

ADVANCED LEVELS 5 AND 6

These advanced levels are combined because the same games and drills are used to practice both offensive and defensive individual and team play skills. The coach now uses exercises from Levels 0 - 4 for warm-up and review. The players learn to play as a team in Levels 5 and 6. They work on all of the various game situations from the basic 1 on 1 skills to 5 on 6. Quick transition from offense to defense and from defense to offense is emphasized with the theme that; “you must always attack so that you can defend and defend so that you can attack.”

TRANSITION GAMES TO TEACH THE FOUR GAME SITUATION ROLES

When the players have learned the basic skills by doing one way drills where offensive or defensive responsibility is repeated but there is no transition, then it is time to practice using the skills in more realistic situations that demand both good technique and game understanding.

Transition games allow the coach to create any numerical situation that happens in a hockey game and the players practice the situation under game pressure in the same zone as it would occur in a game.

Levels 3 and 4 show transition games where players passively wait in the neutral zone and become active when the puck is passed over the blue line. These games can be used to create power play and penalty situations or to create various numerical situations at each end.

In level 5 and 6 transition games the players come into and leave the play according to the game situation so the coach doesn't have to be continually blowing his/her whistle, but is free to talk to the players as the game is going on.

Any of the game formations can be used for transition games. The D200 cross ice games and D600, D700, and D800 small area formations use the same rules as the D100 and D400 transition games that are described below.

HOW TO ORGANIZE A TRANSITION GAME

To organize a transition game the coach must decide what individual or team skill to work on and then devise the game. Take your time and go slowly, first step by step and let the players do everything in slow motion so that the game is understood.

When the players are comfortable with the flow of the game the coach can add modified rules to practice individual or team skills. The transition game itself is like a template for teaching all the various situations in the game.

Individual and team skill work can be added by modifying the rules. For example to work on the team skill of cycling deep in the offensive zone have the rule that all goals must originate from plays below the goal line. An example of how to work on individual skills would be to designate the number or type of passes that must be used or what kind of shot is required to score.

It works best if you start a transition game 1 on 1 and work on game situation roles one and three. The individual techniques are the foundation for all team play and the 1 on 1 gives all of the players a chance to understand the flow of the game.

After the coach has decided what needs to be worked on and where on the ice it should be done, then the flow of the game, in other words who gets support during the play, determines the type of transition game to use.

In transition games you go from offense to defense and from defense to offense. The coach can create the situation he/she wants to work on by having the passive players give support to the defense, the offense or both the offense and the defense. When the new players come into the play they must assume the appropriate game-playing role of either offensive or defensive support.

The cards in this level will show D100, full ice games and D400 half ice games that show:

1. Transition games where players wait in the neutral zone for a breakout pass and the play goes towards the other end. This game isolates situations in the neutral zone and at each end (*game situation role one, two, three and four.*)
2. Transition games where the attacking team gets support from teammates joining the play (*game situation role two.*)
3. Transition games where the defending team gets support from back checkers (*game situation role four.*)
4. Transition games where both the offensive and defensive teams have supporting players join the play (*game situation role two and four.*)

As the play continues their role changes from defensive to offensive or offensive to defensive responsibilities and all three playing situations: offense, defense and loose puck will be encountered.

Card 141 B,

DEFENDING 3-3, 2-2, IN THE DEFENSIVE ZONE

Attack-Defend-Pass-Leave Sequence. In order to isolate offensive and defensive situations: play a full ice game of 5 on 5 where game each team leaves two players in the neutral zone when one team attacks 3 on 3 and two players from each team stay in the neutral zone as the opponent attacks the other goal 2 on 2.

