as the second net.

14ii)



NOTE: *The Players continue playing until one or the other scores or up to a maximum of 20 seconds. On the coaches whistle the next players start the drill over.

*The Goaltender, after the save, has to pass to ▲1.

15. 2 vs 2 – DRILL USING TWO NETS (IN ONE END)

THE FORWARDS (01-02) HAVE 3 OBJECTIVES:

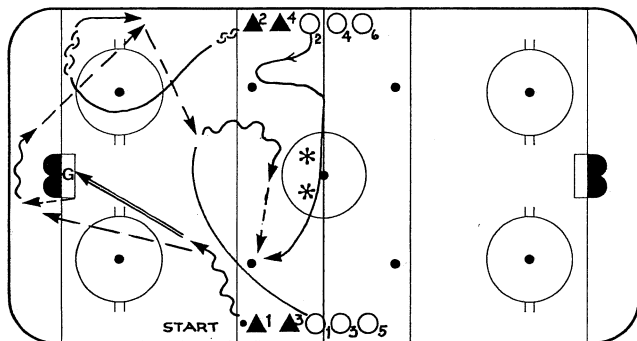
1. To score and 2. To control the puck and 3. To start **forechecking** or **backchecking** (protect the middle of the ice).

THE DEFENSE (▲1-▲2) HAVE 3 OBJECTIVES:

1. To **prevent forwards from scoring**, 2. To **gain possession of the puck** and 3. To **start the offense by breaking to the middle of the ice** (over the line between the two face off dots.)

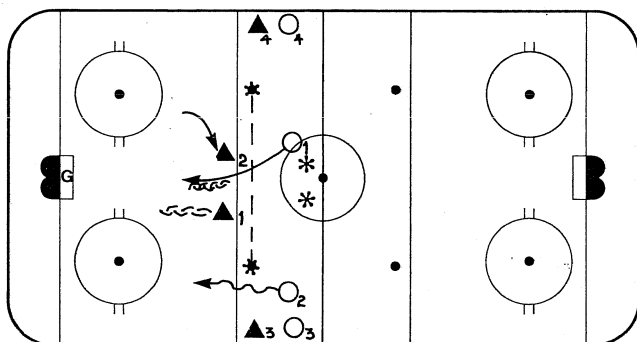
15i) ▲1 starts this drill by shooting at the goalkeeper or dumping the puck behind the net. The goalkeeper makes the save and passes to ▲2 or ▲1 who then pass to 01 or 02 (according to your system). Then ▲1 and ▲2 skate quickly into the neutral zone, pivot and play 2 v s 2 against 01 and 02. 01 and 02 start the drill at the same time as ▲1. 01 and 02 read the play and skate with timing to open space for the break out pass from ▲1. After receiving the pass 01 and 02 skate through the middle circle and play 2 vs 2 against ▲1 and ▲2.

15i)



15ii) If 01 and 02 score, then ▲3 starts the drill over. If ▲1 or ▲2 gains possession of the puck, they must try to carry the puck over the middle of the ice through the neutral zone face off dots, which act as the second net.

15ii)



NOTE: *The Players continue playing until one or the other scores or up to a maximum of 30 seconds. On the whistle the next players start the drill over.

*The Goaltender, after the save, has to pass to ▲1 or ▲2.

*Coaches can add two pylons, 3 feet apart as the second net.

16. 3 vs 2 OR (3 vs 3) – DRILL USING TWO NETS (IN ONE END)

THE FORWARDS (01, 02-03) HAVE 3 OBJECTIVES:

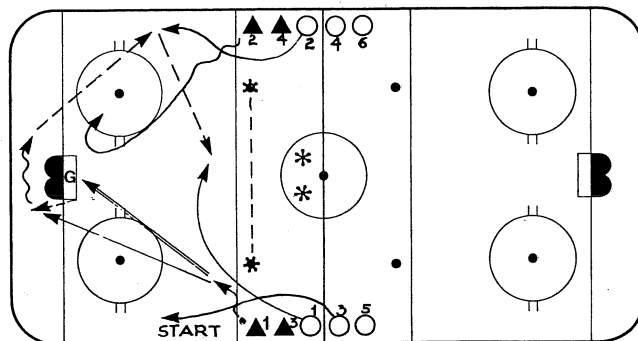
1. To score and 2. To control the puck and 3. To start **forechecking** or **backchecking** (protect the middle of the ice).

THE DEFENSE (▲1-▲2) HAVE 3 OBJECTIVES:

1. To **prevent forwards from scoring**, 2. To **gain possession of the puck** and 3. To **start the offense by breaking to the middle of the ice** (over the line between the two face off dots.)

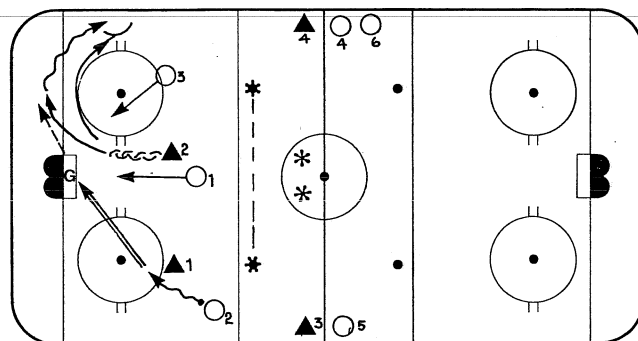
16i) ▲1 starts the drill by shooting at the goalkeeper or dumping the puck behind the net. Then they break out 5 on 0 and play through the neutral zone, turn and attack 3 vs 2 at the same end of the rink.

16i)



16ii) If the forwards score, then ▲3 starts the drill over. If ▲1 or ▲2 gain possession of the puck, they must try to carry the puck over the middle of the ice through the neutral zone face off dots, which act as the second net.

16ii)



NOTE: *The Players continue playing until one or the other scores or up to a maximum of 30 seconds. On the coaches whistle the next players start the drill over.

*The Goaltender, after the save, has to pass to ▲1 or ▲2.

*In the progression you can add one player after the first direct 3 vs 2 attack in order to help the defense and play 3 vs 3. So the high forward in the offense has to react quickly after losing possession of the puck.

III. TRANSITION DRILLS IN ONE END

C. SCORING DRILLS

(For Ages 12 and older)

In today's game it can be said that "SCORING STARTS AFTER THE FIRST SHOT. "The moment after the shot" is very important for scoring but also for defense. The situations that occur after shooting are often efficient transition opportunities.

This chapter gives examples of scoring drills, where the drill continues after the first shot.

17. SCORING – 1 ON 0 OR 2 ON 0

THE SHOOTER HAS 2 OBJECTIVES:

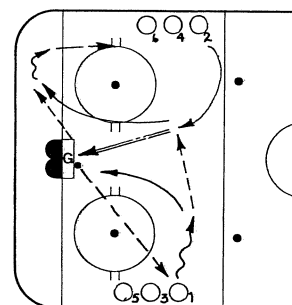
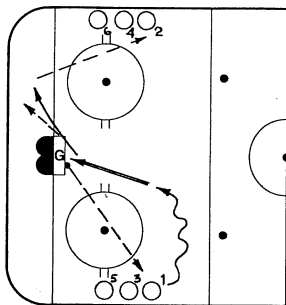
1. To score and 2. To react according to the shot (rebound, take the free puck).

17Ai) 01 starts with the puck from the boards, skates to the middle of the ice and shoots. After shooting 01 follows the shot for a rebound or picks up the free puck and passes to 02. 02 starts the drill over. After a goal or a save the goalkeeper passes to 02.

17Aii) The same drill but now they play 2 on 0. 01 and 02 start at the same time from the opposite side. Both players follow the shot and the closest player picks up the free puck and passes to 03 or 04.

17Ai)

17Aii)



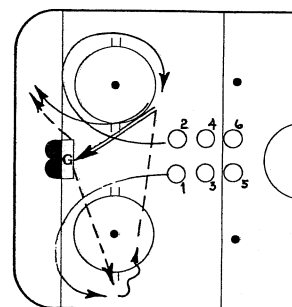
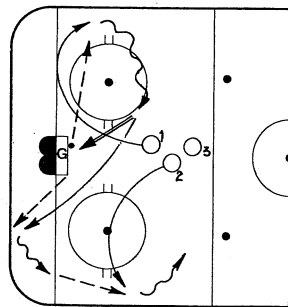
18. SCORING – 1 ON 0 OR 2 ON 0

18i) 01 skates under the circle and receives a pass from the goaltender. 01 skates to the middle and shoots in order to score. 01 then follows the shot for a rebound or picks up the free puck and passes to 02. 02 reads the play and skates with timing to open space for the break out pass and starts the drill over.

18ii) The same drill but now they play 2 on 0.

18i)

18ii)



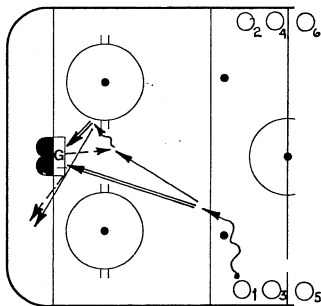
19. 1 ON 0 FROM THE NEUTRAL ZONE

19i) 01 starts with the puck from the neutral zone and shoots. 01 then follows the shot for a rebound or picks up the free puck and passes to 02 who moves with timing to support 01.

