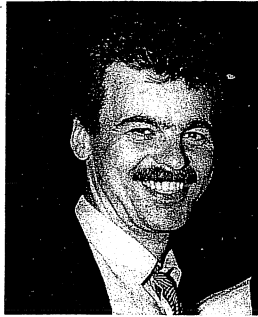


**SLAVOMIR LENER**  
1992



The International Hockey Centre of Excellence's innovative approach to hockey development in Canada continues. The Centre of Excellence recently established a Coaching Chair position which hosted an international coach in Calgary from August 1991 to April 1992.

The guest coach developed various projects to help improve hockey in Canada and throughout the world. Former Czechoslovakian Olympic and World Championship team coach, Slavomir Lener, headlined this year's international appointment.

Lener's responsibilities with the International Hockey Centre of Excellence included hosting clinics, producing an In-House instructional video, and developing this drill manual to help both coaches and players. From a coaching perspective, Lener hopes to teach players important techniques in the transition game. "Start with reading types of drills with even the youngest players," says the English speaking Lener. "This will lead to a much smarter and creative player."

Lener brought an impressive list of hockey experience and credentials to the Coaching Chair position. In 1979, Lener graduated from the University of Prague's Faculty of Physical Education and Sports, where he specialized in hockey.

For 11 years, Lener has coached players at the minor, junior and national team levels in Czechoslovakia including two years as Olympic Team coach and three years as World Championship team coach.

In addition, Lener has served as Director of Coaching Education with the Czechoslovakian Ice Hockey Federation for five years. The International Hockey Centre of Excellence is proud to present to you this unique drill manual, by Slavomir Lener.



**International Hockey Centre of Excellence**

Presents

## **TRANSITION DEFENSE TO OFFENSE**

By

**SLAVOMIR LENER 1992**  
FORMER CZECHOSLOVAKIAN OLYMPIC COACH

# CONTENTS

	PAGES
FORWARD by Dave King	1
SYMBOLS	2
INTRODUCTION	3
I SKILL DRILLS	4-17
II CONDITIONING DRILLS	18-25
III THINKING DRILLS	26-50
IV RACES & GAMES	51-60
V REMINDERS FOR PRACTICE	61
VI CONCLUSION	62

# FOREWARD

This drill manual was developed by Slavomir Lener, who occupied the International Hockey Centre of Excellence, "Coaching Chair" position during the 1991-92 season.

Slavomir has an excellent background with youth hockey in Czechoslovakia. He has put together a progression of both on and off ice drills, to be utilized in developing the skills and thinking required to play the TRANSITION game. The drills are coded by degree of difficulty and it provides the coach with some excellent ideas that are very practical for all age groups.

I hope you will enjoy your coaching and that this drill manual will prove to be an asset to you.


















Regards,



Dave King

⊛ These drills are found in both the drill manual and the corresponding video entitled "Transition - Defense to Offense"

# SYMBOLS

	Coach
	Assistant Coach
	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

The transition from defence to offence and vice versa is very important for a team's successful performance. The best teams are able to consistently, and effectively unify the defence with the offence.

## Practice Goal

The goal of the practice is, to choose the individual drills related to the game situation as much as possible ie: (same space, number of players, movement, effort)

## Drills should include both defensive and offensive actions

It is possible to separate offensive and defensive actions, but the coach should also develop drills that emphasize continuity of these actions.

## Transition, applied effectively, will create an advantage

Transitions from defence to offence must be quick, fluent and "rhythmic". This presents a very unexpected and dynamic offensive attack which creates an advantage over the defense.

## Transition occurs everywhere, but...

... this drill manual focuses on transition defense to offense, where it happens most often, in the neutral and defensive zones.

## Skills and Tactics required for successful transition

- \* Well developed agility and power.
- \* Ability to change directions very quickly.
- \* Skating technique (ie transition skating)
- \* Ability to support the puckcarrier
- \* Awareness of opposition

Chapter 1 of the drill manual presents the base for transition.

Chapters 2 and 3 focus on TRANSITION PROGRESSIONS.

The final chapter FUN and GAMES will help to improve skills and tactics required for successful transition.

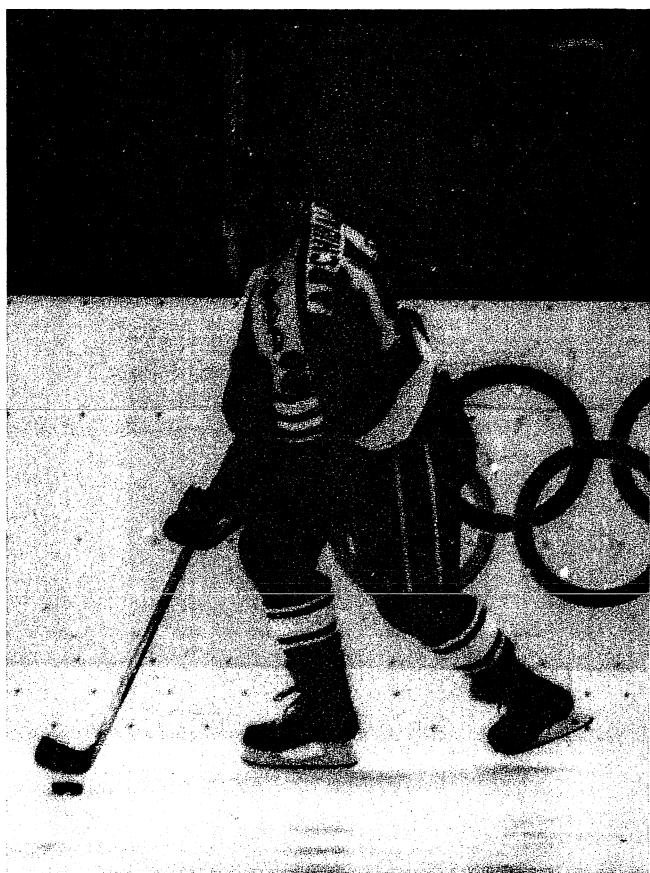
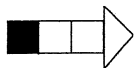
# I. SKILL DRILLS

Skill development is the first step in building a **complete player**. Players must practice new skills with demands on proper technique.

During this part of the practice, there are many interruptions, corrections, mistakes and explanations. There is minimal amount of conditioning and game-like thinking.

The goal of the practice is, to choose the individual skills related to the game situation.

After mastering certain levels of skill, coaches should try to incorporate new and challenging drills in a progressive manner.

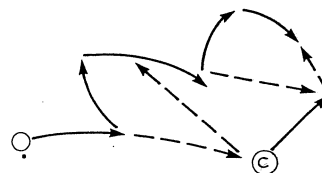


## A. Off Ice Drills - Individual

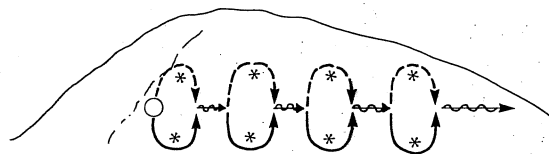
These drills improve both 1) sensory and 2) space orientation.

The following drills will complement on-ice skill development.

- 1) dribble and pivot with a basketball or soccer ball.
- 2) dribble and pivot with both a basketball and a soccer ball at the same time.
- 3) dribble in and out (slalom) of pylons with a basketball and a soccer ball at the same time.
- ④ slalom with a soccer ball (feet) and a tennis ball (hockey stick).
- ⑤ passing and receiving while jumping to the sides on one leg.



- 6) kick soccer ball up hill, run down hill around a pylon and uphill again to meet the ball.

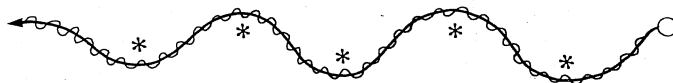


- 7) juggle and dribble a tennis ball with a stick.

## B. On-Ice Drills - Individual

It is very important to practice skating and puckhandling at the same time. For example in a 1 on 1 deke situation, a player must be able to change the skating speed quickly and at the same time, maintain puck control. These movements can either be in the same or opposite directions.

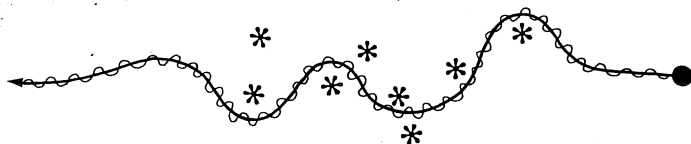
8. The player skates and puckhandles around pylons. Both feet and hands move in the same direction.



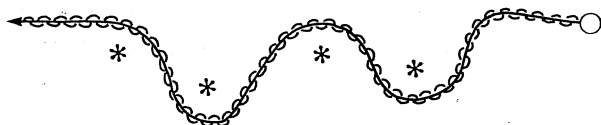
9. The player skates and puckhandles through a pair of pylons.



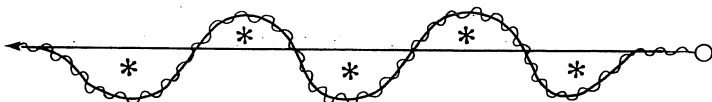
10. The player skates and puckhandles through a zig zag of pylons.



11. The player skates and puckhandles, backwards. Both feet and hands move in the same direction.



12. The player skates forward in a straight line while puckhandling to the side



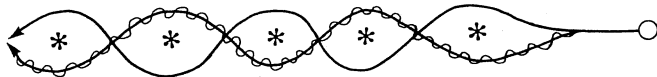
13. Same, but backward skating:



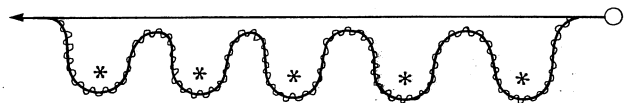
14. The player puckhandles in a straight line, and skates to the side (both hands and feet are very active):



15. The player skates (slalom) to one side of the pylon while puckhandling to the opposite side.



16. The player skates to the right of the pylons and puckhandles to the left. Vice versa.

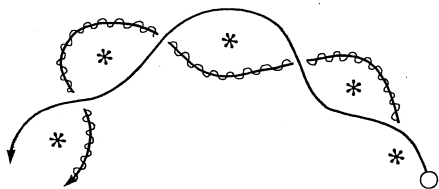


17. Zig-zag puckhandling and skating ( the player can choose his own way with speed):

The player skates and puckhandles through a zig zag of pylons. (The hands move around one pylon while the feet move around another.)



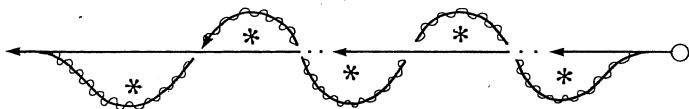
18. Same as 17 but in a circular motion.



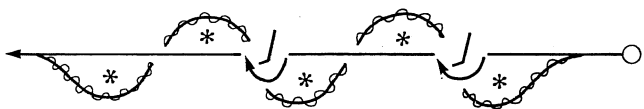
19. The player runs on the toes in a straight line while puckhandling to the side:



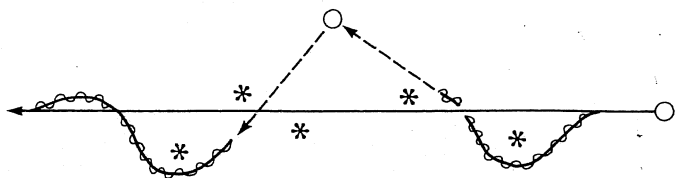
20. The player is skating and kneeling in a straight line while puckhandling to the side:



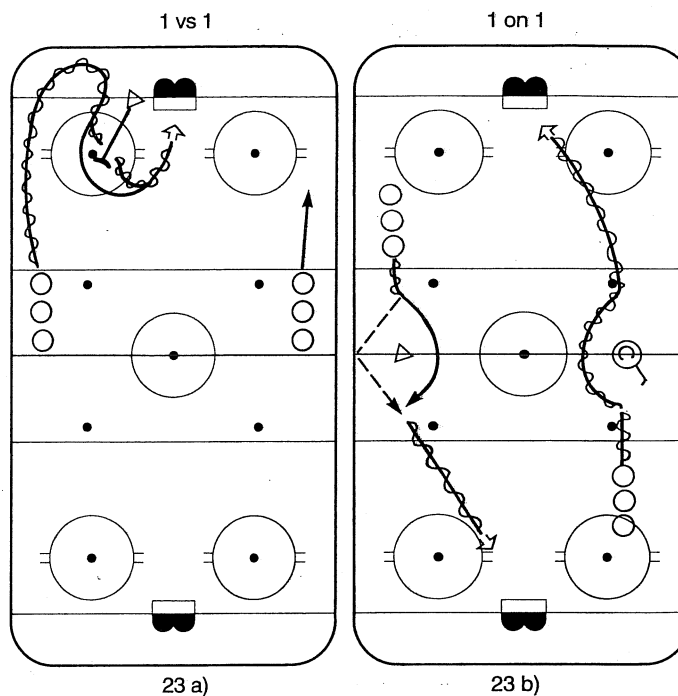
21. The player skates and jumps over the stick while puckhandling to the side:



22. The player skates straight and puckhandles to the sides while passing to the coach.

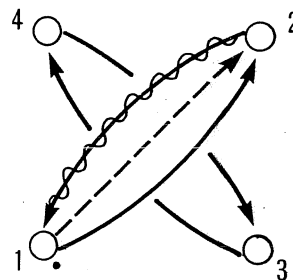


23. These are more game-like situations. Players now execute puckhandling in certain spaces:

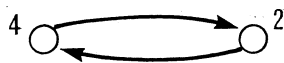


### C. On-Ice Drills-Small Groups

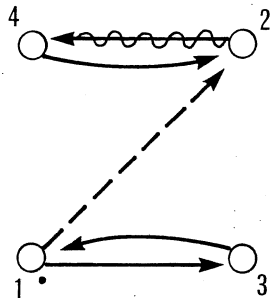
24. Option a O1 with the puck must pass and exchange positions with O2. O3 and O4 must read this action and mirror their movement. In this example O1 is passing diagonally to O2 and then exchange positions. O3 and O4 also exchange positions.



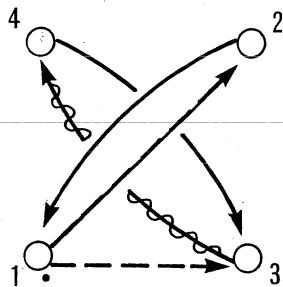
24. Option b: O1 with a puck is passing in a straight line to O3, O1 and O3 exchange positions while O4 and O2 mirror the same movement.