The game is organized in the following manner:

- * One team attacks 3 versus 3 and when the defending team gets the puck they pass to the neutral zone and there will be a 2 on 2 situation at the other end.
- * In the 3 on 3 situation one line plays two defenseman and one forward as a backchecker while defending and the other two forwards attack 2 on 2 the other way.
- * The other line has three forwards on offense and two defensemen for the 2 on 2 at the other end. Many other numerical situations can be practiced using this method. Have all forwards take turns being the backcheckers.
- * Halfway through the game change so the other team play the 2 on 2 and 3 on 3 situations.
- * The shifts can be timed or the players can change on the go after they have attacked and defended.
- * Any number of players from 1 to 5 can wait in the neutral zone.
- * A modification of this game is to have the defensive team wait in the neutral zone and play against the team who is breaking out of their defensive zone.

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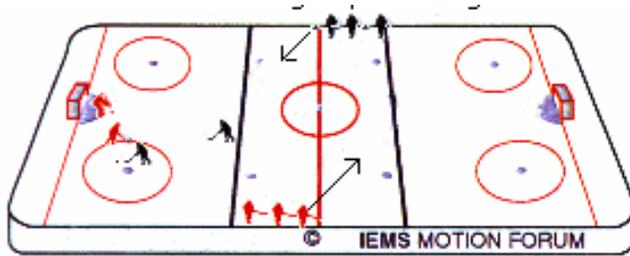
DEFEND - ATTACK GAMES

2. Transition games where the attacking team gets support from teammates joining the play (*game situation role two.*)

Card 142

D100, FULL ICE DEFEND - ATTACK - GAME

This game works on all situations up to a 3 on 3 but is especially good for teaching the four game situation roles deep in the offensive and defensive zones.



In this game you line the players along the boards in the neutral zone.

- * Start with a 1 on 1 situation with a player from the lineup supporting the attacking player at the point. *
- * The offensive player tries to score and the defensive player tries to regain the puck and attack the other way.
- * After a goal, or when the defender regains the puck and crosses the blue line, he/she attacks the other way versus the new player at the point. The original defender goes to the back of the line.
- * At advanced levels the coach can add more players and a regroup in the neutral zone with the original players not leaving until the puck crosses the offensive blue line.

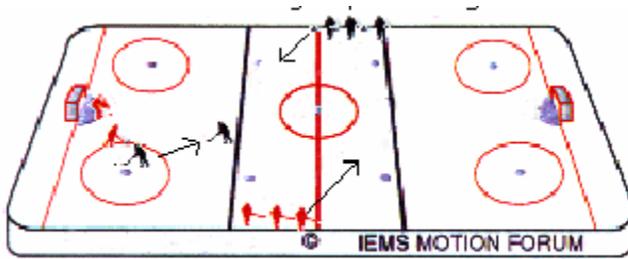
Card 142 B

D100, FULL ICE DEFEND GAME WITH A PASS TO THE POINT

This game works on all situations up to a 3 on 3 situation. The pass to the point creates a situation where the defender must keep the attacker from screening the goalie, getting a pass or scoring on a rebound.

- * Start with a 1-1 and the attacker gets support from a teammate waiting in the neutral zone when the puck crosses the blue line.
- * The attacker may pass to the point but the point man cannot walk in and shoot, but must pass or shoot within two seconds. This enables the defender to continue playing the 1 on 1 low. (This simulates that the point man is being covered.)
- * After a goal or when the defender crosses the blue line he/she attacks the other way versus the new player at the point and the original attacker goes to the end of the line in the neutral zone.

At advanced levels the coach can add more players and a regroup in the neutral zone with the original players not leaving until the puck crosses the offensive blue line. This is great for working on defensive gap control.



Card 142 C

HALF ICE DEFEND-ATTACK GAME WITH A PASS TO THE POINT

* Start with a 1-1 as and the attacker gets support from the lineup in the neutral zone when the puck crosses the blue line. The attacker may pass to the point but the point man cannot walk in and shoot, but must pass or shoot within two seconds.