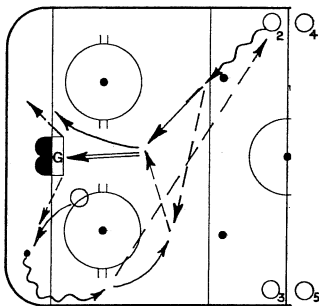
19ii) 02 receives the pass and passes back to 01, skates to the middle and receives the pass again from 01 for a one touch shot. 02 then follows the shot for a rebound or picks up the free puck and passes to 03, who starts the drill over.

After a goal or a save the goalkeeper passes to the next player.

19i)



19ii)

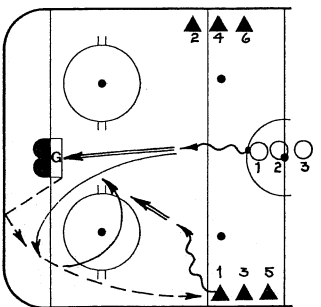


20. THE SECOND SHOT FOR THE DEFENSE

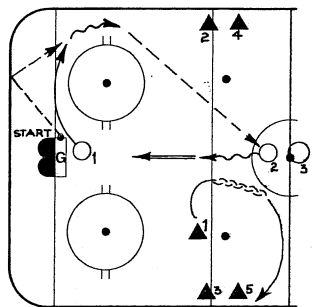
20i) 01 starts with the puck from the middle circle and shoots after crossing the blueline. 01 follows the shot for a rebound or picks up the free puck and passes to ▲1. 01 then skates to the front of the net for a deflection or rebound. ▲1 receives the pass, skates to the middle and shoots.

20ii) 01 follows the shot of ▲1 for a rebound or picks up the free puck and passes to 02, who starts the drill over. ▲1 after shooting pivots and skates backwards to the red line. After a goal or a save the goalkeeper passes to the next player.

20i)



20ii)



21. SCORING 1 VS 1 IN ONE END

THE FORWARD HAS 3 OBJECTIVES:

1. To score and 2. To react according to the shot (rebound, take the free puck or start forechecking) and 3. To play the second situation 1 vs 1 against ▲1 or pass to ▲2 and skate to the front of the net for a rebound or a deflection.

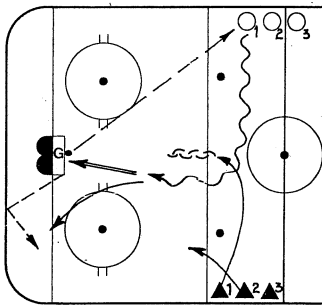
THE DEFENSE HAS 3 OBJECTIVES:

1. To prevent 01 from scoring, 2. To play 1 vs 1 against 01 in the end and in the front of the net and 3. To gain possession of the puck and pass to 02.

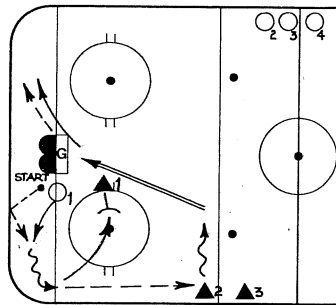
21i) The goaltender starts with the puck and passes to 01. After receiving the pass 01 skates through the middle circle and plays 1 on 1 against ▲1 in order to score. ▲1 begins at the same time as 01, skates to the middle and plays 1 on 1 against 01.

21ii) 01 follows the shot for a rebound or picks up the free puck. If 01 gains possession of the puck 01 tries to score again or 01 can pass to ▲2 and skates to the front of the net to play 1 vs 1 against ▲1. ▲1 continues to play 1 vs 1 in the end in order to prevent 01 from scoring. ▲2 skates to the middle and shoots.

21i)

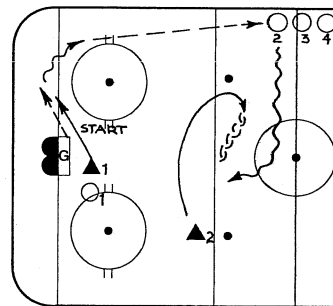


21ii)



21iii) When ▲1 gains possession of the puck, ▲1 will pass to 02. 02 starts the drill over and plays 1 on 1 against ▲2.

21iii)



NOTE: *The goaltender, after the save or goal, must pass to 02.

*If the defense or goaltender can't break out in about 30 seconds, the coach blows the whistle and the next players start the drill over.

IV. TRANSITION DRILLS USING FULL ICE

A. ONE PUCK DRILLS

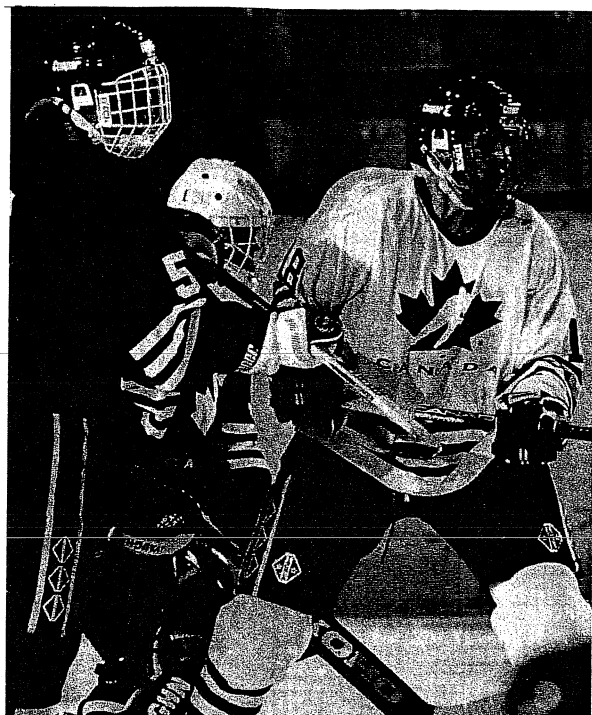
(For Ages 12 and older)

With these drills you can teach transition from offense to defense in the offensive zone or from defense to offense in the defensive zone.

The first drills are basic situations for the defense and the forwards followed by special drills for defense and forwards. There is a teaching progression in this chapter for 2 on 1 to 3 on 3 situations.

In all the following drills the players who are next in line, should read the game and move with timing when the drill is in progress.

Teach transition, while at the same time, teaching individual and/or team play tactics as described in the Canadian Hockey Association, National Coaching Certification Manual. (Intermediate and Advanced Levels)



22. Basic Transition

22A. 2 ON 1 – ONE PUCK DRILL (FULL ICE)

THE FORWARDS (01-02) HAVE 2 OBJECTIVES:

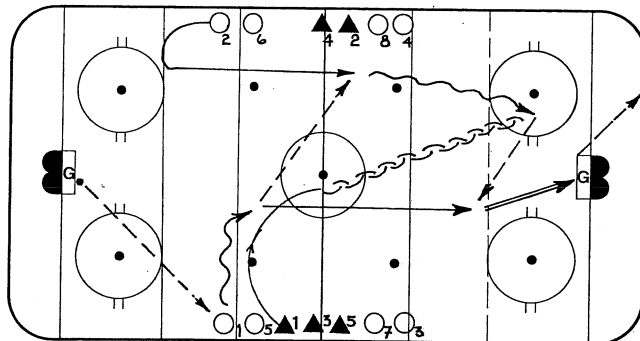
1. To score and 2. To start forechecking.

THE DEFENSE (▲1) HAS 3 OBJECTIVES:

1. To prevent 01 from scoring, 2. To gain possession of the puck and 3. To pass to 03 or 04.

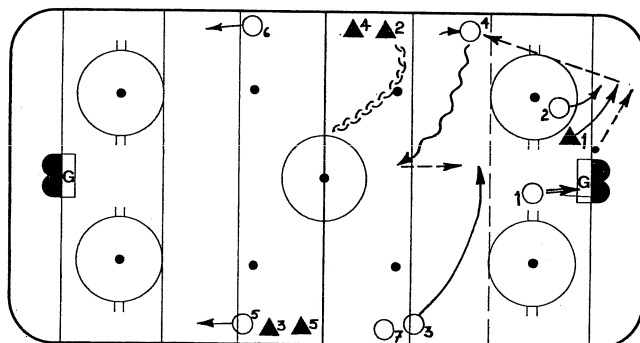
22Ai) The goaltender starts with the puck and passes to 01. 01 skates to the middle and passes to 02. Then 01 and 02 skate through the neutral zone and attack 2 on 1 against ▲1. ▲1 begins at the same time as 01. ▲1 skates to the blueline, pivots and defends 2 on 1 against 01 and 02.

22Ai)



22Aii) 01 and 02 will try to score or forecheck in order to try to score again. 01 and 02 play 2 vs 1 against ▲1 below the dotted line. (If the puck comes over this line 03 or 04 can take the puck.) ▲1 must gain possession of the puck and pass to 03 or 04. 03 or 04 then start the drill over in the opposite direction.

22Aii)



NOTE: *The goaltender, after the save or goal, 1. must pass to ▲1 who then passes to 03 or 04, 2. or pass directly to 03 or 04.

*If the defense or goaltender can't break out in about 20 seconds, the coach whistles and the next players start the drill over.