24. Option c: Here O1 with a puck is passing diagonally to O2 but exchanges positions with O3. O2 and O4 mirror the same movement.



24. Option d: Here O1 with a puck is passing in a straight line, but exchanges position with O2. O4 and O3 mirror the same movement.

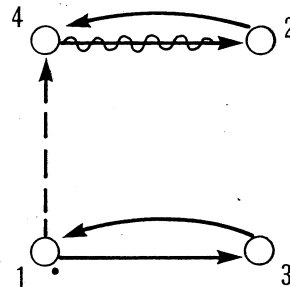


Once players have learned each individual option in order they can then begin to select any one of the four options.

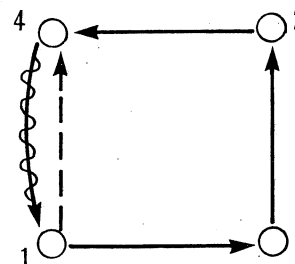
In all these examples (#a-#d) players always react to the movement of the initial puck carrier.

In Drills 25a and b players must wait for the pass to occur and react to the **movement** of the new puck carrier.

25. Option a: Here the player with the puck O1 is passing in a straight line to O4. Players O2, O3, and O4 must wait. O1 skates in a straight line in the opposite direction. O4 has 2 options O4 skates towards O2 and exchanges positions. O3 skates and exchanges with O1.



25. Option b: If O4 decides to skate and puckhandle to O1, then O2 moves to O4 and O3 moves to O2, and O1 moves to O3.



Once players have learned each individual option they can then begin to select any one of the two options, in random order.

#### D. Combining Off/On-Ice Drills

Well thought out off-ice drills can also be used during an **on-ice** practice.

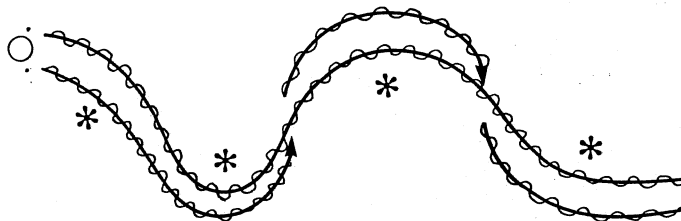
It can include both individual and small group drills.

Here are some examples.

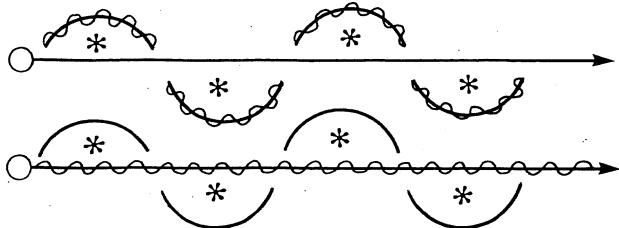
26. Various types of special skating or running exercises like: open pivoting, semi-circles, pivots forwards-backwards, zig-zag.

The following drills help to improve the feel of the ball or puck. It is important to co-ordinate hand and foot movement together although, sometimes these can be different movements:

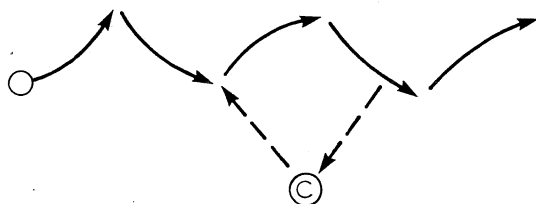
27. Off-Ice: Slalom with a soccer ball (feet) and tennis ball (stick).



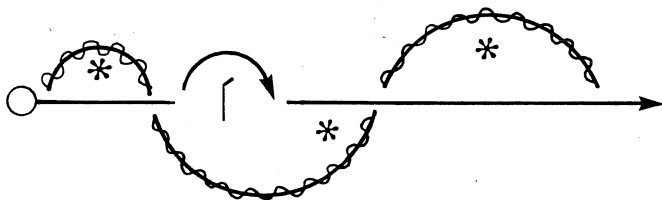
28. Off-Ice: with a tennis ball      On-Ice: with a puck



29. Off-Ice: jumping and passing a basketball  
On-Ice: striding and passing a puck

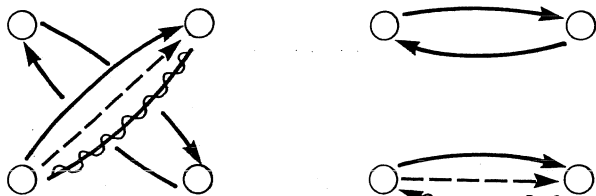


30. Off-Ice: running straight, stickhandling around the pylons and jumps over the stick

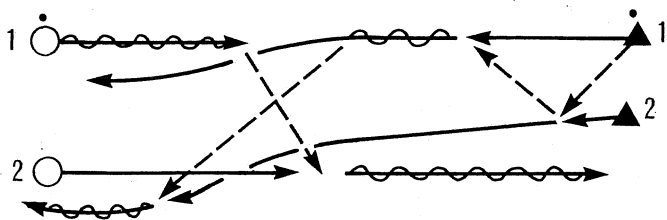


These skill drills help the player improve passing and to be better oriented in space:

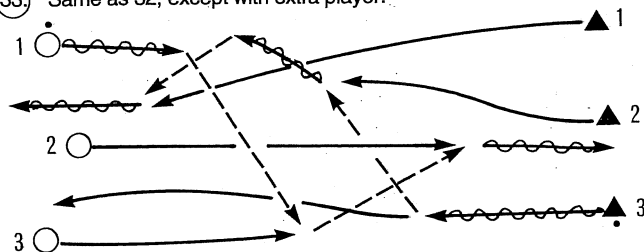
31. Pass, follow, exchange similar to #24.



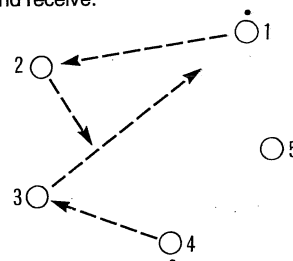
32. O1 and O2 move, read traffic and pass to each other. ▲1 and ▲2 move in opposite direction, read traffic and pass to each other.



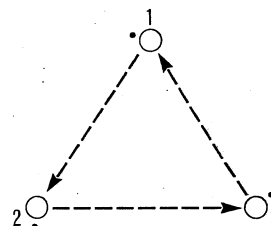
33. Same as 32, except with extra player.



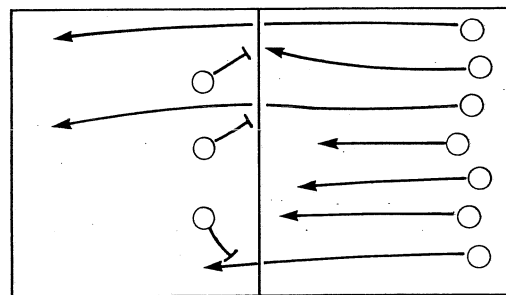
34. O1, O2, O3, O4, O5 are stationary and passing with either 2 pucks or 2 soccer balls (tennis balls). Players must use both feet and stick to pass and receive.



35. 3 pucks stationary. Passing at the same time. O1, O2 and O3 are stationary and passing with 3 pucks or 3 basketballs.

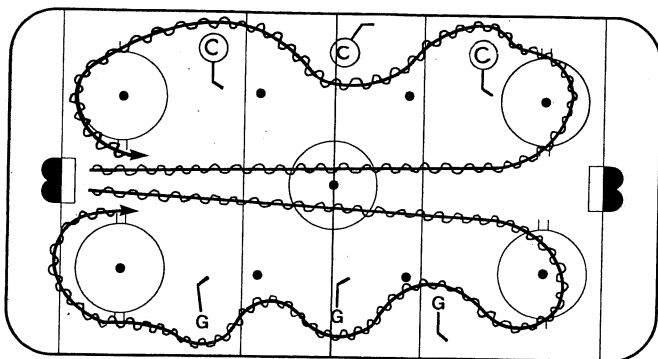


36. Changing directions and escaping: an opponent. "British Bulldog game"

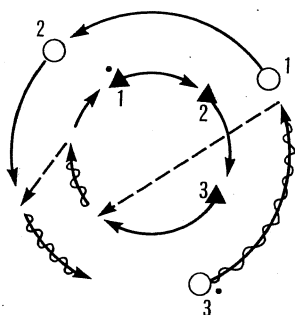




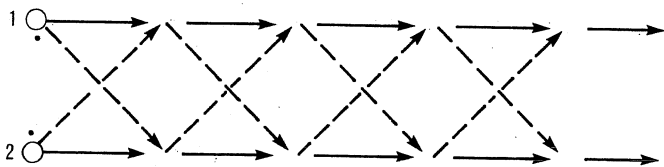
37. (Coach or goalie move to one side, players must react with deke to the other side). Use soccerballs, basketballs, off-ice and pucks on-ice.



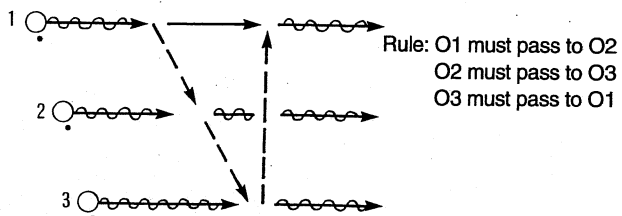
38. O1, O2 and O3 move counter clockwise and pass only to ▲1, ▲2 or ▲3. ▲1, ▲2 and ▲3 move clockwise and pass only to O1, O2, or O3.



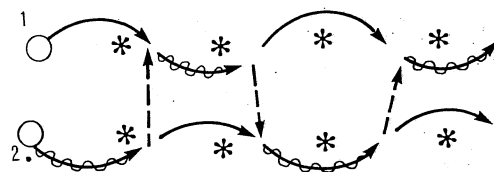
39. O1 and O2 pass to each other with 2 balls (pucks) while moving forwards.



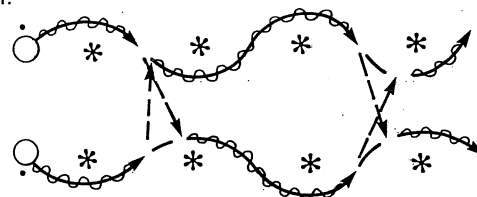
40. O1, O2 and O3 move forwards, passing to each other with pucks or balls etc.



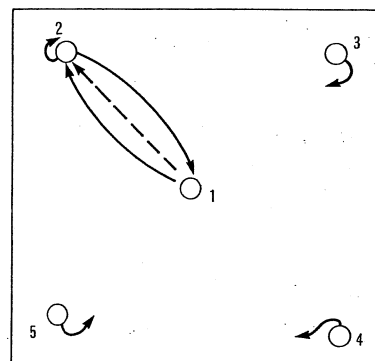
- 41a) O1 and O2 move outside the pylons, O2 passes to O1. O1 and O2 move inside the pylons. O1 passes to O2...ditto



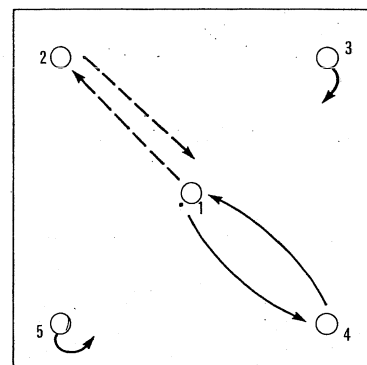
- 41b) Same movement as 41a) with O1 and O2 passing to each other.



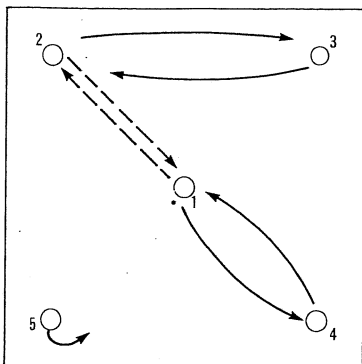
- 42a) O1 passes to O2 and follows the pass. O2 exchanges positions with O1.



- 42b) O1 passes to O2. O1 moves to either O3, or O4 or O5. Here, O4 exchanges with O1 and receives pass from O2.

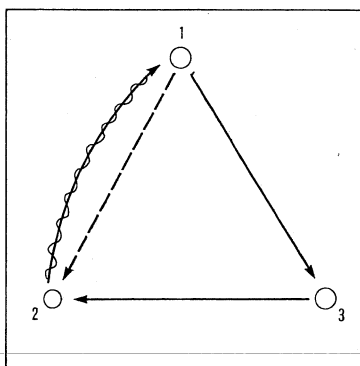


42c) O1 passes to O2. O1 moves to either O3, O4 or O5. Here O4 exchanges with O1. O2 passes to O4. O2 exchanges with O3.

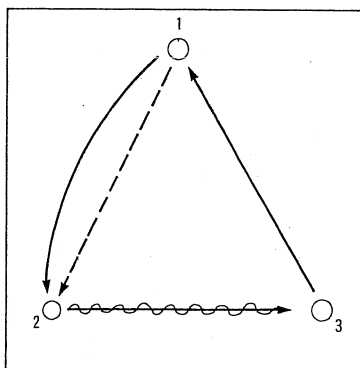


**NOTE:** For On-Ice drills use pucks with the feet and the stick. For Off-Ice drills use your feet, hands and/or stick with a combination of basketballs, tennis balls, soccer balls, or medicine balls.

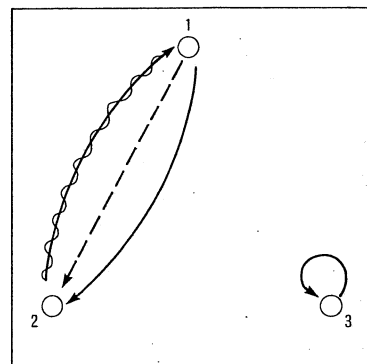
43a) Player O1 passes to player O2 and moves towards player O3. All players move following clockwise direction.



43b) Player O1 passes to player O2 and follows the pass. All players move in a counter clockwise direction.