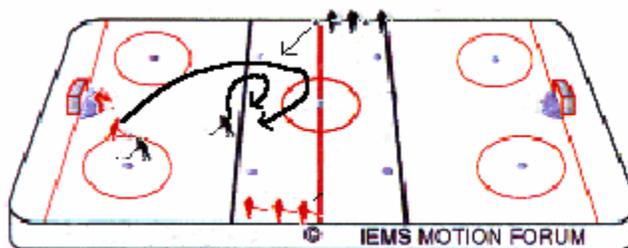
* This enables the defender to continue playing the 1 on 1 low. .

The pass to the point creates a situation where the defender must keep the attacker from screening the goalie, getting a pass or scoring on a rebound.

* After a goal or when the defender skates out to the red line with the puck the point man mirrors him and turns, defending the original goal.

* When the defender crosses the blue line with the puck, the original attacker goes to the end of the line in the neutral zone.

* At advanced levels the coach can add more players and a regroup in the neutral zone and the new offensive player skates to the far blue line before turning back to attack.



Attack - Defend Games

3. Transition games where the defending team gets support from back checkers (role four.)

Card 143

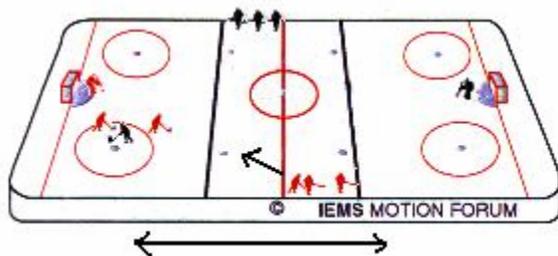
D100, Full Ice Attack - Defend Game

Use the D100 formation starting with a 1 on 1 game with the extra players waiting in the neutral zone. * *

- * The defensive player gets support from a teammate when the puck crosses the defensive blue line.
- * The 1-1 now becomes a 1-2 and the original defender concentrates on the attackers body while the back checker picks up the puck and attacks in the other direction while the original attacker back checks.
- * When the puck crosses the offensive blue line the defending player gets support from a team mate making it 1-2.
- * On a goal or when the defenders gain the puck the new back checker attacks the original net.
- * When the puck is cleared over the defensive blue line the original defending player returns to the line-up on the boards.

This flow of, give defensive support, attack the opponents net, and then defend continues.

As many as 3 supporting players can join the play or the coach can send 1, 2 or 3 players to support in order to have the players recognize the game situation.



Card 143 B

Half Ice Game of D400 with the extra players waiting at the red line.

Play either one or two D400 half ice Attack - Defend games at once. Teams are organized into two lines of one, two or three players each. One line attacks or defends while their teammate rest near the red line.

- * When the defending team gets the puck they must break out over the blue line and pass to a waiting teammate at the red line. If the puck is simply dumped out then it is a loose puck and any one of the active players can get it.
- * When a successful pass is made the passive players go onto offense and attack versus the players who were just on offense.
- * When these new attackers lose the puck or are scored on they must defend against the passive players who are waiting for a pass near the red line.

This game works on all four game situation playing roles and the three playing situations.

Play timed games or up to a certain score. Play tournaments and add modified rules that stipulate individual or team skills.



Card 143 C

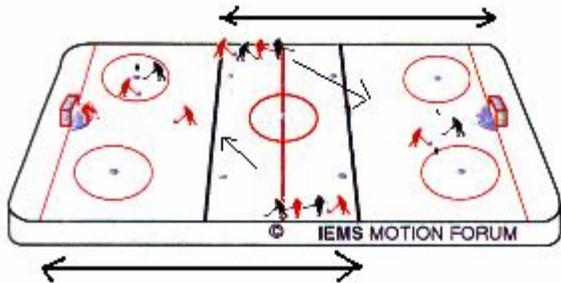
Half Ice Game of Backcheck - Breakout - Attack - Defend - Rest

In this game the extra players wait along the boards in the neutral zone and backcheck to support the defender when the puck crosses the blue line making it a 1 on 2 situation.