22. Basic Transition

22B) 3 ON 2 (2 ON 2, 3 ON 3) – ONE PUCK DRILL (FULL ICE)

THE FORWARDS (01, 02-03) HAVE 2 OBJECTIVES:

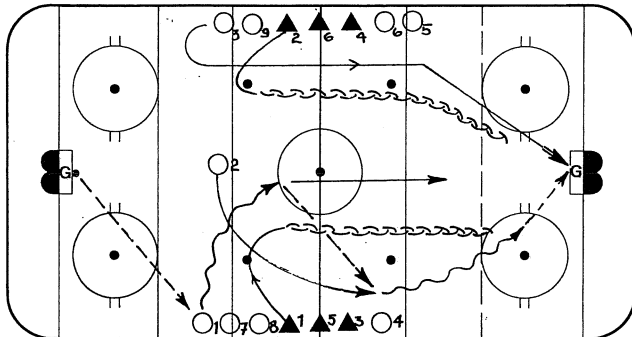
1. To score and 2. To start forechecking.

THE DEFENSE (▲1-▲2) HAVE 3 OBJECTIVES:

1. To prevent forwards from scoring, 2. To gain possession of the puck and 3. To pass to 04, 05 or 06.

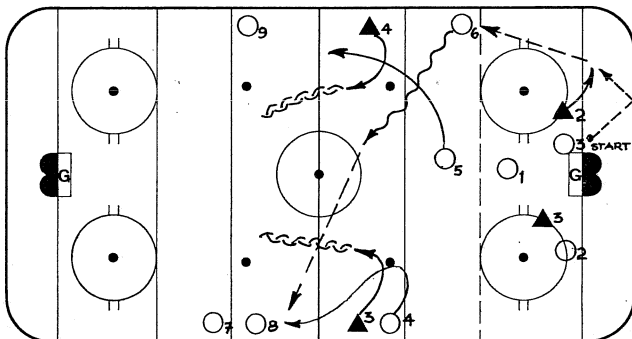
22Bi) The goaltender starts with the puck and passes to 01. 01 skates to the middle and passes to 02 or 03. Then 01, 02 and 03 skate through the neutral zone and attack 3 vs 2 against ▲1 and ▲2. ▲1 and ▲2 begin at the same time as 01. ▲1 and ▲2 skate to the blueline, pivot and skate backwards to close the gap to play 3 vs 2.

22Bi)



22Bii) 01, 02 and 03 will try to score or forecheck in order to try to score again. The forwards play 3 vs 2 against ▲1 and ▲2 below the dotted line. (If the puck comes over this line 04, 05 or 06 can take the puck.) ▲1 and ▲2 must gain possession of the puck and pass to 04, 05 or 06. 04, 05 or 06 then start the drill over in the opposite direction.

22Bii)



NOTE: *You can practice this model with 2 on 2 and 3 on 3 situations.
*If the defense or goaltender can't break out in about 30 seconds, the coach blows the whistle and 04, 05 and 06 start the drill over.

23. Transition for the defense

23A) DEFENSE TO OFFENSE 2 ON 1

THE FORWARD (01) HAS 2 OBJECTIVES:

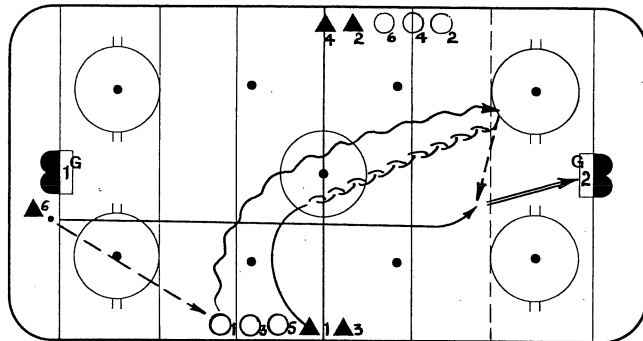
1. To score and 2. To start forechecking.

THE DEFENSE (▲1) HAS 3 OBJECTIVES:

1. To prevent 01 and ▲6 from scoring, 2. To gain possession of the puck and 3. To make a break out pass to 02 and support 02 on offense 2 on 1 against ▲2.

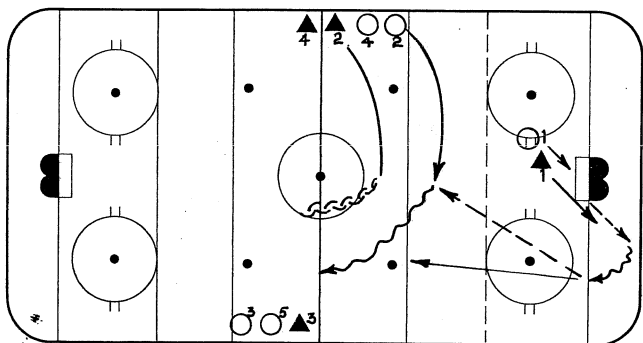
23Ai) ▲6 starts with the puck behind the goal line and passes to 01. ▲6 then skates to support 01 on offense. 01 and ▲6 skate through the neutral zone and attack 2 on 1 against ▲1. ▲1 begins at the same time as 01. ▲1 skates to the redline, pivots and defends 2 on 1 against 01 and ▲6.

23Ai)



23Aii) 01 ▲6 will try to score or 01 will forecheck in order to try to score again. 01 plays 1 vs 1 against ▲1 below the dotted line. (If the puck comes over this line 02 can take the puck.) ▲1 must gain possession of the puck and pass to 02. 02 then starts the drill over and ▲1 supports 02 on offense.

23Aii)



NOTE: *▲6 supports first attack on goal then finishes.

*The goaltender, after the save or goal, 1. must pass to ▲1 who then passes to 02, 2. or pass directly to 02.

*If the defense or goaltender can't break out in about 20 seconds, the coach whistles and the next players start the drill over.

23. Transition for defense

23B. DEFENSE TO OFFENSE 2 ON 1 + REGROUPING IN THE NEUTRAL ZONE

THE FORWARD (01) HAS 2 OBJECTIVES:

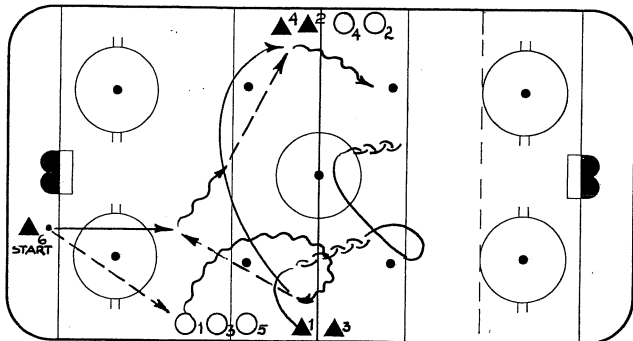
1. To score and 2. To start forechecking.

THE DEFENSE (▲1) HAS 3 OBJECTIVES:

1. To prevent 01 and ▲6 from scoring, 2. To gain possession of the puck and 3. To pass to 03 and support 03 on offense 2 on 1 against ▲2.

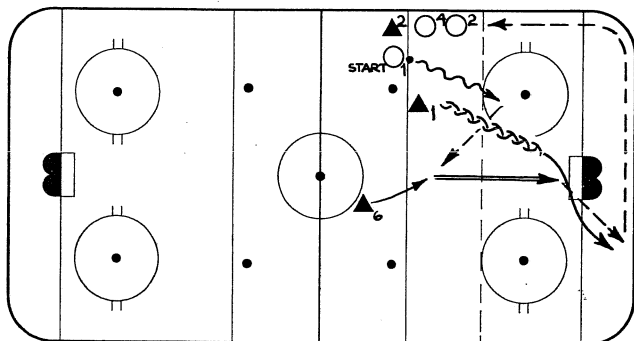
23Bi) This drill is similar to 23A, but ▲6 and 01 will now regroup in the neutral zone. ▲6 starts with the puck behind the net and passes to 01. ▲6 then skates to support 01 on offense. 01 turns in the neutral zone and passes to ▲6. 01 and ▲6 will regroup and attack 2 on 1 against ▲1.

23Bi)



23Bii) 01 and ▲6 will try to score or 01 will forecheck in order to try to score again. 01 plays 1 vs 1 against ▲1 below the dotted line. (If the puck comes over this line 02 can take the puck.) ▲1 must gain possession of the puck and pass to 02. 02 then starts the drill over and ▲1 supports 02 on offense. They will regroup in the neutral zone.

23Bii)



NOTE: *▲6 supports first attack on goal then finishes.

*The goaltender, after the save or goal, 1. must pass to ▲1 who then passes to 02, 2. or pass directly to 02.

*If the defense or goaltender can't break out in about 20 seconds, the 2 on 1 stops, the coach whistles and the next players start the drill over.

23. Transition for defense

23C. DEFENSE TO OFFENSE 4 ON 2

THE FORWARDS (01-02) HAVE 2 OBJECTIVES:

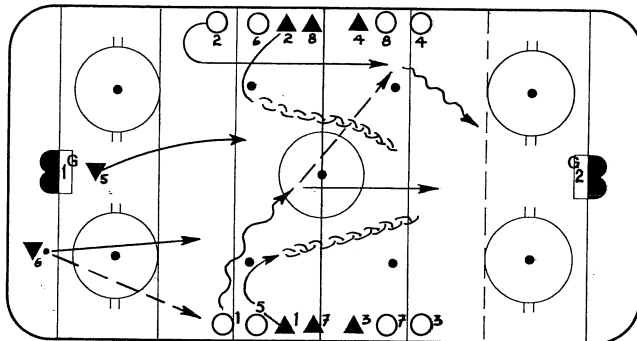
1. To score and 2. To start forechecking.