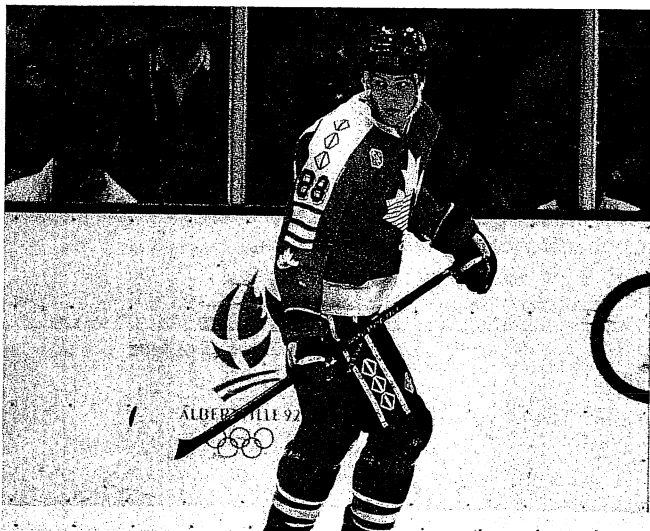
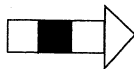
43c) Same as 43b) but when puckcarrier O2 decides to take player O1's spot, player O3 must return back to his position.



Having mastered all these patterns, players can combine all 3 options with any order following one's own discretion.

## II CONDITIONING

Conditioning is the second step in building a **complete player**. Once a base of skill has been developed, the coach can then introduce conditioning into his practice. Try to include fun and enjoyment in your conditioning drills.



Research has proven that off-ice conditioning will have significant benefits transferred to the game of hockey.

### A. OFF-ICE DRILLS

There are a variety of training environments (outside, gym, pool) where conditioning can be developed.

Here is one example.

#### 44. Up-Hill Exercises

Power; walk, run, jump, combine jumping and running; slalom with medicine ball.

Agility; up-hill somersaults, up hill exercises.

#### 45. Down-Hill Exercises

Power; hopping down hill

Speed; run, zigzag run

Agility; somersaults

#### 46. Across Hill Exercises

Power; (ankles) - zigzag running

Agility; ball exercises

### B. On-Ice Drills

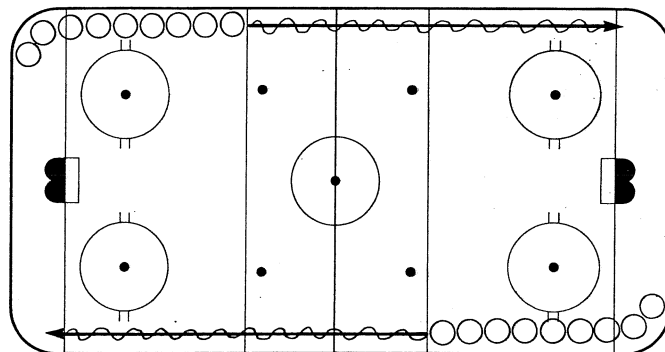
Use pucks as much as possible. Work in pairs and use different combinations...

#### 47. Puckhandling 1 on 0 (Agility/Speed)

Work/Rest/ratio: 1/8

Ex. 5 sec Work/45 sec Rest

Players sprint and stickhandle with a puck.



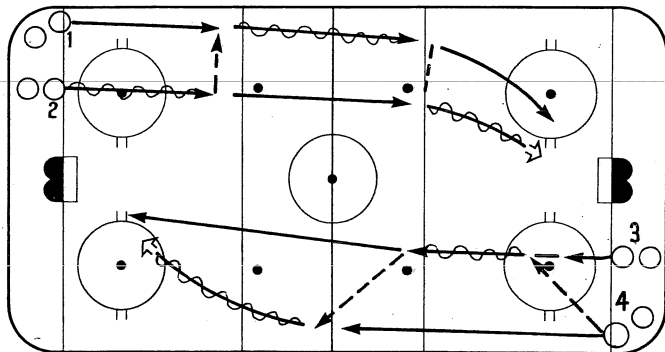
#### 48. Passing 2 on 0 (Agility/Speed)

Work/Rest ratio 1/8

Ex. 7 sec. Work/60 sec. Rest x 8 reps

O1 and O2 skate from the corner and pass to each other. First player in the offensive zone shoots, second player looks for the rebound. O3 and O4 then leave in the opposite direction.

**NOTE:** Work/Rest ratio for speed is 1/8

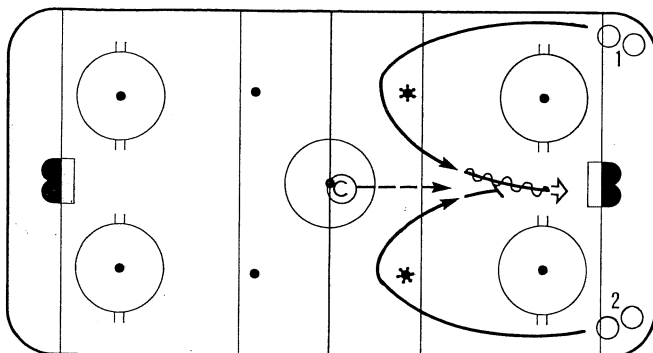


#### 49. Chasing 1 on 1 (Agility/Speed)

Work/Rest ratio 1/8

Ex. 5 sec. work/40 sec. Rest x 10 reps

On a whistle O1, O2 start from goalline, skate around the pylons. Coach then spots the puck. The fastest player intercepts the puck, the slowest one chases and checks.



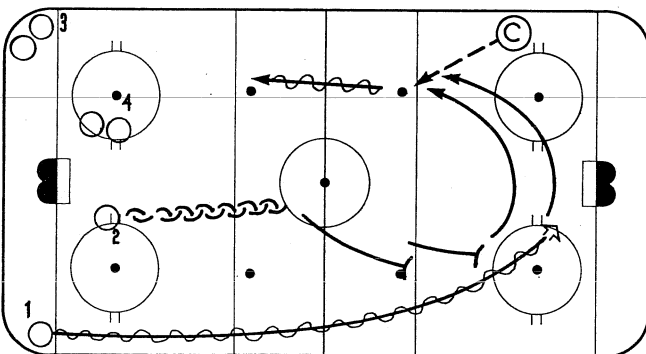
#### 50. Chasing 1 on 1 (Agility/Speed)

Work/Rest ratio 1/8

Ex. 10 sec. Work/80 sec. Rest x 6 reps

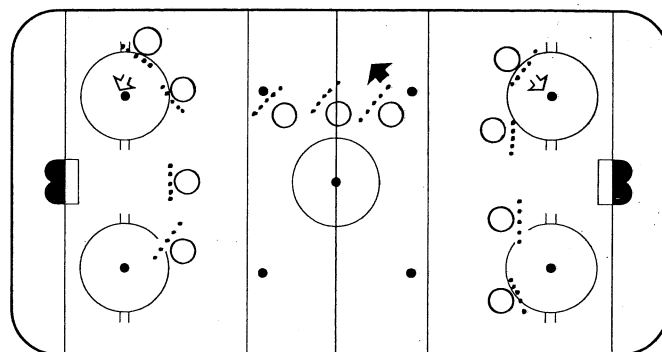
On the whistle, O1 starts from the goalline and drives to the net. O2 starts at the same time by skating backwards from the hashmarks, to the redline, O2 must then pivot and chase O1.

O1 and O2 then skate to the other end looking for a pass from the coach. Coach passes to either O1 or O2 who then play 1 on 1 in opposite direction. O3 and O4 then begin same drill.



#### 51. Repeated Shooting (Power)

O1 shoots 5 pucks as quickly and as accurate as possible.



#### 52. Repeated Accelerations (Power)

Players must work from a knee-bend position (either forward, backward, side) and accelerate for 3 seconds with maximum power.

Work/Rest ratio 1/8

Ex. 3 sec. Work/24 sec. Rest x 8 reps

#### 53. Transition skating in small space (Anaerobic)

All players are working with maximum effort in the following directions:

- skating forward/sharp turn (left or right)/skating backward
- open pivot (left or right)/skating forward

Work/Rest ratio 1/3

Ex. 15 sec. Work/45 sec. Rest x 6 reps

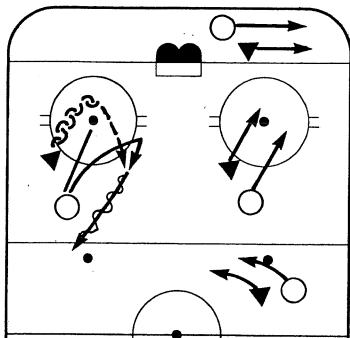
Note: With no puck, x 3 reps., and with a puck x 3 reps.

54. Transition skating in pairs (Anaerobic)

Work/Rest ratio - same as above

Both players are working with maximum effort in the following directions.

- O1 with a puck skating forward against ▲1 skating backwards
- O1 and ▲1 simulate 1 vs 1
- O1 passes to ▲1
- O1 transition skates with a pivot left or right
- "▲1" passes back to "O1" with eye contact
- 1 vs 1 again

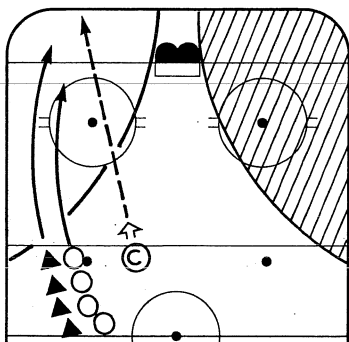


55. 1 vs 1 / 2 vs 2 in limited space (Anaerobic)

Work/Rest ratio - same as above

O1 and ▲1 play keep away in the corner. When the coach blows the whistle, player with the puck tries to escape from the checking pressure and skates to the net and score.

**NOTE:** Additional pucks dropped by the coach will help to keep the drill going.



C. Combining off/on-ice Drills

Some examples of combination off/on-ice:

Off-Ice

On-Ice

56. Agility/quickness: Starts from different positions ie: (runs/skating forward, backward, sit-lay-somersault and start, etc) develop different relay races using pylons, obstacles, etc.

57. Balance:

- hopping and turns on one foot
- balance on medicine ball
- pivot on a wooden bar
- juggling tennis balls
- hopping and turns on foot while puckhandling
- different turns from forward to backward
- squat on one foot while skating forward-
- lifting the puck and juggling with a stick

58. Power:

- repeated jumps over obstacles or fallen tree etc.
- skipping rope skills
- running in sand or water
- high speed side crossovers or side jumps
- deep knee bend skating
- repeated starts
- escaping from checking pressure
- high speed crossovers or side jumps with or without puck

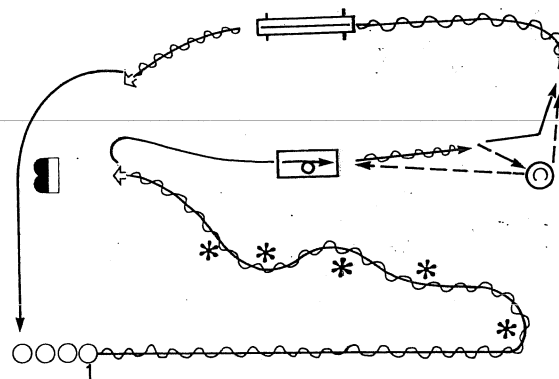
59. Obstacle course:

Work/Rest ratio 1/3

Ex. 25 sec. Work/ 75 sec. Rest

Description:

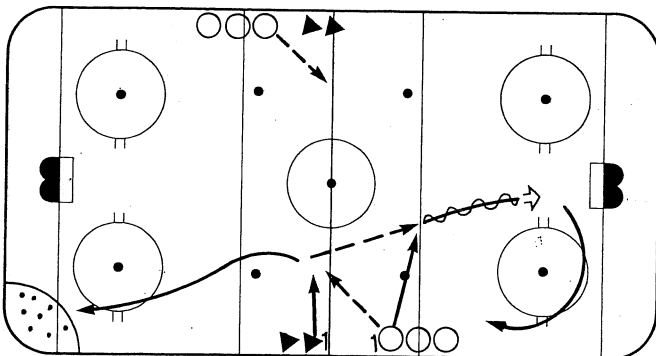
O1 dribbles the basketball and turns back going through pylons. O1 shoots on the net. Somersault on foam receives ball again, exchanges pass with a coach. Dribbles towards the bench, O4 then runs on the bench and finishes with shot on the net.



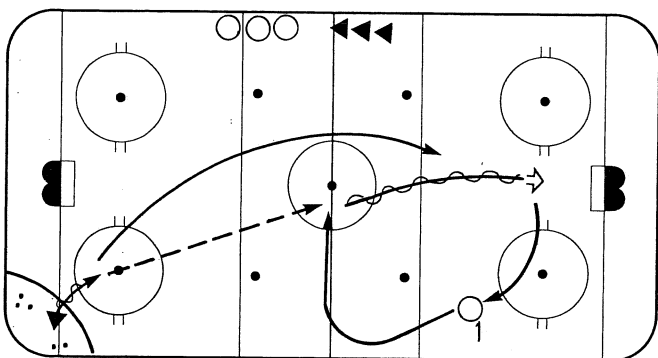
# 60 Double passing

## Description:

O1 passes to ▲1 and skates hard to mid ice and receives a one touch pass back. ▲1 skates to the defensive zone, checks over his shoulder and picks up a puck. Meanwhile O1 shoots and skates, with timing back to the red line for a long pass from ▲1. O1 shoots again and ▲1 supports. Drills run from both sides at the same time.



60i)

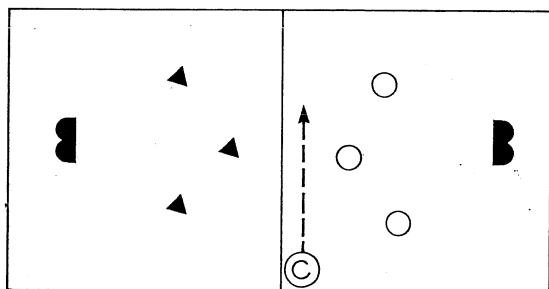


60ii)

## 61a Scrimmage

Work/Rest ratio 1/2

Ex. 20 sec. Work/40 sec. Rest x 10 reps.