* When the new defensive player gets the puck he/she skates to the far blue line before turning and attacking the original attacker.

* This flow continues when the puck crosses the blue line and the new defender gets support from a teammate.

* This transition game can be played at one or both ends at once. A regroup in the neutral zone can be added to practice keeping a tight gap.



Card 144

D400, GAME SITUATION ROLES ONE, TWO, THREE, FOUR

4. Transition games where both the offensive and defensive teams have supporting players join the play (game situation role two and four.)

- * This is the ultimate transition game to practice all possible play situations from 1 on 1 to 6 on 5.
- * To learn the game start playing 1-1 and when the puck crosses the offensive blue line both the attacker and defender get support from the teammates waiting along the boards in the neutral zone.
- * The 1-1 situation becomes a 2-2 and the new supporting players must assume the responsibilities of game situation roles 2 and 4.

Variations:

Create any numerical situation by adjusting how many players support the active players. To create even numbered situations give support with as many defenders as there are attackers and with as many attackers as there are defenders.

- * I.e. on a continuous 2-1, two players would support on defense and one would give offensive support.
- * The 2 on 1 and 1 on 2 would become a 3 on 3 in the end zones and a 2 on 1 or 1 on 2 in the neutral zone. A 2-2 and 3-1 through the neutral zone become 4-4 in the end zones and a 3-2 or 2-3 through the neutral zone becomes 5-5 at each end.
- * The supporting players can simply line up on one side of the ice and join the play according to the 1-2-3-4-5 principles of team play or they can play their own position, i.e. as defensemen or forwards.

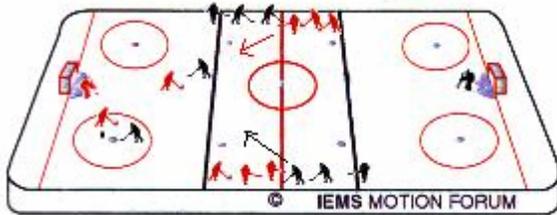
In the example in the diagram below the forwards are on one side and the defensemen on the other side.

- * The forwards give support to their defense and the defense give support to their forward when the puck crosses the blue line.
- * In the 1-1 to 2-2 situation in the diagram the defenseman will support from the point and may jump into the play.
- * The forward must cover the new defenseman and then get open for a break-out pass when the defender gets the puck or go low and pick up a loose puck if the defender pins the attacker.

When you have a continuous 2-1 the first backchecking forward must give low support to the defender and the second backchecker must cover the new defenseman. So by using this continuous game the coach can teach team play concepts as well as work on individual techniques.

The coach can also adjust the number of supporting players to create uneven situations, i.e. a 2-1 with only one backchecking forward and one supporting attacker would create a 3-2 in the end zone, and a 1-1 in the neutral zone. Then two forwards could backcheck and one attacker joins the play and you would have a 2-3 attack in the end zone and a 2-1 again through the neutral zone.

The situations are only limited by the imagination of the coach.



Card 144 B

D400, GAME SITUATION ROLES ONE, TWO, THREE, FOUR

A HALF ICE TRANSITION GAME OF 1-1 THEN 2-2 IN THE DEFENSIVE ZONE

The team can practice various half-ice situations using this transition game. It is best to have the teams wearing only two colours.

- * One player attack 1 versus 1.
- * When the puck crosses the blue line one forward (F2), from the defending team and one defenseman (D2) from the attacking team follow the play into the zone.
- * The back checker must cover the new defenseman who supports the attack.
- * When the defenders regain the puck or a goal is scored, they breakout as far as the red line and then turn back and attack 1 on 1, F2 versus D2.

Keep score and use this method to play games and tournaments.

Other situations such as 2-1 to 3-3, 2-2 to 4-4, 3-1 to 4-4 and 3-2 to 5-5 can be played.