THE DEFENSE (▲1-▲2) HAVE 3 OBJECTIVES:

1. To prevent forwards from scoring, 2. To gain possession of the puck and 3. To pass to 01 or 02 and support them on offense 4 on 2.

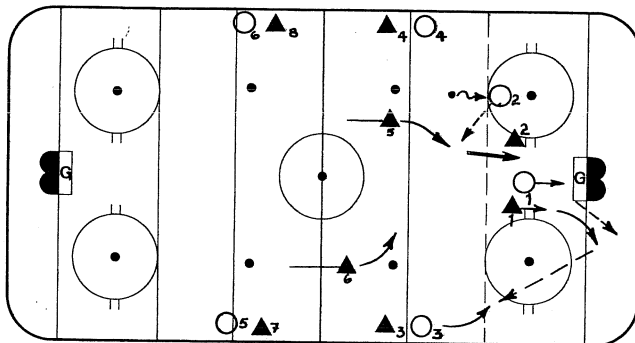
23Ci) ▲6 starts with the puck behind the net and passes to 01. ▲6 and ▲5 then skate to support 01 and 02 on offense. 01, 02, ▲5 and ▲6 skate through the neutral zone and attack 4 on 2 against ▲1 and ▲2. ▲1 and ▲2 begin at the same time as 01. ▲1 and ▲2 skate to the blueline, pivot and skate backwards to close the gap to defend 4 on 2.

23Ci)



23Cii) 01, 02 and ▲5 and ▲6 will try to score or 01 and 02 will forecheck in order to try to score again. 01 and 02 play 2 vs 2 against ▲1 and ▲2 below the dotted line. (If the puck comes over this line 03 or 04 can take the puck.) ▲1 and ▲2 must gain possession of the puck and pass to 03 or 04. 03 or 04 then start the drill over and ▲1 and ▲2 support them on offense.

23Cii)



NOTE: *The defense support the first attack on goal and then finish.

*You can practice this model with 2 on 2, 3 on 1, 3 on 2 and 4 on 3 situations.

*You can use regrouping in all drills!

23. Transition for defense

23D) OFFENSE TO DEFENSE 2 ON 1

THE FORWARD (01) HAS 2 OBJECTIVES:

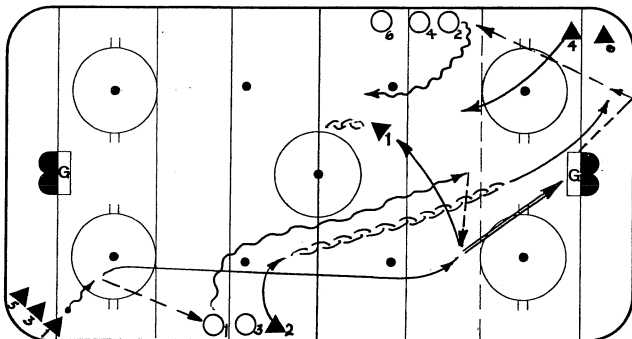
1. To score and 2. To start forechecking.

THE DEFENSE (▲1) HAS 3 OBJECTIVES:

1. To support 01 on offense while attacking 2 on 1 against ▲2, 2. To prevent 02 and ▲4 from scoring, 3. To gain possession of the puck and pass to 03.

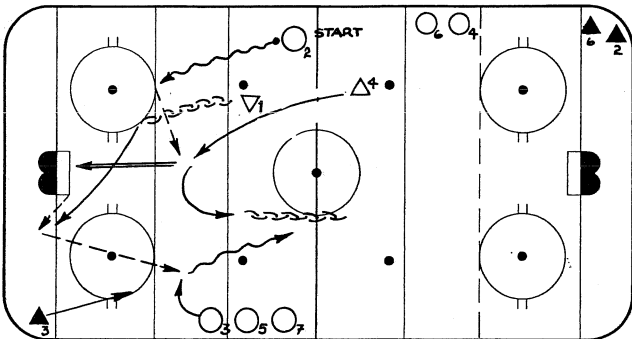
23Di) ▲1 starts with the puck from the corner and passes to 01. ▲1 then skates to support 01 on offense. 01 and ▲1 skate through the neutral zone and attack 2 on 1 against ▲2. ▲2 begins at the same time as 01. ▲2 skates to the blueline, pivots and defends 2 on 1 against 01 and ▲1.

23Dii)



23Dii) 01 and ▲1 will try to score or 01 will forecheck in order to try to score again. 01 and ▲1 play 1 vs 1 against ▲2 below the dotted line. (If the puck comes over this line 02 can take the puck.) ▲2 must gain possession of the puck and pass to 02. 02 then starts the drill over and ▲4 supports 02 on offense. ▲1 continues playing and switches offense to defense playing 2 on 1 against 02 and ▲4 in the opposite direction.

23Dii)



NOTE: *The goaltender, after the save or goal, 1. must pass to ▲2 who then passes to 02, 2. or pass directly to 02.

*You can practice this model with 3 on 1 or 3 on 2 situations.

*Regrouping with the new defense works well in this drill.

24. Transition for forwards

24A) DEFENSE TO OFFENSE 1 VS 2

THE FORWARD (01) HAS 3 OBJECTIVES:

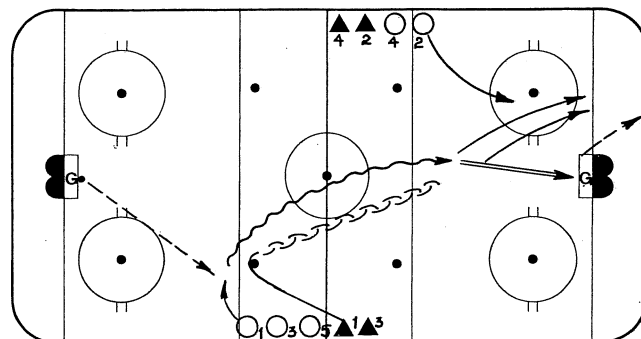
1. To help the defense ▲1 to gain possession of the puck,
2. To break out and score and 3. To start forechecking.

THE DEFENSE (▲1) HAS 3 OBJECTIVES:

1. To prevent 01 from scoring, 2. To gain possession of the puck and 3. To pass to 02.

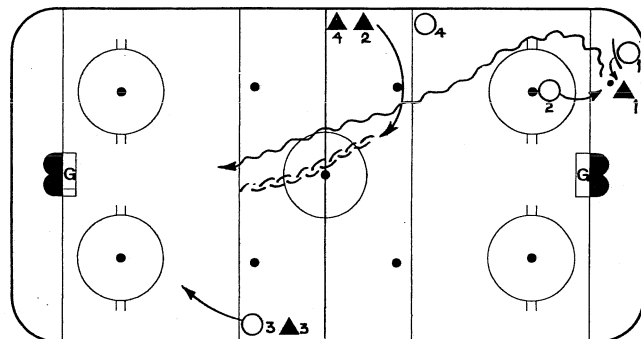
24Ai) The goaltender starts with the puck and passes to 01. 01 skates to the middle and through the neutral zone and attacks 1 on 1 against ▲1. ▲1 begins at the same time as 01. ▲1 skates to the blueline, pivots and defends 1 on 1 against 01. 02 goes to help ▲1 in the defensive zone soon after the direct attack making it 1 on 2 in an effort to gain possession of the puck.

24Aii)



24Aii) 01 will try to score or forecheck in order to try to score again. 01 plays 1 vs 2 against ▲1 and 02. When ▲1 or 02 gain possession of the puck, 02 moves from the defensive role to the offensive role and starts the drill over.

24Aii)



NOTE: *The goaltender, after the save or goal, 1. must pass to ▲1 who then passes to 02, 2. or pass directly to 02.

*You can practice this model in a 2 vs 2 situation.

24. Transition for forwards

24B. DEFENSE TO OFFENSE 3 VS 3

THE FORWARDS (01, 02, 03) HAVE 3 OBJECTIVES:

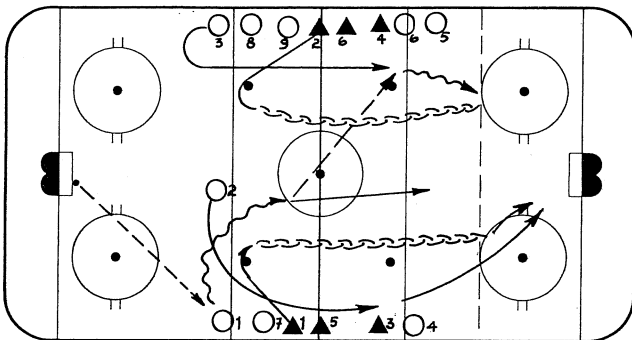
1. To help the defense ▲1 and ▲2 to gain possession of the puck,
2. To break out and score and 3. To start forechecking.