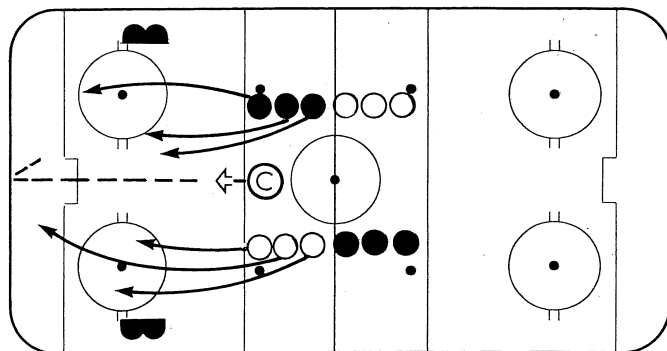


## 61b Variations:

5 on 5, 3 on 3 or two 1 on 1's

Variations: 3 on 3 / 5 on 5

Handball/Basketball/Soccer

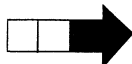


In these scrimmages the coach initiates play by shooting ball or puck into the zone. A whistle signals that the first group hustles out of the zone with a ball or puck. Coach initiates next change of players by shooting a ball or puck into the zone.

**NOTE:** This drill manual cannot describe all components of the training process, ie. strength, aerobic program, stretching, etc. Although they are just as important. The goal of this manual is to emphasize the importance of integrating skill, conditioning and thinking into the practice, to help build the complete player.

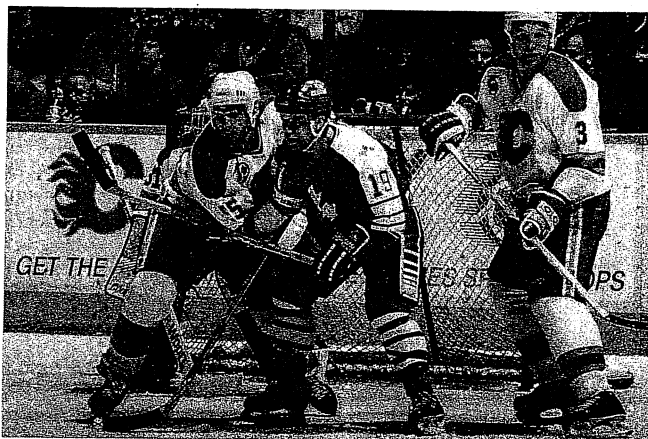
# III THINKING DRILLS

Thinking is the third step in building the complete player.



The importance of these thinking drills is that they correspond to specific game like situations. Players are encouraged to be creative in these thinking drills.

Players will present their ability, to analyze and evaluate game like situations.

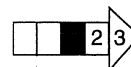


This chapter will present complete progressions beginning with a skill drill followed by a conditioning drill. This will better prepare players for the thinking drills.

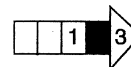
In the thinking (transition) drills, we will then present three levels of difficulty so that you the coach can choose, according to the level of your team.

## IMPORTANT

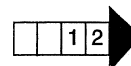
Level 1 shows beginning thinking drills, and must be performed effectively before moving to level 2.



Level 2 shows advanced thinking drills more difficult than Level 1, and must be performed effectively before moving to Level 3.



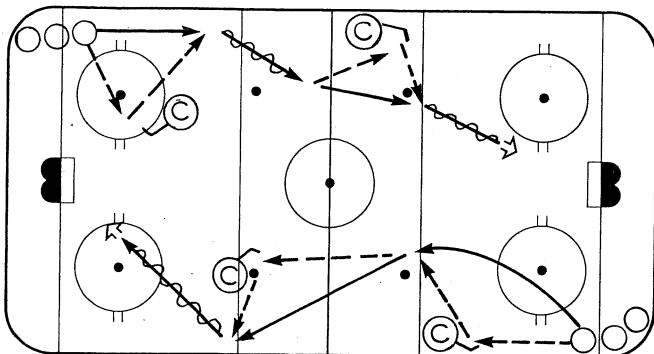
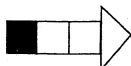
Level 3 shows more advanced thinking drills that are more difficult than Level 2.



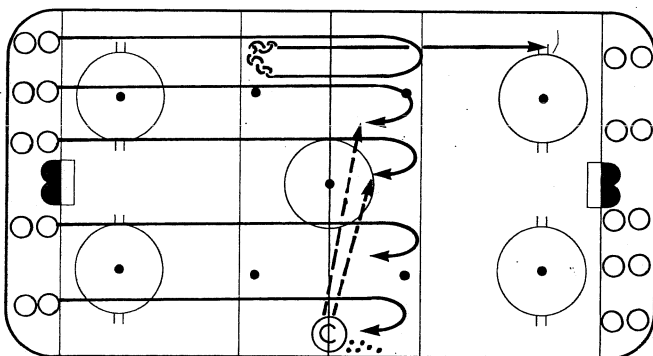
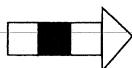
**A. TRANSITION IN NZ**  
**PROGRESSION #1**

Skill development is the first step in building this transition.

- 62 This skill drill emphasizes passing to a target (coaches or players stick is left or right) receiving on both forehand and backhand. Drill finishes with shot on the net.

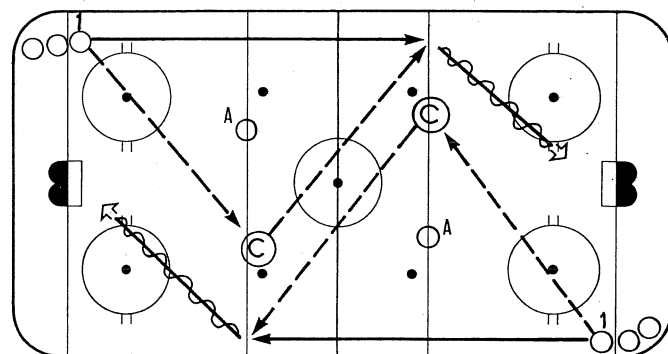
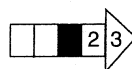


- 63 This conditioning drill stresses the importance of eye contact with the coach. One group of players skate on the whistle to the far blue line, make a sharp turn towards the coach, maintain eye contact with him while skating back to the near blue line. They then pivot maintain eye contact and skate hard to the opposite goal line. Next group of players continues same pattern from opposite side. This drill can be run with or without the puck. The coach can also pass pucks to players in the neutral zone. Players should be making eye contact, providing a target and skating with speed.

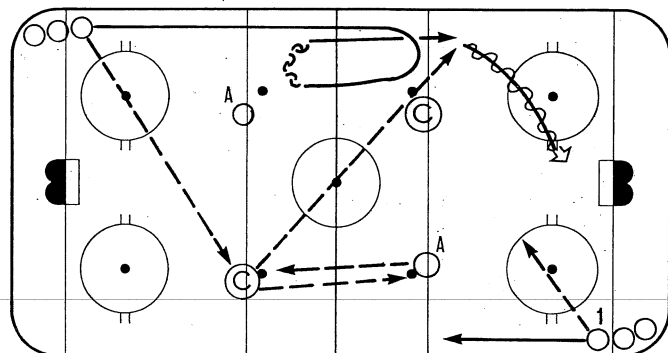


Once the player is proficient at the skill and conditioning drills, they can now move into a thinking drill.

- 64a Players must read and react to the pass. O1 passes to the coach. If the coach decides to pass back, the player skates and shoots.



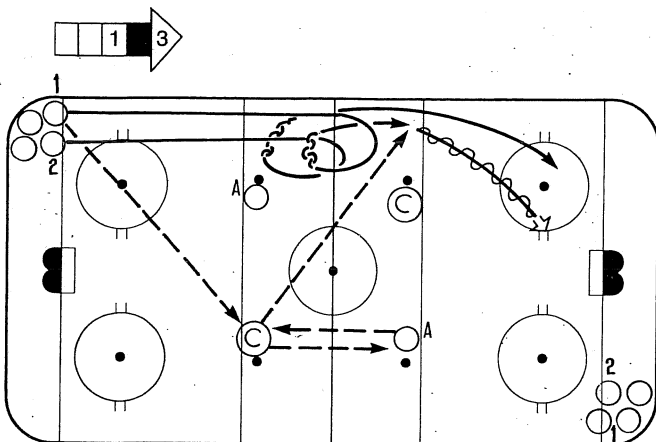
- 64b If the coach passes to stationary player A (this simulates loss of possession) O1 must now react by backchecking making eye contact with the play. Player A passes back to the coach, O1 will react with transition defense to offense. This situation appears very often in a game.



**NOTE:** This drill is directed from both sides at the same time.

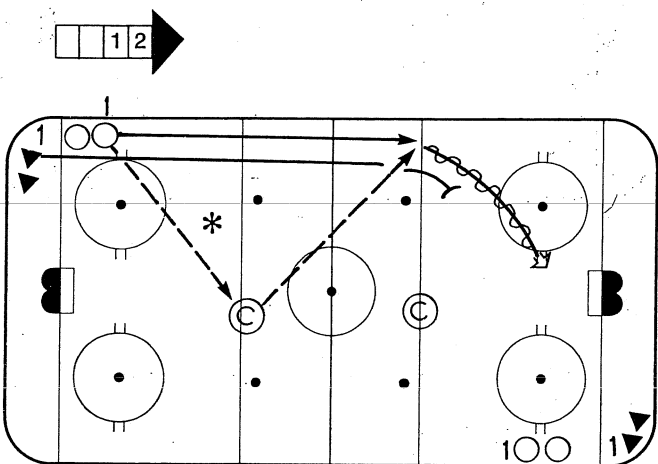


- 64c) This drill now involves two players. O1 and O2 must continually skate with width and depth. If the coach decides to pass back to these players they must create a 2 on 0. If the coach simulates a loss of puck, players must react with backchecking and eye contact with the situation. When the coach has possession again players react with transition defense to offense.

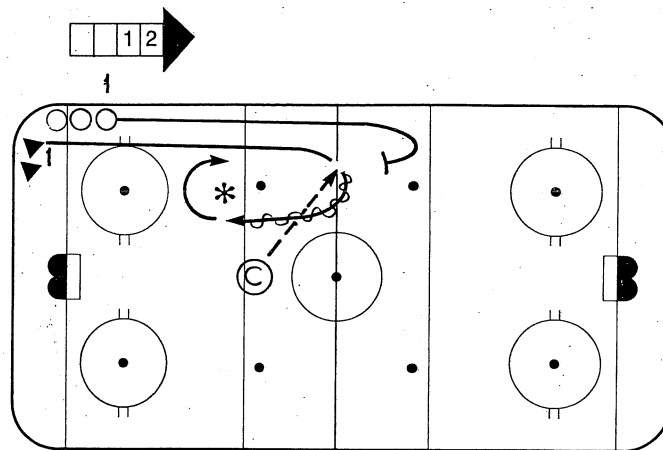


**NOTE:** O1, and O2 must continually skate with width and depth.

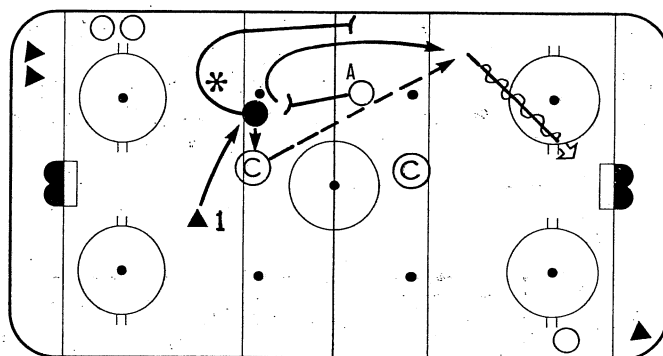
- 65a) This next progression drill emphasizes transition with the addition of pressure from a defender. O1 passes to the coach, if the coach passes back to O1, O1 goes to the net, ▲1 backchecks.



- 65b) If the coach simulates an incomplete pass to O1, ▲1 intercepts O1 must backcheck. ▲1 makes a return pass to the coach at the blue line which signals transition defense to offense for O1. O1 completes the action with a shot on the net. ▲1 is chasing him.



65bi)



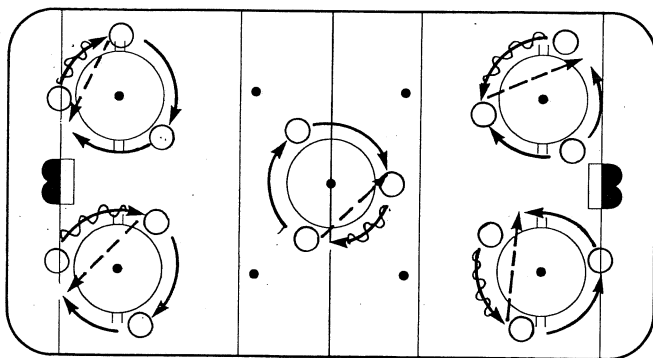
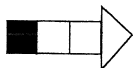
65bii)

## TRANSITION IN NZ

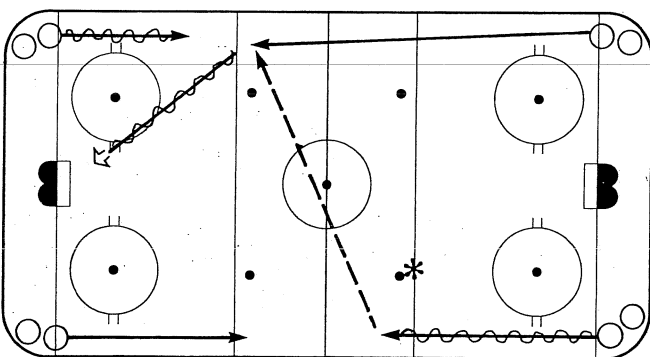
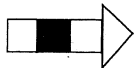
### PROGRESSION #2

Once again, skill development is the first step in building the transition progression.

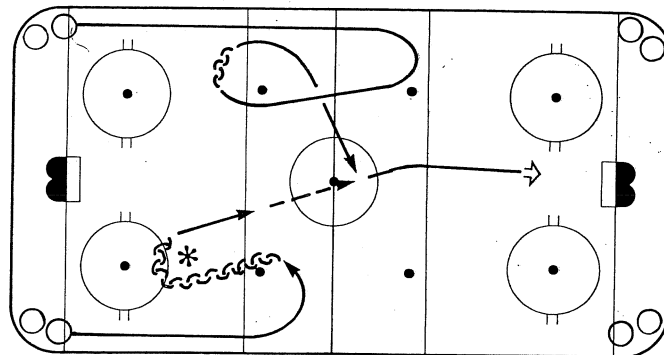
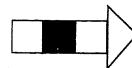
66. In this skill drill players move in a circular motion and read the movement of the other players through eye contact. Players will pass the puck to the area in front of the receiver.



