

FULL-ICE EXERCISES

A full-ice transition game, in which the players lined up on both sides of the rink. The forwards are at the blue lines, the defencemen in the middle zone.

EXERCISE 4

TRANSITION 1 ON 1

A full-ice transition game, in which the players are lined up on both sides of the rink.

1. Start ION 1
2. When a defenceman wins the puck, he gives a quick pass to a new forward, who asks for a pass and plays ION 1 the new defenceman.
3. The forward asks for a pass by creating an opening for himself.
4. The original forward and defenceman leave after the transition.

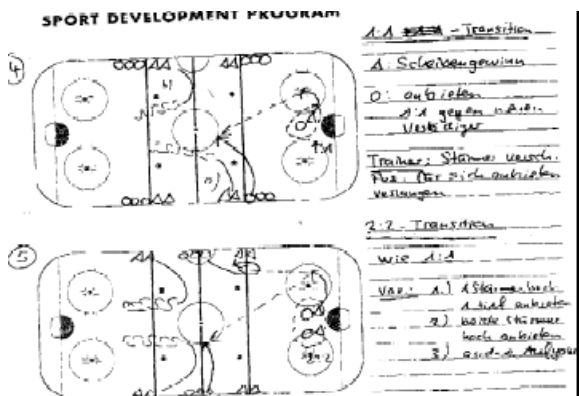
EXERCISE 5

FULL-ICE EXERCISES

TRANSITION 2 ON 2

A full-ice transition game, in which the players are lined up on both sides of the rink. The defencemen are at the blue lines, the forwards in the middle zone.

1. Start ION 1
2. Defenceman wins the puck, who has different passing options, such as:
 1. One high forward, one low
 2. Two high forwards
 3. Other combinations



Video Link:

DT100 - 1-1 and 2-2 with Passive Support - Pro

<http://www.hockeycoachingabc.com/mediagallery/media.php?f=0&sort=0&s=20131126182356890>