THE DEFENSE (▲1, ▲2) HAVE 3 OBJECTIVES:

1. To prevent forwards from scoring, 2. To gain possession of the puck and 3. To pass to the next forwards.

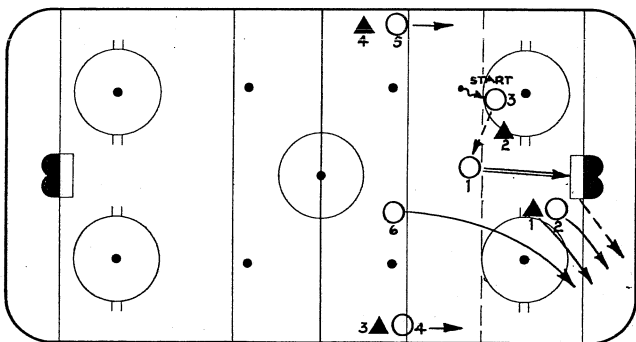
24Bi) The goaltender starts with the puck and passes to 01. 01 skates to the middle and passes to 03 or 02. They then skate through the neutral zone and attack 3 on 2 against ▲1 and ▲2. ▲1 and ▲2 begin at the same time as 01. ▲1 and ▲2 skate to blueline, pivot and defend 3 on 2 against 01, 02 and 03. 06 goes to help ▲1 and ▲2 in the defensive zone soon after the direct attack making it 3 on 3 in an effort to gain possession of the puck.

24Bi)



24Bii) 01, 02 and 03 will try to score or forecheck in order to try to score again. 01, 02 and 03 play 3 vs 3 against ▲1, ▲2 and 06 below the dotted line. (If the puck comes over this line 04 or 05 can take the puck.) When ▲1, ▲2 or 06 gain possession of the puck, 06 moves from the defensive role to the offensive role and starts with 04 and 05 in the drill against ▲3 and ▲4.

24Bii)



NOTE: *You can practice this model in 2 vs 3 or 3 vs 4 situations.

24. Transition for forwards

24C. OFFENSE TO DEFENSE 2 ON 2

THE FORWARDS (01, 02) HAVE 3 OBJECTIVES:

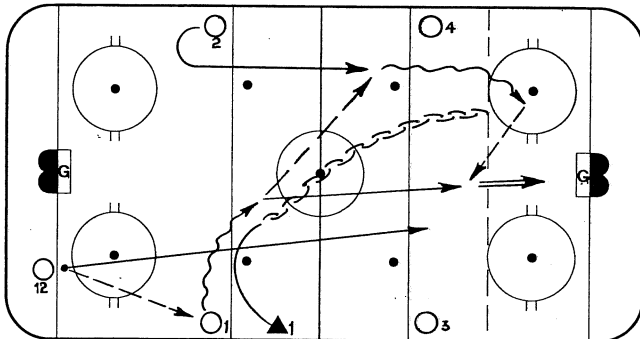
1. To score and 2. To start forechecking or backchecking and 3. To prevent the next forwards from scoring.

THE DEFENSE (▲1) HAS 3 OBJECTIVES:

1. To prevent forwards from scoring, 2. To gain possession of the puck and 3. To pass to the next forward.

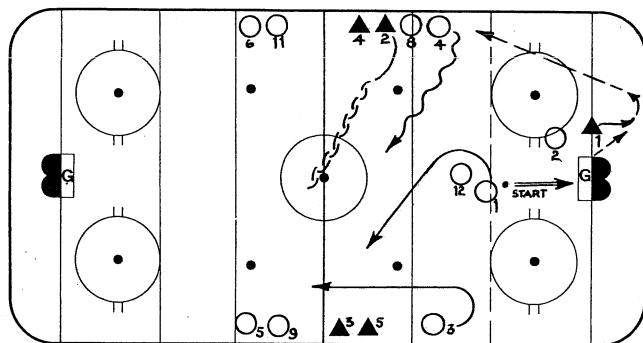
24Ci) The forward 012 starts with the puck behind the goal line and passes to 01. 012 then skates quickly to support ▲1 on defense. 01 skates to the middle and passes to 02. Then 01 and 02 skate through the neutral zone and attack 2 on 2 against 012 and ▲1. ▲1 begins at the same time as 01. ▲1 skates to the blueline, pivots and skates backwards playing 2 on 1 while 012 backchecks.

24Ci)



24Cii) 01 and 02 will try to score or forecheck to try to score again. 01 and 02 play 2 vs 2 against 012 and ▲1 below the dotted line. (If the puck comes over this line 03 and 04 can take the puck.) 012 and ▲1 must gain possession of the puck and pass to 03 or 04, who start the drill over. 01, (or the skater in the high slot), must turn quickly from offense to defense and support ▲2.

24Cii)



NOTE: *You can practice this model with 3 on 2, 3 on 3 situations, so that 2 forwards will turn from offense to defense.

24. Transition for forwards

24D. OFFENSE TO DEFENSE 3 ON 3

THE FORWARDS (01, 02, 03) HAVE 3 OBJECTIVES:

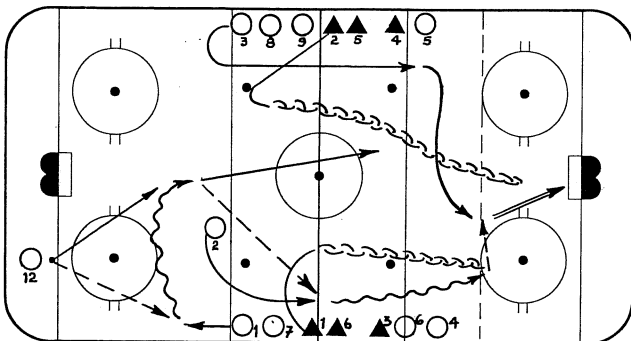
1. To score and 2. To start **forechecking** or **backchecking** and
3. To **prevent the next forwards** from scoring.

THE DEFENSE (▲1-▲2) HAVE 3 OBJECTIVES:

1. To prevent forwards from scoring, 2. To gain possession of the puck and 3. To pass to 04, 05 or 06.

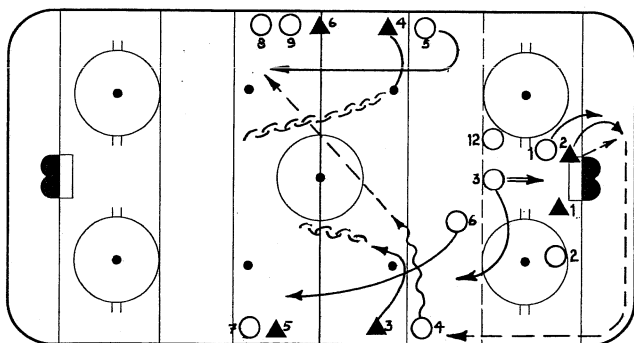
24Di) The forward 012 starts with the puck behind the goal line and passes to 01. 012 then skates quickly to support ▲1 and ▲2 on defense. 01 skates to the middle and passes to 02 or 03. Then 01, 02 and 03 skate through the neutral zone and play 3 vs 3 against 012, ▲1 and ▲2. ▲1 and ▲2 begin at the same time as 01. ▲1 and ▲2 skate to the blueline, pivot and skate backwards playing 3 on 2 while 012 backchecks.

24Di)



24Dii) 01, 02 and 03 will try to score or forecheck to try to score again. 01, 02 and 03 play 3 vs 3 against ▲1, ▲2 and 012 below the dotted line. (If the puck comes over this line 04, 05 or 06 can take the puck.) ▲1, ▲2 or 012 must gain possession of the puck and pass to 04, 05 or 06, who start the drill over. 03 (or the skater in the high slot) must turn quickly from the offense to defense and support ▲3 and ▲4.

24Dii)



NOTE: *The goaltender, after the save or goal, 1. must pass to ▲1, ▲2 or 012, who then passes to 04, 05 or 06, 2. or pass directly to 04, 05 or 06.

IV. TRANSITION DRILLS USING FULL ICE

B. GAME SITUATIONS DRILLS

(For Ages 12 and older)

With these drills you can teach transition from offense to defense or from defense to offense in all three zones.

The basic concept is that if you want to improve offense you must start the drill by playing defense or vice versa.

Drills include transition from defense to offense in progression from 1 on 2 to 5 on 5 situations.

The next drills include transition from offense to defense in progression from 2 on 1 to 5 on 5 situations.

***Teach transition, while at the same time, teaching individual and/or team play tactics as described in the Canadian Hockey Association, National Coaching Certification Manual. (Intermediate and Advanced Levels)**

25. Transition defense to offense

*1 ON 2 TO 3 ON 2 IN THE NEUTRAL ZONE

THE DEFENSIVE PLAYERS (▲1 AND ▲2) HAVE 3 OBJECTIVES:

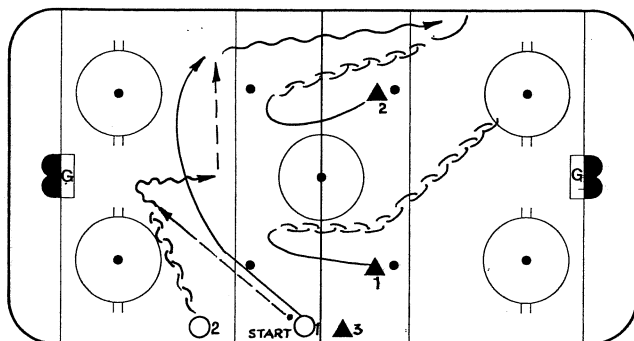
1. To prevent 01 from scoring and 2. To **gain possession of the puck (cooperate on the blueline)** and pass to ▲3 and
3. To **counter attack** 3 on 2 against 01 and 02.