67. This skill drill emphasizes passing to a given area. Players must read the speed of their partner and time their passes. (pass to the area)

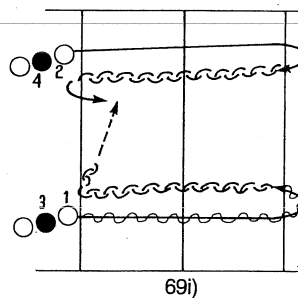
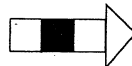


68. In this last example of a skill drill the puckcarrier simulates transition skating while passing to a partner. Pass receiver must provide close support by turning back in the neutral zone with eye contact. Timing and eye contact are keys to the success of this drill.

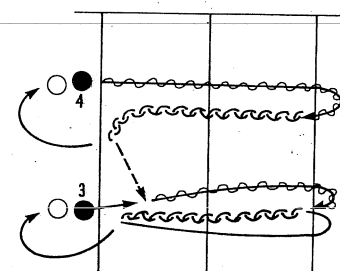


69. A conditioning drill in the neutral zone enables players to develop transition skating and passing at the same time.

O1 carries the puck between blue lines while O2 (without puck) mirrors the pattern. O1 passes to O2 and roles are exchanged. Each player performs this twice. (69i) O2 passes to O3 who performs the same pattern with O4. (69ii) A player's momentum in transition skating carries them forward and backward without stopping.



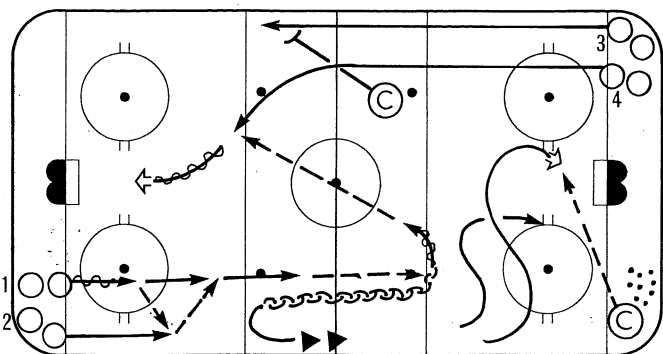
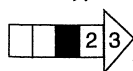
69i)



69ii)

Once the player is proficient at these skill and conditioning drills, they can now move into a thinking drill.

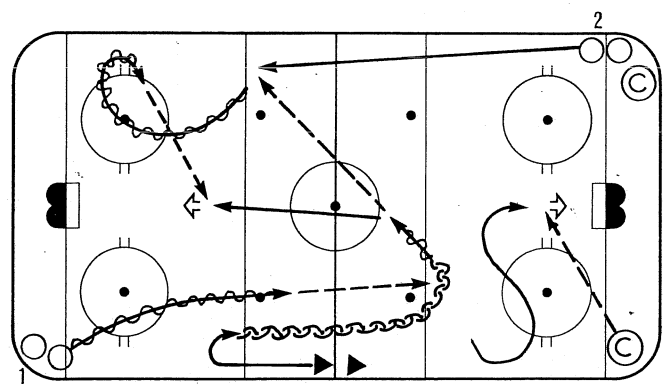
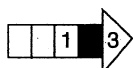
- 70) The focus of this drill is for ▲1 to play against O1 and O2 and then create a transition to offense, read checking pressure and pass and support to the open man.



- 1) O1 and O2 play a 2 on 1 versus ▲1.
- 2) When they reach the neutral zone, O3 and O4 begin skating.
- 3) O1 passes to ▲1 who then looks, transition skates and passes to either O3 or O4 (ie. the open player).
- 4) ▲1 then supports O3 and O4.
- 5) O1 and O2 look for a pass from the coach and play 2 on 0.

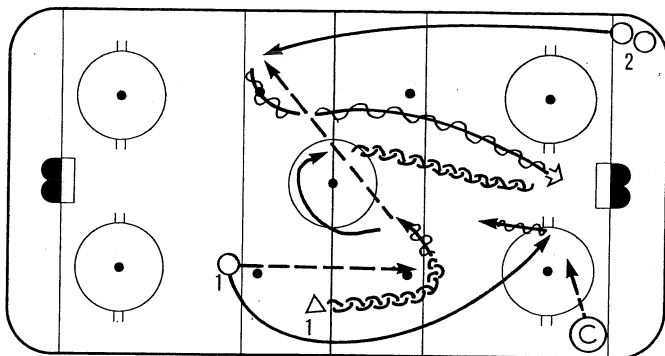
The next progression thinking drill has 3 options. Before the drill begins the coach must give an option to O2 ie. delay/1 on 1/regroup.

- 71a) 1) O1 plays 1 on 1 against ▲1  
 2) When O1 reaches the neutral zone O2 begins skating.  
 3) O1 passes to ▲1, who then looks, transition skates and passes to O2.  
 4) O2 delays  
 5) ▲1 then supports and receives a pass from O2.  
 6) O1 looks for a pass from the coach and shoots on net.



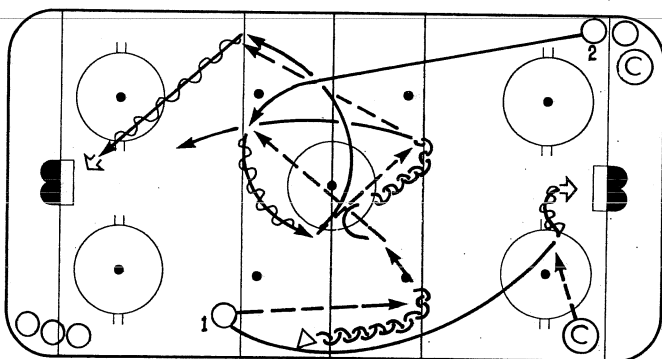
- 71b) Before the drill begins the coach must give an option to O2 ie. return at far blue line to a 1 on 1.

- 1) O1 skates to blue line and passes to ▲1 (71b i)
- 2) When O1 reaches the neutral zone O2 begins skating
- 3) O1 passes to ▲1, who then looks, transition skates and passes to O2.
- 4) O2 receives the pass and returns to play 1 on 1 against ▲1
- 5) O1 receives a pass from the coach and skates to the opposite end for a 1 on 0. (71 b ii)



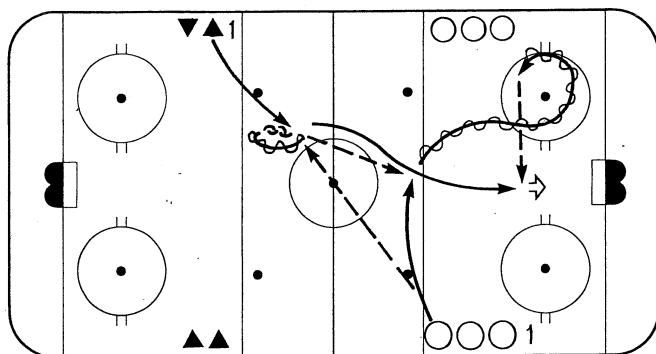
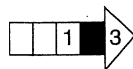
- 71c) Before the drill begins the coach must give an option to O2 ie. regroup in NZ with ▲1.

- 1) O1 skates to blue line and passes to ▲1 (71c ii)
- 2) When O1 reaches the neutral zone O2 begins skating
- 3) O1 passes to ▲1, who then looks, transition skates and passes to O2
- 4) O2 receives the pass, regroups and passes back to ▲1
- 5) ▲1 transition skates and passes back to O2.
- 6) O2 skates and shoots while ▲1 supports
- 7) O1 receives a pass from the coach and shoots



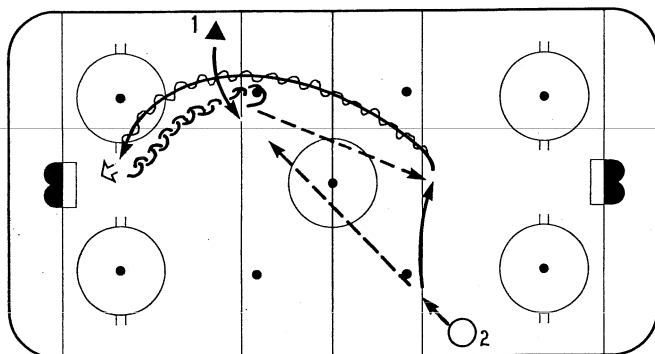
72a) The puckcarrier has, again, 3 options 1) delay 2) 1 on 1 3) regroup. Before the drill begins the coach must give an option to O1 ie: delay

- 1) O1 passes to ▲1 in a specified area
- 2) ▲1 looks, transition skates and passes back to O1
- 3) O1 delays
- 4) ▲1 then supports and receives a pass from O1.



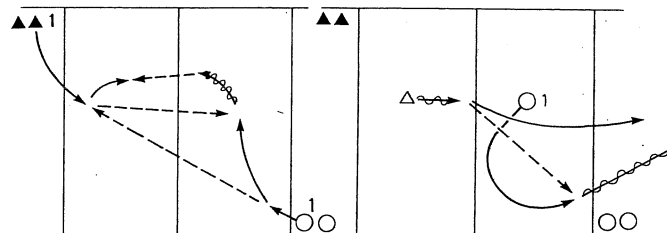
72b) Before the drills begins the coach must give an option to O2 ie: 1 on 1

- 1) O2 passes to ▲1 in a specified area
- 2) ▲1 looks, transition skates and passes back to O2.
- 3) O2 receives the pass and returns to play 1 vs 1 against ▲1



72c) Before the drill begins the coach must give an option to O1 ie: regroup

- 1) O1 passes to ▲1 in a specified area (i)
- 2) ▲1 looks, transition skates and passes back to O1
- 3) O1 regroup with ▲1
- 4) ▲1 looks, transition skates and passes back to O1 (ii)
- 5) ▲1 supports O1



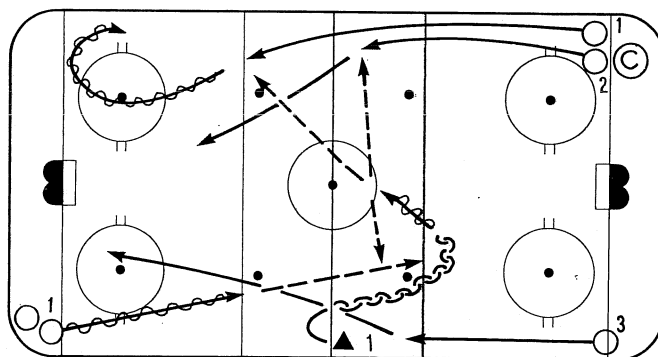
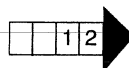
72c) i

72c) ii

**NOTE:** Once players are proficient with the option, they can then decide the options for themselves. This idea also helps to build good anticipation skills for goaltenders.

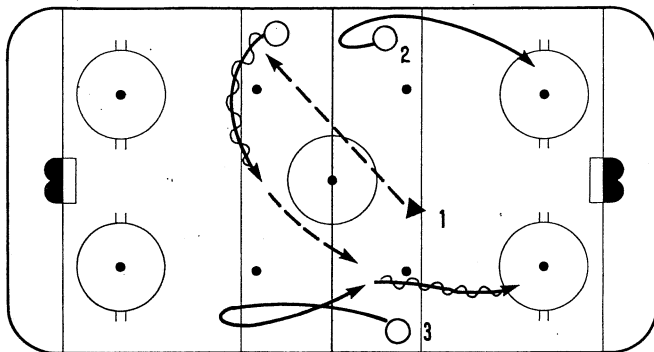
73a) The puckcarrier, once again, has 3 options and with 2 extra teammates. Before the drill begins, the coach must give an option to O2, O3 and O4 ie: delay

- 1) O1 skates to the blueline and passes to ▲1
- 2) When O1 reaches the blueline, O2, O3 and O4 begin skating
- 3) O1 passes to ▲1, who looks, transition skates and passes to O2 or O3 or O4
- 4) The puck carrier delays while O3, O4 and ▲1 support
- 5) O1 looks for a pass from the coach and shoots



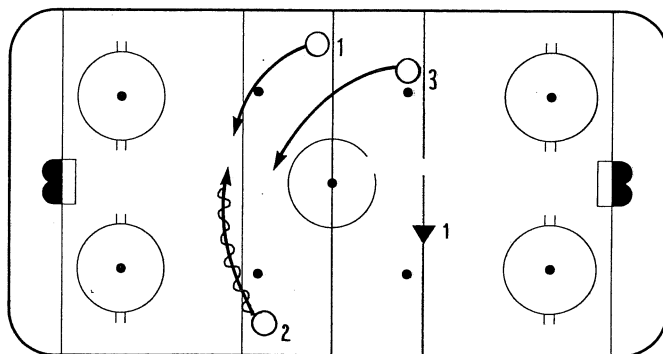
73b) Before the drill begins, the coach must give an option to O2, O3 and O4 ie: 3 on 1

- 1) O1 skates to blue line and passes to ▲1
- 2) When O1 reaches the blue line, O2, O3 and O4 begin skating
- 3) O1 passes to ▲1 who looks, transition skates and passes to either O3, O4 or O5
- 4) O3, O4 or O5 return to play 3 on 1 against ▲1
- 5) O1 receives a pass from the coach and skates to the opposite end for a 1 on O

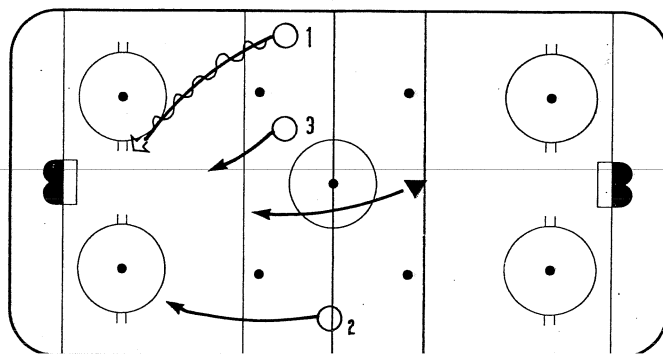


73c) Before the drill begins, the coach must give an option to O2, O3 and O4 ie: regroup

- 1) O1 skates to blue line and passes to ▲1
- 2) When O1 reaches the blue line, O2, O3 and O4 begin skating
- 3) O1 passes to ▲1, who looks, transition skates and passes to either O2, O3 or O4
- 4) O2, O3 and O4 regroup and passes back to ▲1.
- 5) ▲1 transition skates and passes back to O2, O3 or O4
- 6) O2, O3 and O4 attack while ▲1 supports
- 7) O1 receives a pass from the coach and shoots



73c) i)



73c) ii)

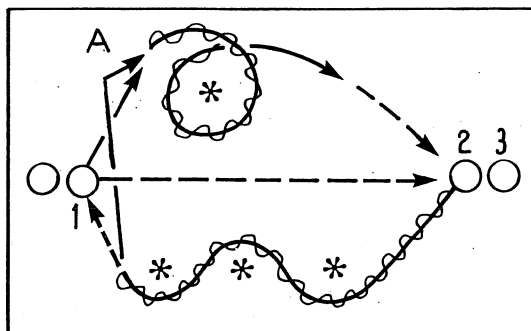
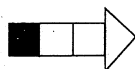
**NOTE:** Once players are proficient with the option, they can then decide the options for themselves. This idea also helps to build good anticipation skills for goaltenders.