THE OFFENSIVE PLAYERS (01-02) HAVE 3 OBJECTIVES:

1. To score and 2. To start forechecking or backchecking and
3. To play 2 on 3 against ▲1, ▲2 and ▲3.

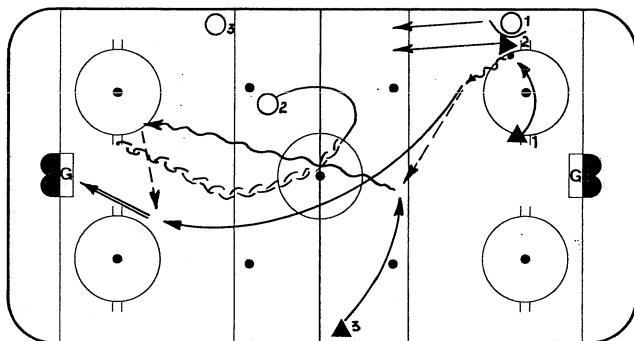
25i) 01 starts with the puck and passes to 02. 01 skates under the blueline and receives the pass back from 02. 01 then skates through the neutral zone plays 1 on 2 against ▲1 and ▲2. ▲1 and ▲2 begin at the same time as 01. ▲1 and ▲2 skate to the blueline, pivot and skate backwards to close the gap and play 1 on 2.

25i)



25ii) 01 will try to score or forecheck in order to try to score again. ▲1 and ▲2 must gain possession of the puck, pass to ▲3 and join in the drill. ▲1, ▲2 and ▲3 counter attack 3 on 2 against 02 and 01.

25ii)



NOTE: *After the 3 on 2 direct attack you can add 03 and improve the transition from offense to defense by playing 3 on 3 full ice.

*You can practice this model with 1 on 2 to 3 on 3 or 2 on 2 to 3 on 2 situations in the three zones.

26. Transition defense to offense

*2 ON 4 TO 4 ON 2 IN THE OFFENSIVE ZONE

THE DEFENSIVE PLAYERS (▲1-▲4) HAVE 3 OBJECTIVES:

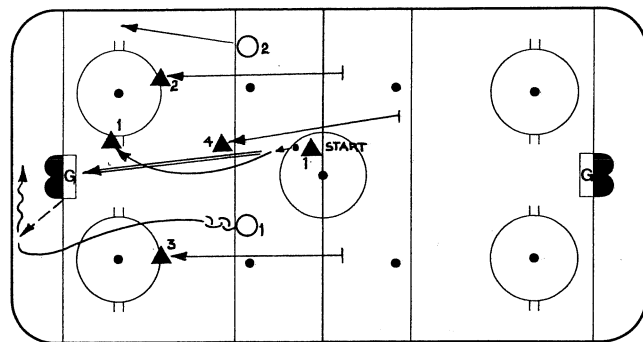
1. By **forechecking** to gain possession of the puck, 2. To **counter attack** 4 on 2 and 3. To play 4 on 4 full ice.

THE OFFENSIVE PLAYERS (01-02) HAVE 3 OBJECTIVES:

1. To break out of the defensive zone (no dumps), 2. To start the defensive play and 3. To play 4 on 4.

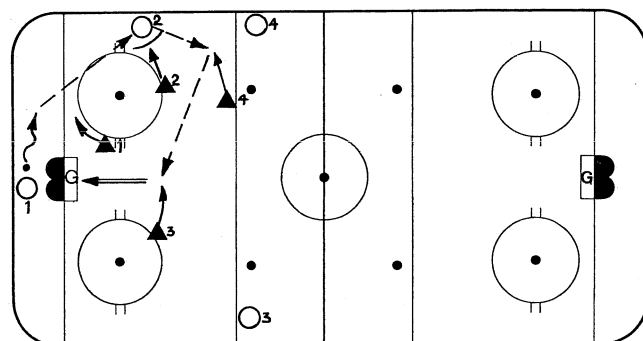
26i) ▲1 starts this drill in the neutral zone by shooting at the goalkeeper or dumping the puck behind the net. The goalkeeper makes the save or stops the puck for 01. 01 skates and picks up the puck behind the net and tries to carry the puck out or passes to 02. The four defensive players begin at the same time and skate to the offensive zone to forecheck.

26i)



26ii) 01 and 02 will try to break out from the defensive zone (no dumps). ▲1, ▲2, ▲3 and ▲4 will try to gain possession of the puck in order to counter attack and to score.

26ii)



NOTE: *After the direct 4 on 2 attack you can add 03 and 04 and improve the transition from offense to defense by playing 4 on 4.

*You can practice this model with 2 on 3 to 3 on 2 or 3 on 4 to 4 on 3 situations in the three zones.

*The key to this drill is to emphasize and reinforce your team play tactics and systems.

27. Transition defense to offense

*3 ON 5 TO 5 ON 3 IN THE OFFENSIVE ZONE + (5 ON 5)

THE DEFENSIVE PLAYERS (▲1-▲5) HAVE 3 OBJECTIVES:

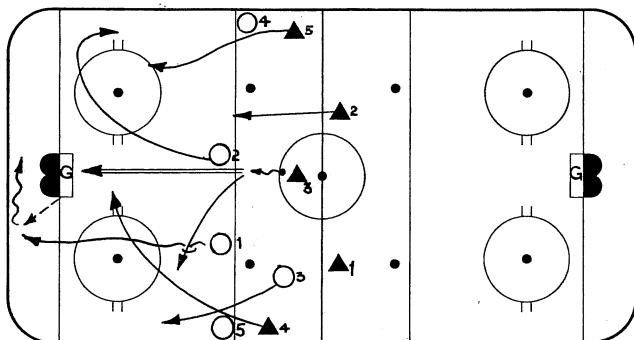
1. By forechecking 3 on 5 to gain possession of the puck,
2. To counter attack 5 on 3 and 3. To play 5 on 5 full ice.

THE OFFENSIVE PLAYERS (○1-○3) HAVE 3 OBJECTIVES:

1. To break out of the defensive zone (no dumps), 2. To start the defensive play and 3. To play 5 on 5.

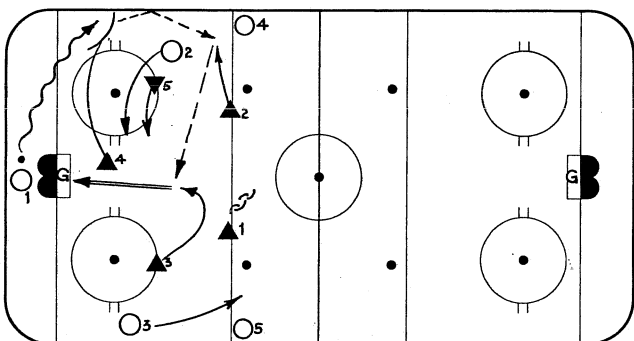
27i) ▲3 starts this drill in the neutral zone by shooting at the goalkeeper or dumping the puck behind the net. The goalkeeper makes the save or stops the puck for ○1. ○1 skates and picks up the puck behind the net and tries to carry the puck out or passes to ○2 or ○3. ▲1-▲5 will begin to forecheck at the same time.

27i)



27ii) ○1, ○2 and ○3 will try to break out of the defensive zone (no dumps). ▲1-▲5 will try to gain possession of the puck and score. After the first attack 5 on 3, ○4 and ○5 can join and play 5 on 5 full ice.

27ii)



NOTE: *You can practice this model with all of the different situations in the three zones.

*The key to this drill is to emphasize and reinforce your team play tactics and systems.

28. Transition defense to offense

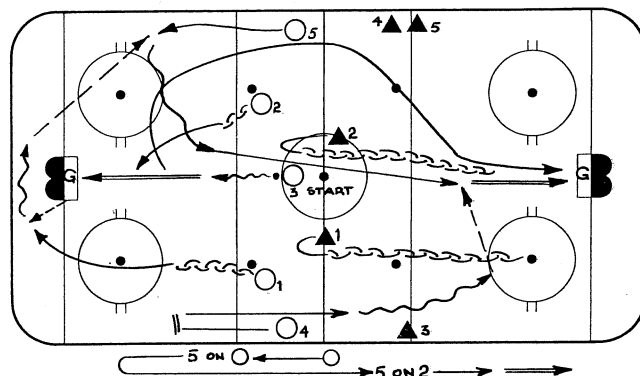
*5 ON 5 TO 5 ON 2 IN THE DEFENSIVE ZONE

THE DEFENSIVE PLAYERS (▲1-▲5) HAVE 3 OBJECTIVES:

1. To prevent forwards ○1-○5 from scoring, 2. To gain possession of the puck and 3. To start the attack 5 on 2 and score.

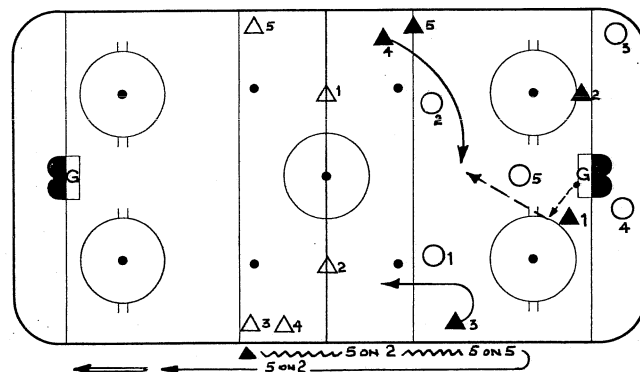
28i) ○3 starts this drill by shooting at the goalkeeper or dumping the puck behind the net. The goalkeeper makes the save and passes to ○1 or ○2 who then break out (according to your system) and attack 5 on 2 against ▲1 and ▲2. ▲1 and ▲2 begin at the same time as ○1. ▲1 and ▲2 skate to the blueline, pivot and defend 5 on 2 against ○1-○5. ○1-○5 will try to score and forecheck in order to gain possession of the puck and to try to score again.

28i)



28ii) ▲3, ▲4 and ▲5 join in the drill after the direct attack and defend 5 on 5 in the defensive zone. When one of ▲1-▲5 gain possession of the puck, ○1-○5 get out of the play. ▲1-▲5 start the offense 5 on 2 against ▲1 and ▲2, who are waiting in the neutral zone. ▲3, ▲4 and ▲5 join in the drill after the direct attack and defend 5 on 5. The drill continues.

28ii)



NOTE: *This is a one puck drill, so that the goaltender, after the save or goal, must pass to ▲1-▲5 and ○1-○5.

*The key to this drill is to emphasize and reinforce your team play tactics and systems.

29. Transition defense to offense

*2 ON 1 TO 3 ON 3 IN THE OFFENSIVE ZONE

THE OFFENSIVE PLAYERS (01-03) HAVE 3 OBJECTIVES:

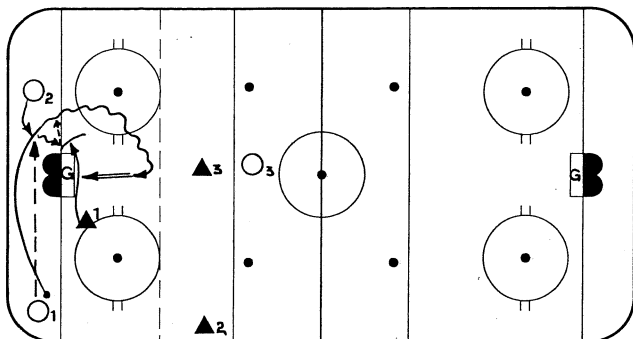
1. To **score**, 2. To start **forechecking** or **backchecking** and
3. To prevent the opponents from scoring.

THE DEFENSIVE PLAYERS (▲1-▲3) HAVE 3 OBJECTIVES:

1. To prevent forwards from scoring, 2. To gain possession of the puck and
3. To pass to ▲2 or ▲3 and support them on offense.

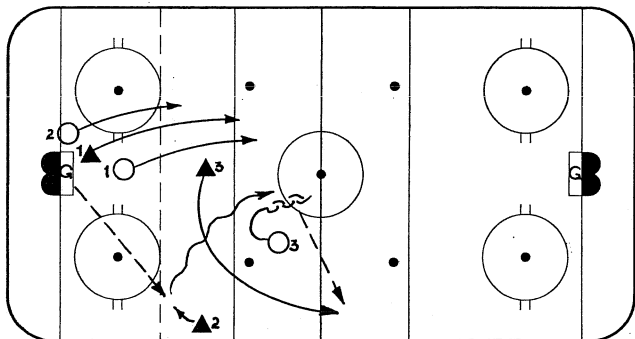
29i) On the coaches whistle 01 starts with the puck from the corner (players on their knees) and plays 2 on 1 with 02 against ▲1 below the dotted line. 01 and 02 will try to score or forecheck in order to try to score again. If the puck comes over the line ▲2 and ▲3 can take the puck. ▲1 must gain possession of the puck and pass to ▲2 or ▲3, who start to counter attack.

29i)



29ii) When ▲1 gains possession of the puck or the puck comes over the dotted line, ▲1, ▲2 and ▲3 start to play offence against 03. 01 and 02 must turn quickly from the offense to defense and skate to support 03 and play 3 on 3 full ice until the coach blows the whistle.

29ii)



NOTE: *The goaltender, after the save or goal, 1. must pass to ▲1, who then passes to ▲2 or ▲3, 2. or pass directly to ▲2 or ▲3.
*You can practice this model with 2 to 3 on 2 or 3 on 2 to 3 on 3 situations in the three zones.

30. Transition offense to defense

*2 ON 2 TO 4 ON 3 IN THE OFFENSIVE ZONE

THE OFFENSIVE PLAYERS (01-03) HAVE 3 OBJECTIVES:

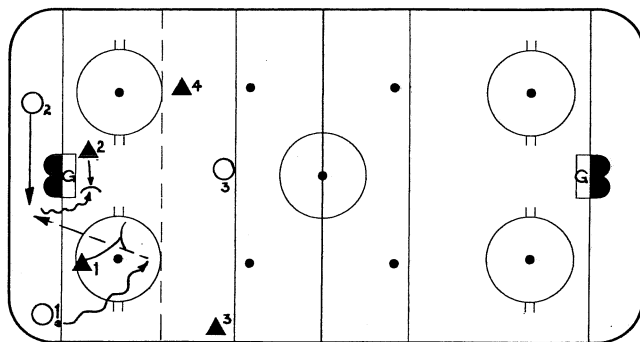
1. To **score**, 2. To start **forechecking** or **backchecking** and
3. To prevent the opponents from scoring.

THE DEFENSIVE PLAYERS (▲1-▲4) HAVE 3 OBJECTIVES:

1. To prevent forwards from scoring, 2. To gain possession of the puck and
3. To pass to ▲3 or ▲4 and support them on offense.

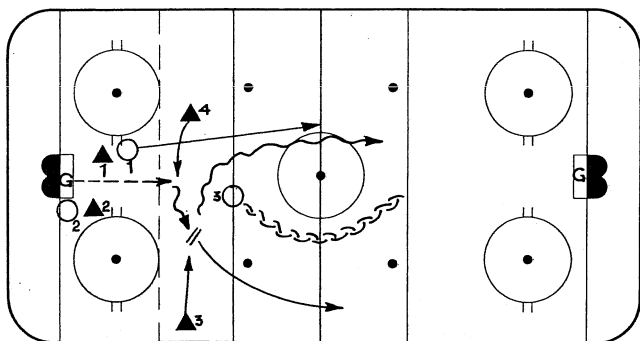
30i) On the coaches whistle the forward 01 starts with the puck from the corner (players on their knees) and plays 2 on 2 with 02 against ▲1 and ▲2 below the dotted line. 01 and 02 will try to score or forecheck in order to try to score again. If the puck comes over the line ▲3 or ▲4 can take the puck.

30i)



30ii) When ▲1 or ▲2 gain possession of the puck or the puck comes over the dotted line ▲1, ▲2, ▲3 and ▲4 start to counter attack against 03. 01 and 02 must turn quickly from the offense to defense and skate to support 03 and play 4 on 3 full ice until the coach blows the whistle.

30ii)



NOTE: *The key to this drill is to emphasize and reinforce your team play tactics and systems.

31. Transition offense to defense

***3 ON 2 TO 4 ON 4 IN THE NEUTRAL OR OFFENSIVE ZONE**

THE OFFENSIVE PLAYERS (01-04) HAVE 3 OBJECTIVES:

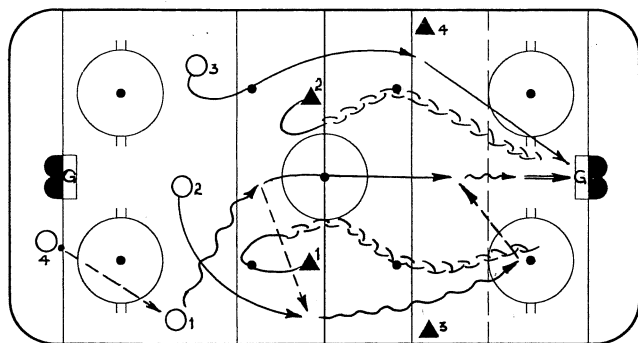
1. To **score**, 2. To start **forechecking or backchecking** and
3. To prevent the opponents from scoring.

THE DEFENSIVE PLAYERS (▲1-▲4) HAVE 3 OBJECTIVES:

1. To prevent forwards from scoring, 2. To gain possession of the puck and 3. To pass to ▲3 or ▲4 and support them on offense.

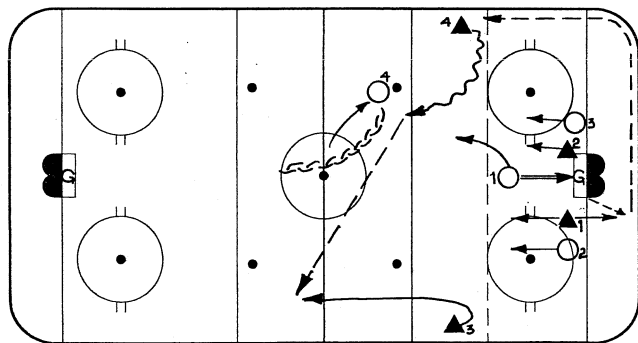
31i) 04 starts with the puck behind the net and passes to 01. 01 skates to the middle and passes to 02 or 03 and play through the neutral zone 3 on 2 against ▲1 and ▲2. ▲1 and ▲2 begin at the same time as 01. They skate to the blueline, pivot and play 3 on 2 against 01, 02 and 03. 01, 02 and 03 will try to score or forecheck in order to try to score again. If the puck comes over the dotted line ▲3 or ▲4 can take the puck.