### 3. TRANSITION IN DZ PROGRESSION #3

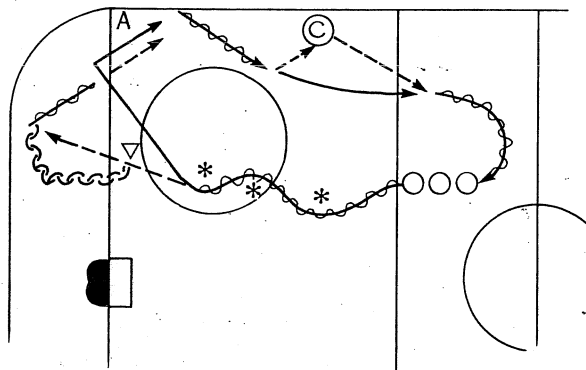
This part of the manual will demonstrate a combination of drill progressions involving skill, conditioning and thinking. In addition off-ice drills will support the on-ice drills.

The focus of this off-ice skill drill is passing and receiving with eye contact. How can this improve a player's on-ice ability?

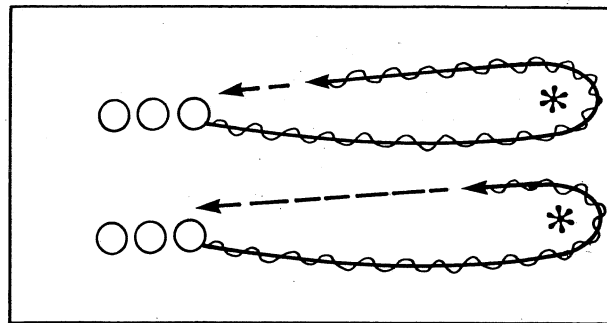
- 1) O1 with the ball passes to O2.
- 2) O2 dribbles through the pylons and passes stationary to O1.
- 3) O2 runs to area A, maintains eye contact and receives a pass back from O1.
- 4) O2 dribbles around the pylon and passes to O3.
- 5) O3 passes to O1.
- 6) O1 dribbles through the pylons. The drill continues.



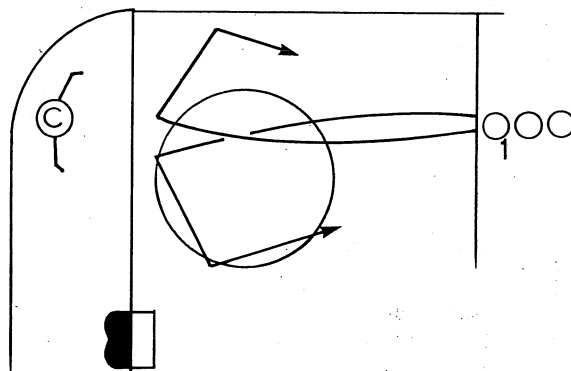
- 1) O1 with a puck, stickhandles through the pylons.
- 2) ▲1 begins to transition skate when O1, is halfway through the pylons.
- 3) O1 passes to ▲1 with eye contact.
- 4) O1 skates to area A.
- 5) ▲1 passes back to O1.
- 6) O1 exchanges passes with the coach and returns to the line-up.



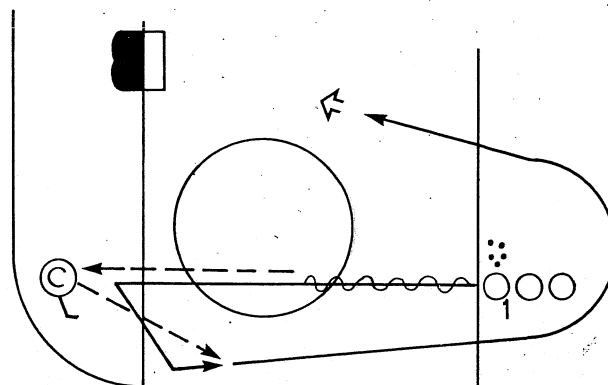
These next conditioning drills stress movement in a small space.



77. O1 skates towards the coach, reacts to his signal by transition skating either to the left or right.

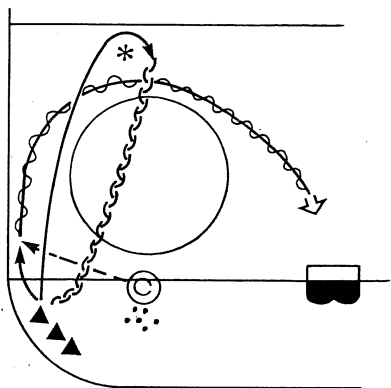


78. 1) O1 skates and stickhandles towards the coach.
- 2) O1 passes to the coach.
- 3) The coach signals with his stick left or right.
- 4) O1 reacts, with eye contact and receives a pass, and shoots on net.



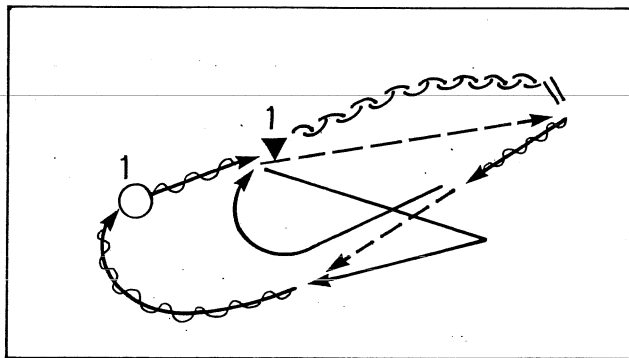
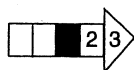
**79) Defensemen drill:**

▲1 skates forward and makes a sharp turn while pivoting around the pylon. He skates backwards towards the coach. When ▲1 reaches the goal line, transition skate with eye contact with a coach (open pivot) and gives a target. Coach passes to ▲1 who then shoots on the net.



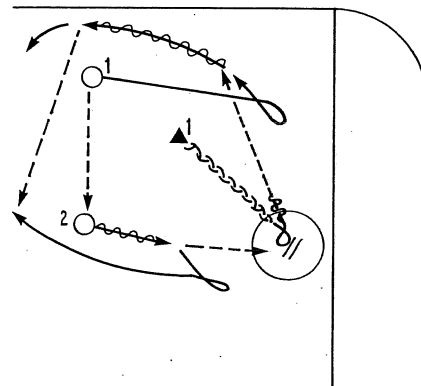
The following drills bring together skill, conditioning and thinking needed in transition. In these telescoping drills both players are thinking and reading each other.

- 80) ▲1 dribbles 1 on 1 and passes to ▲1 who transition skates. Both players must maintain eye contact while passing and supporting each other. All players work at the same time.**



**81) "Telescoping 2 on 1"**

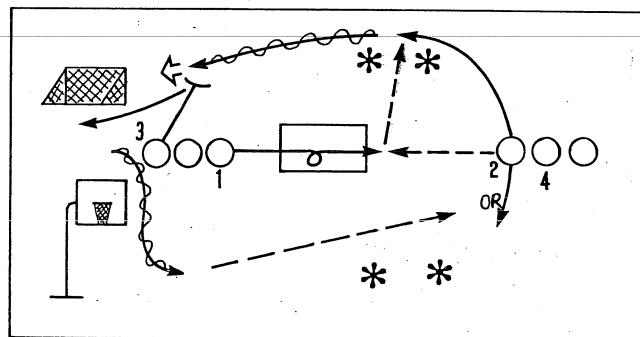
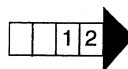
In this progression step, players are practising in a confined space, forcing them to react quickly. O1 passes to O2 who then simulates a 2 on 1 situation. O2 passes to ▲1 who then moves forward and passes back to either O1 or O2. The drill then repeats 3 times and completes with a shot.



**82) "These final progression steps are both advanced thinking drills".**

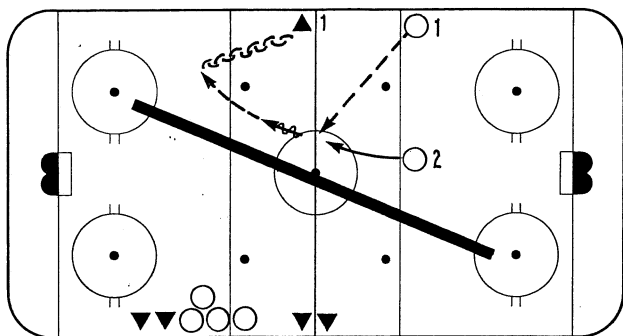
In this off-ice drill O1 performs a somersault, receives a pass from O2 and reads which direction that O2 moves (left or right). O1 passes back to O2 between the pylons for a quick return pass. Player O3 must locate the direction of O2 and defend either the basketball hoop or the net. O2 shoots

Going successfully through three critical points in this drill is very difficult but after mastering that, it is very good for collaboration among 3 or more players.

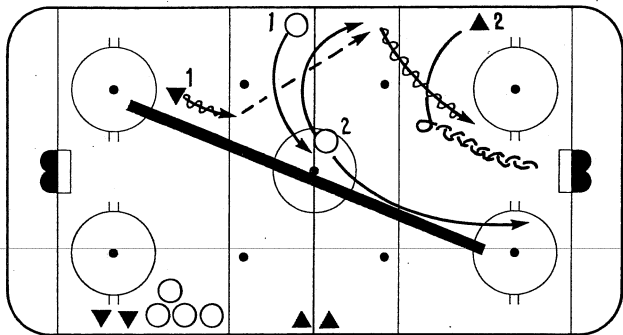


**NOTE:** If O3 intercepts the shot, O3 must quickly pass to O4 (the next player in line). If O2 scores, O3 picks up the ball or puck and passes to O4.

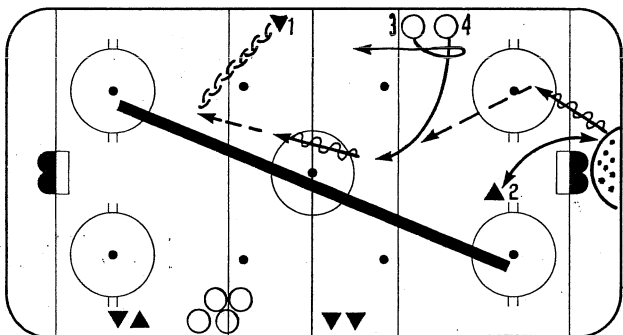
- 5b) If a goal is scored, ▲2 picks up a loose puck behind the net and passes to O3 or O4 to start the drill over.



83i)



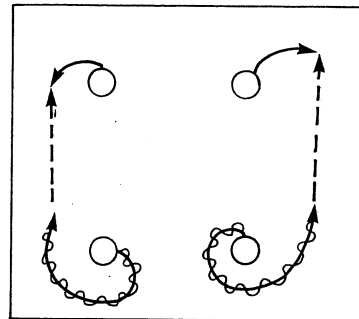
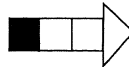
83ii)



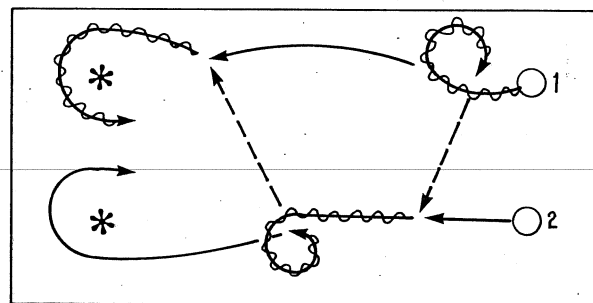
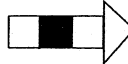
83iii)

**NOTE:** The coach can add pressure to either O3 or O4, forcing ▲1 to read the open man.

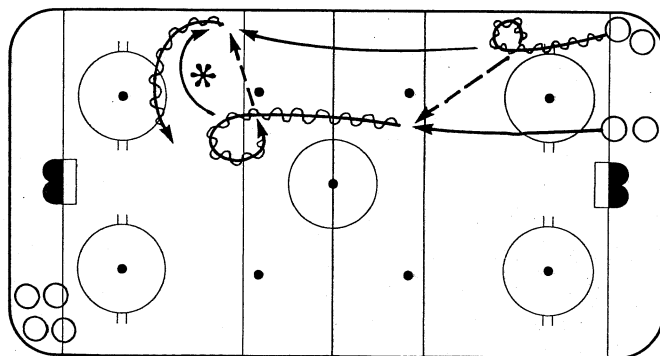
84. This skill drill emphasizes passing and space awareness. Players should be evenly spread out. O1, with a ball or puck pivots, looks and passes to O2, O2 is moving and gives a target either on forehand or backhand side (left or right)



- O1 with the ball or puck pivots and passes to O2. O2 pivots and passes to O1. Reverse direction O1 pivots and passes to O2. O2 pivots and passes to O1. Players should pass to the area in front of the receiver. Both players maintain same speed.



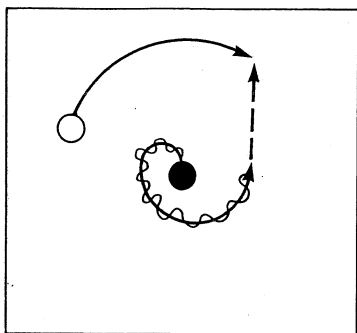
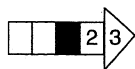
85i)



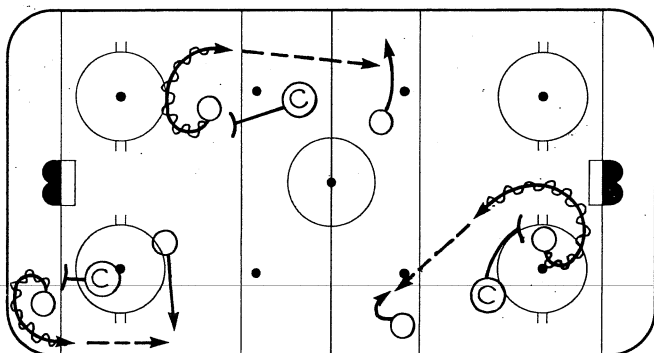
85ii)



- 86a) This drill combines skill conditioning and thinking leading to transition. O1 with the ball pivots, O2 moves to open space. O1 reads the movement of O2 and makes a pass. Repeat several times. Then, players exchange roles.

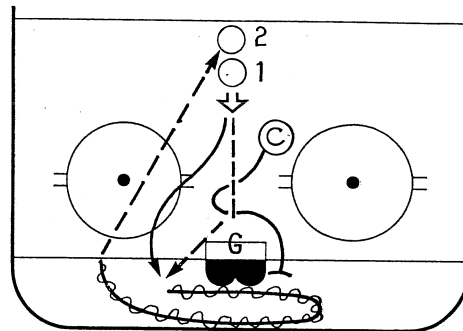


- 86b) This on-ice drill has the same pattern with the addition of coaching pressure. Puckcarrier must release from pressure, make eye contact and pass quickly. Puck receiver must move to open area.



**NOTE:** Players must be evenly spread out in both of the above drills.

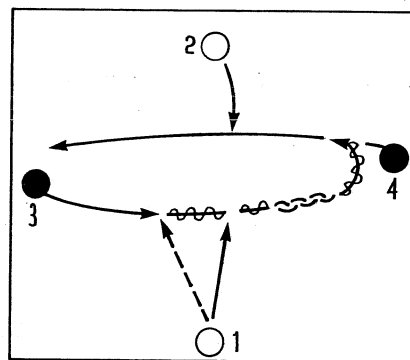
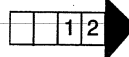
- 87) In this on-ice drill O1 shoots at the goalie. The goalie places the puck behind the net. O1 then skates, checks over his shoulder and reads checking pressure from a coach. Releasing from pressure O1 locates a teammate (moving to the left or right from the line-up) and makes the pass to O2 to repeat the drill. O2 shoots at the goalie. The drill continues.



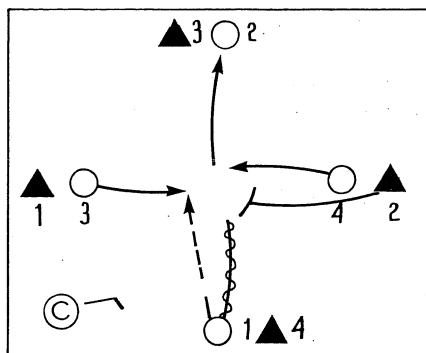
- 88a) This final off-ice transition drill focuses on reading the best passing options.

4 players practice in a group with 1 ball.

- 1) O1 with a ball passes to either O3 or O4 who are running across perpendicular to O1.
- 2) In this example, O3 receives the ball while running forward, then pivots and runs backwards. O1 and O2 exchange positions.
- 3) O3 then performs transition from backwards to forwards and passes to either O1 or O2 who are running perpendicular to O3 and O4.
- 4) Drill repeats.

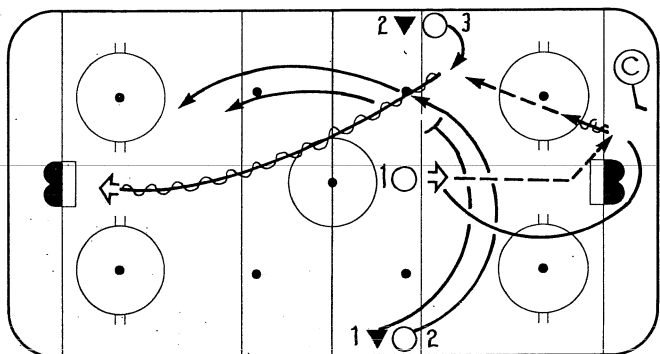


- 88b) 1) Same drill as above.  
2) Now C signals to either ▲1 or ▲2 to put pressure on either O3 or O4.  
3) O1 must pass to the open man.



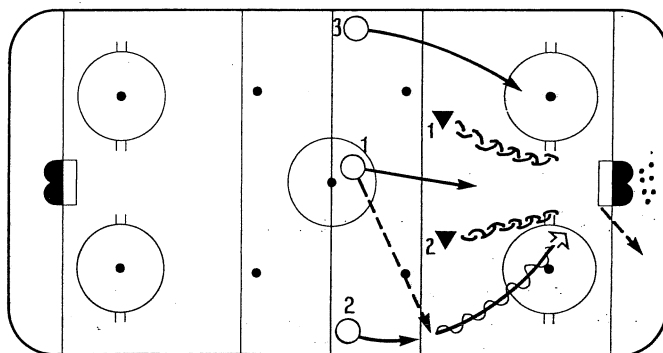
- (89) This on-ice transition drill focuses on reading and passing to the best available option.

- 1) O1 shoots on goal, goalie places the puck to the side.
- 2) O1 skates, looks over his shoulder and picks up loose puck.
- 3) Meanwhile coach with his stick signals to ▲1 or ▲2.
- 4) In this example the coach points to ▲1.
- 5) O2 and O3 skate and provide options to O1.
- 6) ▲1 checks O2.
- 7) O1 passes to O3.

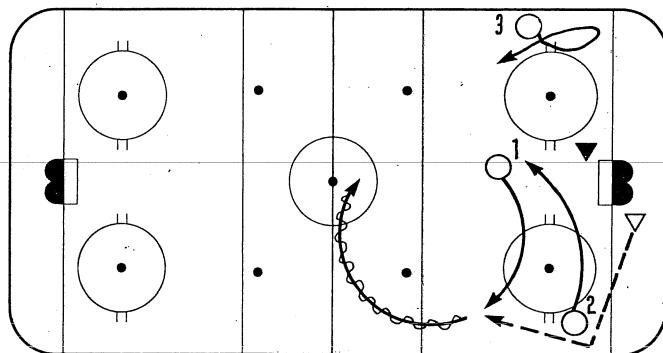


- 90a) This progression drill involves 5 players.

- 1) O1, O2 and O3 attack offensively against ▲1 and ▲2 with a shot on goal.
- 2) ▲1 or ▲2 pick up a loose puck and quickly breakout with O1, O2 and O3.
- 3) O1, O2 and O3 regroup in the neutral zone and attack once again, against ▲1 and ▲2.
- 4) This drill sequence is repeated 3x in total. New group of players then position and begin.

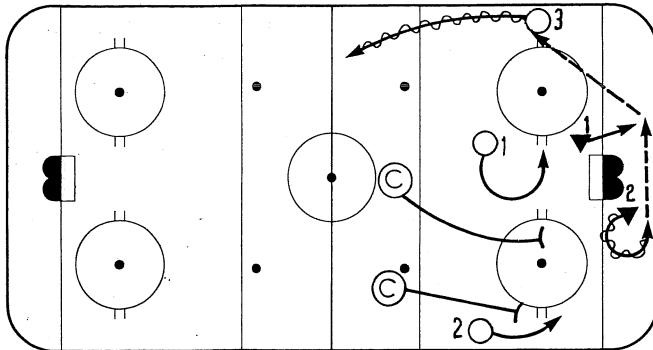


90a i)



90a ii)

- 90b) 1) This drill is similar to 90a) with the addition of coaching pressure.
- 2) In this example the coaches pressure O1 and O2.
- 3) ▲1, ▲2 and O3 read the play.
- 4) O1 passes to O3
- 5) Since this drill repeats 3x, coaches should use variations in their checking pressure.



**NOTE:** A final progression would include, replacing the coaches with players.

## V RACES AND GAMES

This final chapter will help to improve skills and tactics required for successful transition.

Every practice should hold some type of games and races. This will ensure that fun is added to the practice.

With fun, the practice is more attractive and it keeps the players confident. When the game or race is held in the closing part of the practice, players leave the rink with a good feeling.

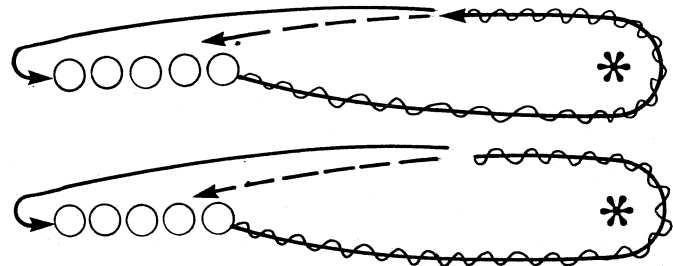
Players will then look forward to the next practice.



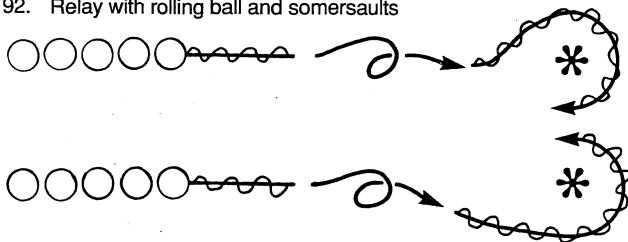
### OFF-ICE RACES AND GAMES

Off-ice practices will complement and supplement your on-ice practices.

91. Different types of relays with or without a ball



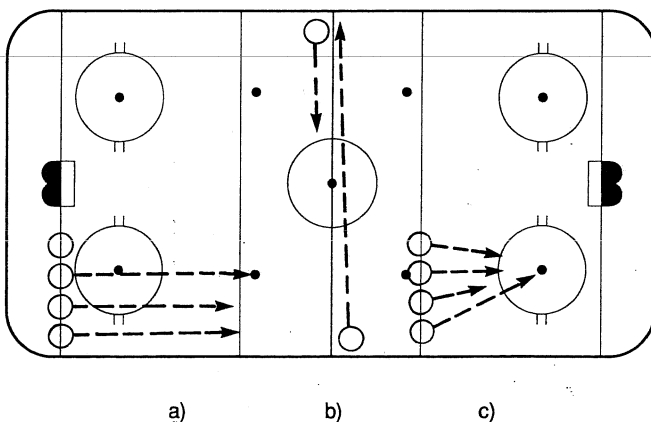
92. Relay with rolling ball and somersaults



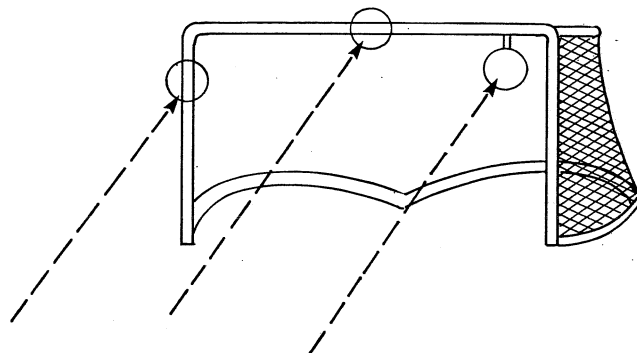
93. Keep away with a handball, basketball or soccer ball, while in small areas ie: 1 vs 1, 2 vs 2, 3 vs 3
94. In a gymnasium 1 game of basketball (3 on 3) is played while another game of soccer (3 on 3) is played.
95. Playing soccer while crawling
96. Handball in the shallow end of a swimming pool

### ON-ICE RACES AND GAMES

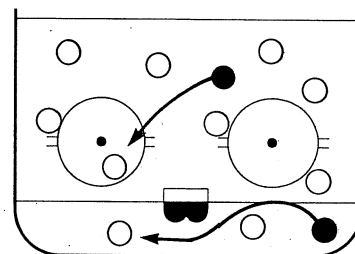
- 97a) Blue Line curling: Players pass the puck to the blue line. The puck must stop on the blue line. The puck closest wins.
- 97b) Face Off Curling: Players pass the puck to the faceoffs. Players can knock away each other puck. Each player has 3 shots.
- 97c) Trap Shooting: Players must hit the red line on the boards.



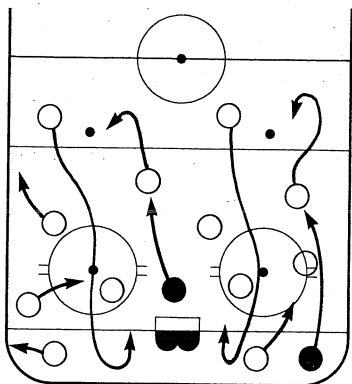
98. Shooting on target  
- players must shoot and hit the post or cross bar on a target.



99. Zone Tag:



100. **Safe Tag:** Players play tag. Those players not "it" can use the neutral zone as a safe area. They cannot be tagged here. Only one player can be safe at any time.

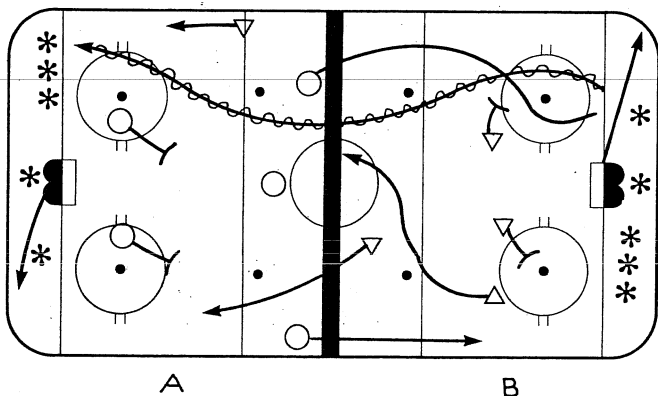


101. **"Capture the pylon":**

Two teams - A, B Each team sends 5 players to the game (same as hockey) for 40 sec. Each team has (behind the goal line) 5 pylons to defend, (defenders cannot skate into the area behind the goal line). Each team attempts to steal a pylon from the opposite team and carries it to his own base. If the stealer is touched anywhere in the offensive half with (or without) pylon, he must return the pylon to the opponent and is out of the play until the next change or he must return to the goal line and start again.