31i)



31ii) When ▲1 or ▲2 gain possession of the puck or the puck comes over the dotted line ▲1, ▲2, ▲3 and ▲4 start to counter attack against 04, 03, 02 and 01. 01, 02 and 03 must turn quickly from the offense to defense and skate to support 04 and play 4 on 4 full ice until the coach blows the whistle.

31ii)



NOTE: *The key to this drill is to emphasize and reinforce your team play tactics and systems.

32. Transition offense to defense

***5 ON 3 TO 5 ON 5 IN THE NEUTRAL OR OFFENSIVE ZONE**

THE OFFENSIVE PLAYERS (01-05) HAVE 3 OBJECTIVES:

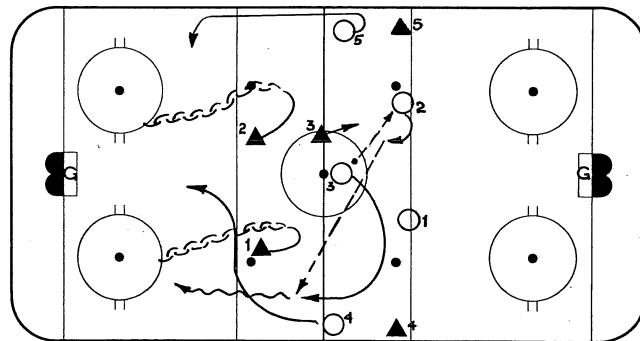
1. To **score**, 2. To start **forechecking or backchecking** and
3. To prevent the opponents from scoring.

THE DEFENSIVE PLAYERS (▲1-▲5) HAVE 3 OBJECTIVES:

1. To prevent forwards from scoring, 2. To gain possession of the puck and 3. To pass to ▲4 or ▲5 and play 5 on 5.

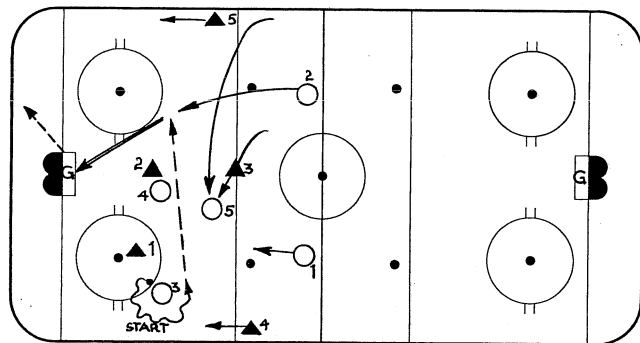
32i) 01-05 all start to break out in the neutral zone. 03 starts the drill and passes from the middle circle to 02. 02 skates over the blueline and passes to 04 or 01 or 02 or 05 (according to your break out system) and they will attack 5 on 3 through the neutral zone against ▲1, ▲2 and ▲3. ▲1-▲3 begin at the same time as 03. ▲3 will delay the puckcarrier and ▲1 and ▲2 skate to the blueline, pivot and defend 5 on 3 against 01-05.

32i)



32ii) 01-05 will try to score or forecheck in order to try to score again (allow a 10 second time limit to score). ▲4 and ▲5 are waiting on the boards (moving according to the game situations) and join in the drill once ▲1, ▲2 or ▲3 will gain possession of the puck or after the direct attack. 01-05 must turn quickly from the offense to defense and play 5 on 5.

32ii)



NOTE: *If 01-05 score on the first direct attack, the coach will dump the second puck into the corner and the players continue to play 5 on 3 or 5 on 5.

*The key to this drill is to emphasize and reinforce your team play tactics and systems.

V. TIPS FOR PRACTICE

A. TIPS TO DEVELOP YOUR OWN DRILLS

1. State clearly the objectives for the practice drills before developing the drill.

Objective a.) To improve offensive and/or scoring (goalkeeping) efficiency.

Therefore Develop the breakout, regroup and various types of offensive attack drills in one (1) direction, with any number of players.

Objective b.) To learn and apply transition from offense to defense.

Therefore Develop drills that will emphasize defensive readiness following loss of the puck.

Objective c.) To improve defensive efficiency.

Therefore Develop forechecking, backchecking and defensive zone drills in one (1) direction, with any number of players.

Objective d.) To learn and apply transition from defense to offense.

Therefore Develop drills that will emphasize offensive readiness following possession of the puck.



2. Keep your drill objectives simple and consistent. Many different drills can be developed with the same objective.

3. In drills that include both nets and skating in both directions, maintain one (1) offensive direction and one (1) defensive direction (ie. game like drill). In drills that include one net and skating in both directions, both directions could be offensive orientated.

4. Develop some drills that will use only one puck and include a transition as the follow up to loss of possession (ie. 1 vs 1 / rebounds).

5. Emphasize drills that teach passing to your own offensive players as opposed to using drills that encourage passing to opposing players (within the same drill). Example: Instead of passing to a defensive player to set up a transition drill, make the defensive players work to obtain the puck.

6. Many times in the game, situations change from even to odd; therefore in the same practice drills, add or delete players while the drill is in progress.

7. Apply all game rules in practices (ex. offside rule, penalties etc.).

8. The goalkeeper plays an important role in the transition from defense to offense. Keep goalkeepers involved in transition drills and give them clear rules to join in the drill.

9. The physical loading of the drills should be similar to the game situations. Ensure that your work/rest ratio is appropriate.

10. Transition drills will maintain FUN and COMPETITION and therefore MOTIVATION within the players.

B. DRILLS FOR DIFFERENT AGE LEVELS

The Finnish Ice Hockey Association (FIHA) emphasizes the importance of FUN and THINKING in practice. Also, the practice design for young players is much different than the practice design for older players.

The following chart helps the coach to plan and design a practice specific to the age level of the players. This chart also helps coaches to evaluate their own practices.

The FIHA has divided all drills into eight groups. The definitions of these drills are described on the next page.

AGE:	7-8	9-10	11-12	13-14	15-16	YOUR TEAM
TECHNICAL DRILLS	60	50	30	10	5	
FLOW DRILLS	—	15	10	10	10	
CROSS ICE TEACHING GAMES	40	30	20	10	5	
GAME LIKE DRILLS (1 on 1 . . . 3 on 3)	—	—	20	30	35	
GAME LIKE DRILLS (5 on 2 . . . 5 on 5)	—	—	5	10	10	
FULL ICE GAME	—	5	10	15	15	
POWER PLAY, SHORT HANDED	—	—	—	5	10	
SPECIAL DRILLS FOR GOALKEEPERS	—	—	5	10	10	
	100	100	100	100	100	100

Here is a 3 step progression that a coach could use:

1. Understand the definition of different drills on page 61.
2. Evaluate your practice plan and place it in the last column.
3. Evaluate the skill level of your players and select an age group category designed for your own team. Ex. if a group of 15 year old players are not very skilled, the coach may use the 11-12 category.

C. DEFINITIONS OF THE DRILLS

1. TECHNICAL DRILLS

Include drills that teach skills such as skating, passing, shooting, etc. The drills have no opponents (except the goaltender) and can include a) the entire team, b) parts of the team ie. forwards, defensemen, lines, 3 on 0, 2 on 0, 1 on 0, c) races, etc. (try to get as many players as possible active during the drill).

In Slava Lener's manual, Transition: defense to offense, all drills on pages 5-17 or 51-57 are technical drills.

2. FLOW DRILLS

Also include drills with no opponents such as 1 on 0, 2 on 0, 3 on 0 while the players repeat the same task. Offensive timing is the key to these drills.

The drills on pages 28-30 of Slava Lener's drill manual are flow drills.

3. CROSS ICE TEACHING GAMES

The objective of cross ice games is to teach playing and thinking skills and team tactics. Games include 1 on 1 to 3 on 3 with different rules. All drills in chapter II of this manual are cross ice teaching games.

4. GAME LIKE DRILLS (1 on 1 to 3 on 3)

Game like drills are real parts of the game. It involves opponents such as 1 on 1, 2 on 1, 1 on 2, 2 on 2, 3 on 2, 2 on 3 or 3 on 3 situations. These drills can be one (1) direction drills (offense or defense) or transition drills as in this manual. (pages 20-47)

5. GAME LIKE DRILLS (5 on 2 to 5 on 5)

These other game like drills help improve the cooperation between all five players, such as the situations going from 5 on 2 to 5 on 5. The drills on pages 52, 53 and 57 of this manual are examples of these drills.

6. FULL ICE GAMES

The objective of full ice games is to teach and evaluate the results of the drills you have done.

7. POWER PLAY, SHORT HANDED, FACE OFFS DRILLS

These drills are special situations in the game which improve the team tactics and systems.

8. SPECIAL DRILLS FOR GOALKEEPERS

The planning of these drills is done on the basis that it will improve goalkeepers.