Game is over when one team has no pylons, or after certain period of time (5 to 10 minutes). The winning team is the one with more pylons in their base.

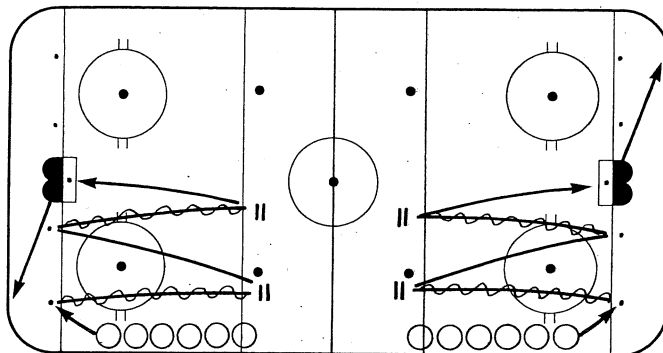
Each team should have special players (defenders, thieves).



102. **"Carry Over":**

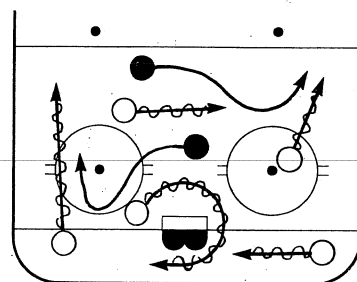
Two teams in each zone start at the same time. Five (5) pucks are spread out on goal line. First player from each line up (A,B) with no stick picks-up the puck with his hand and drops it behind the blue line (must touch the line with both skates). Then he skates for the second puck following the same pattern. Reaching the third puck another player can start, but now he carries over the pucks from blue line to goal line. The team that carries out all pucks, wins. Make sure that pucks are always dropped behind the line.

Another option - carry the puck with a stick.



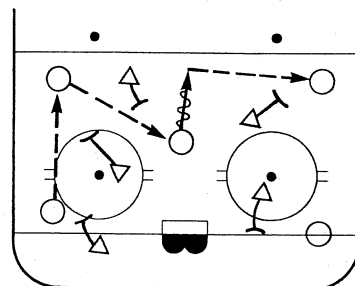
103. **Protect the puck:**

All players skating in the zone with a puck. One player without a puck tries to steal another players puck.



104. **Keep-away:**

Two teams (3-5 players per team) are divided in the zone. First team plays keep-away. If the second team intercepts they play keep-away. The team to make the most passes, wins the game.



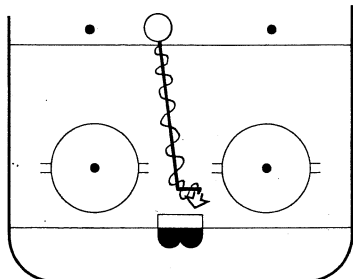
105. Longest Shot:

Which player can shoot the puck from the blue line over the net?  
Which player can shoot 5 consecutive shots over the net?

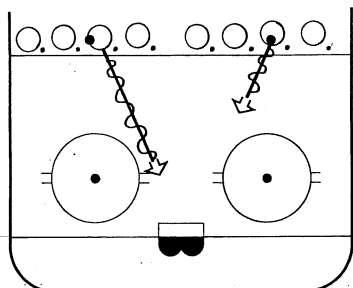
106. Puck Balance:

Can you lift the puck with your stick?  
Can you lift the puck and juggle ?

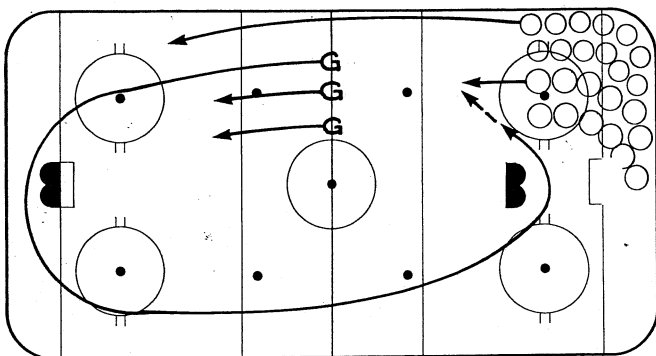
- 107a) Showdown: 1 on 0, 2 on 0  
1 on 0 with pressure,  
1 on 0 reverse grip (goalie no stick)



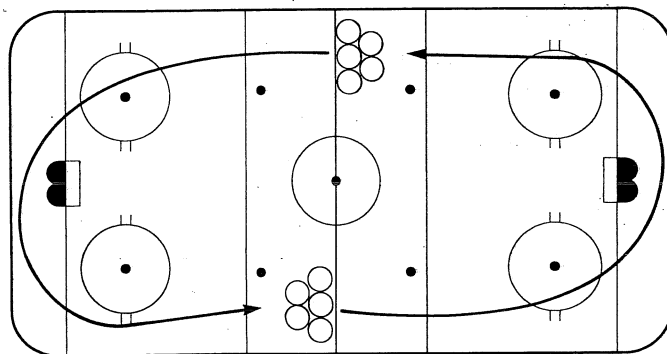
- 107b) Team Showdown: Each player with a puck divided into 2 teams, O1 plays showdown until he scores. O2 then starts. All players must score. The other team is doing the same thing at the opposite end. The team to score all goals first wins.



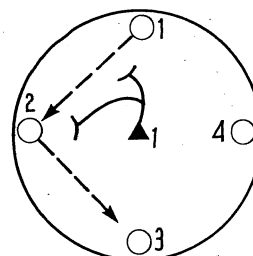
108. 4 line-ups with 5 players. Firstly players with a stick, skate one lap on coaches signal. The race continues by passing the stick to the second player. Goalies can be part of the teams but with distance advantage.



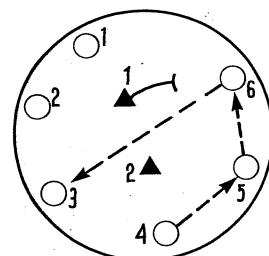
109. Chasing: Two teams are divided on opposite sides of the red line, facing opposite direction. On the whistle, all players skate, one lap in the same direction. First team to have all players complete finish; advance to playoffs.



110. Monkey in the Middle: Players O1, O2, O3 and O4 are passing to each other using one-touch passing. That player making a bad pass, exchanges with ▲1. Coach can then add 2 players to the middle. Do not use the 1 touch-pass rule. ▲1 and ▲2 in the middle try to intercept or touch the pass of the others. In both cases if a player passes between the legs of ▲1 or ▲2, ▲1 or ▲2 will stay in the middle for an extra turn.



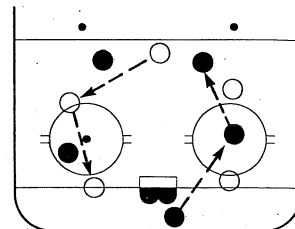
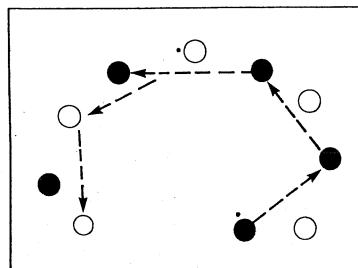
ONE TOUCH PASS



TWO TOUCH PASS

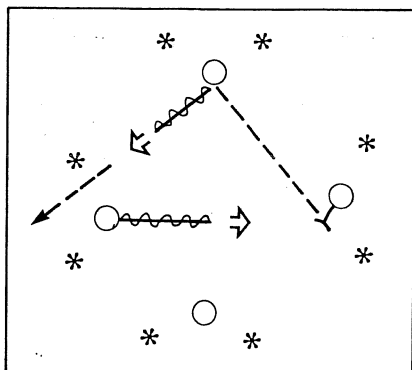
111. Catch-up: Passing drill development with medicine balls or pucks.

- 1) Players are divided into 2 teams as shown in diagram.
- 2) On the whistle, player O1 on team A, and player O1 for team B begin passing to their teammates, in a counter clockwise direction.
- 3) Each team tries to catch-up to the opposing team's pass.
- 4) Each player has a spare puck, in case, a bad pass is made.



112. Windows: One puck, four nets-"windows", four players in each group spread out on the rink. Nets made from pylons or player's gloves.

Every player defends his own net can carry and score in any net.



#### Small area games:

Game sense development, orientation in small space, quick transition game.

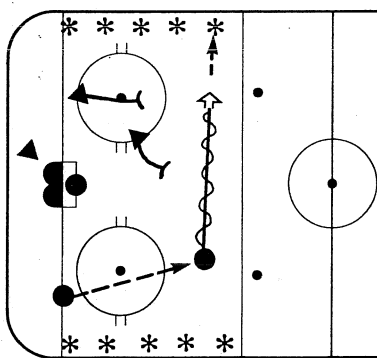
- 113a) "Soccer" in a gymnasium 5 on 5

- 113b) "Soccer cross-ice" 5 on 5 with 2 balls

114. "Street Hockey"  
with any number of players

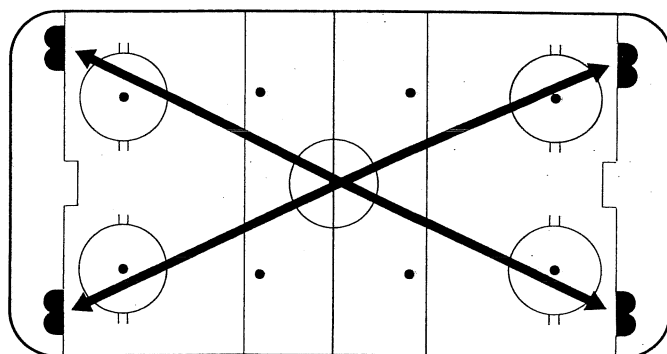
#### 115. Shoot-Out:

- 1) 5 pylons are lined up along each side of the boards as shown in the diagram (no nets)
- 2) Players play 3 on 3 cross ice scrimmage
- 3) Players try to knock down the pylons when shooting.
- 4) If a pylon is knocked down, the coach removes it.
- 5) The first team to knock down all pylons, moves on to the playoffs.



#### 116. Four Net Scrimmage:

- 1) Players are divided into four teams and play 3 on 3, 4 on 4, or 5 on 5 diagonally on the ice.
- 2) Players must always keep their heads up, especially in the neutral zone.

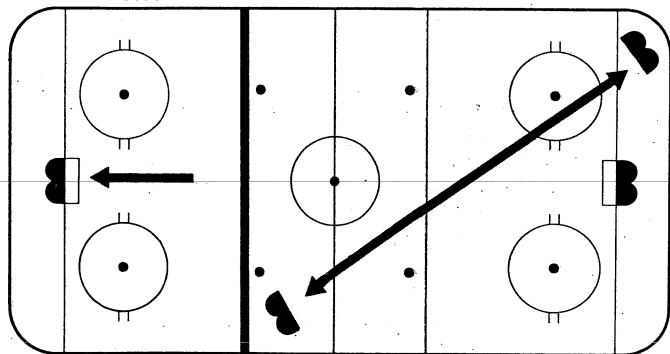


117. One Net Scrimmage: Players in teams of 3, 4 or 5 play against each other in one zone. When one team intercepts the puck, players must make one pass before attempting to shoot.

If the puck travels past the blue line, the opposite team maintain possession.

The team that scores, maintain possession.

117.



118.

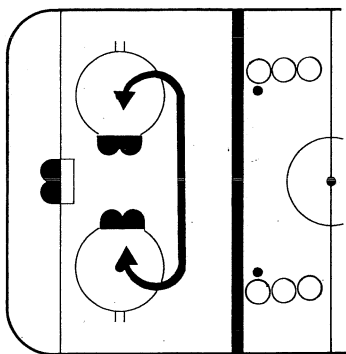
#### 118. Diagonal Scrimmage:

- 1) Nets are placed diagonally and players scrimmage.

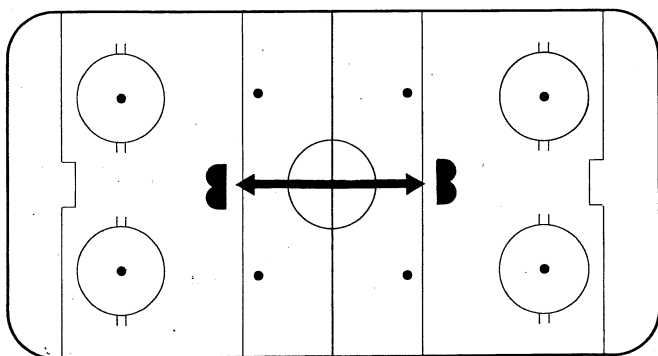
119. Nets Backwards: Cross-Ice:

1 vs 1, 2 vs 2, or 3 vs 3

important for goaltenders to have their head on a swivel at all times.



120. Neutral Zone 3 on 3: Coach keeps spare pucks available in case of a loss of possession. Players change while game continues.



## REMINDERS FOR PRACTICE

Here are some important notes to remember.

- 1) Transition is a continuous change, from offense to defense, involving the co-ordinated movement of all players.
- 2) During a game, these games are very often unexpected. Practice drills should also include these situations.
- 3) Drills including reading situations and making decisions should be part of each practice.
- 4) Start with reading types of drills with even the youngest players. This will lead to a much smarter and creative player.
- 5) The complete player is a skilled player, a well conditioned player and has the ability to think in both practices and games.
- 6) Developing the complete player must include off-ice practice both during the pre-season and in-season period.
- 7) Transition needs speed and quickness, so keep in mind that drills done past the point of fatigue develops slowness.
- 8) Repetition does not make perfect. Only perfect repetition improves skill. Ensure your work/rest ratio is appropriate.
- 9) Don't strive to win at all costs. Provide the opportunity for every player to be persistent and determined.
- 10) This manual emphasizes development in a team environment but players must take the initiative to practice on their own as well.

Watch any successful team in hockey and you will notice, some degree, of effective transition defense to offense.