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USA Hockey Recertification Program

Creating an Effective Transition Game

Lesson Workbook



presented by



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Creating an Effective Transition Game

Introduction

Transition is the switch made by a team and its players from offense to defense to offense to defense and so forth as the puck changes possession between two opposing teams during the course of a hockey game.

The game of hockey is a game of transition.

Unlike football, where a player can specialize as an offensive player or defensive player, hockey requires that players acquire offensive and defensive skills and tactics and that they learn to switch from one set of these skills and tactics to the other in a split second as the puck is lost to the opposing team, or retrieved from the opposing team.

Quick transition is the attempt to take advantage of the opposition's team vulnerability immediately after turning over the puck.

Most goals are scored within five seconds of an opposition turnover.

To be successful in transition, the team retrieving a turnover must transition to offense quickly before the team turning over the puck can adjust to a defensive posture.

We will focus on four areas of transition:

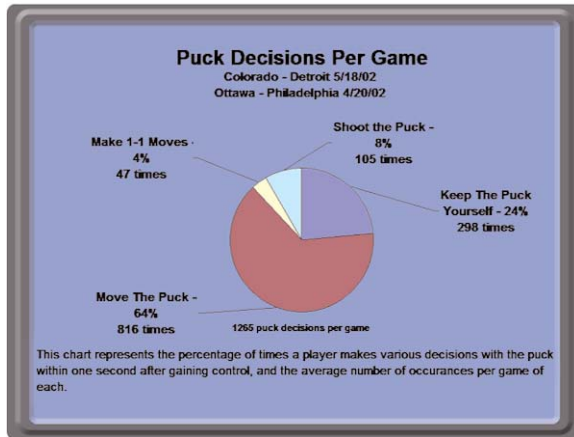
1. The skills necessary for transition hockey.
2. The tactical abilities or hockey sense necessary for transition hockey.
3. How transition hockey is used to improve a team's offensive systems play.
4. How transition skills and tactics can be improved through drills and practice.

When retrieving a puck, a player has four options:

1. He can pass or move the puck. This means passing to a teammate or moving the puck by clearing it out of the defensive zone or dumping it into the offensive zone.
2. He can keep the puck himself, by skating it through open ice, or protecting it from opposition checking pressure.
3. He can make 1-1 moves to try to beat the nearest defender.
4. He can shoot if the puck is in scoring position.

We charted two NHL games to learn which of these options was used most by NHL players.

This study was completed by charting the decisions made by a puck carrier within one second after retrieving the puck.



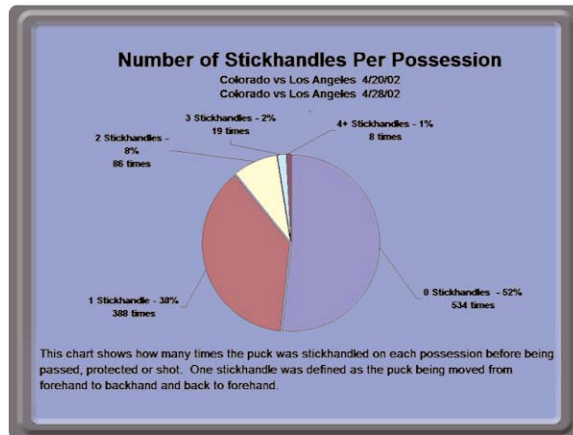
We discovered that option one, passing or moving the puck, was done 64% of the time; Option two, keeping the puck, was done 24% of the time; Option three, making 1-1 moves was done 4% of the time; and Option four, shooting was done 8% of the time.

Thus, we see conclusive evidence that the best offensive results are obtained by moving the puck quickly.

1. The Skills Necessary for Transition

- The ability to pass the puck accurately, at the right time, and to the right player is the most important element in playing high tempo, quick transition hockey. Good passing is a combination of both making and receiving passes. If the offensive player has time while getting the puck, he should look around the ice surface for pass options at least once and hopefully twice before reaching the loose puck. By doing so he will be able to make quicker and better decisions once he retrieves the puck.
- Equally important for transition hockey is an offensive player away from the puck's ability to receive passes. A player adept at receiving passes should be able to collect all passes within his reach. This includes hard passes, soft passes, passes to the forehand, passes to the back hand, passes out in front of the pass receiver and passes up in the air.
- The ability to employ high tempo, quick transition hockey will require an offensive player to think "pass first". Because of this, a player must learn to stickhandle the puck in such a way that passing the puck is an immediate and available option. As the puck carrier is identifying his pass options, stickhandling should be limited. The puck should be carried in a passing or shooting position as much as possible. Excessive and unnecessary stickhandling will hinder a puck carrier's ability to pass the puck in a timely manner. Stickhandling will become necessary when the puck carrier is confronted with pressure, but until then, the puck should be carried in a passing or shooting position.
- In order to employ quick transition hockey the puck must not be overhandled.

The following chart shows the amount of times in an NHL game the puck is handled and how many stickhandles occur each time the puck is handled. The amount of stickhandles was measured from when a player receives or retrieves a puck before he moves the puck up ice or passes the puck to a teammate. One stickhandle was considered handling the puck from the forehand to the backhand and back to the forehand one time.



The chart shows that 52% of time the puck was not stickhandled at all. That 38% of the time the puck was stickhandled once. That 8% of the time the puck was stickhandled twice. That 2% of the time the puck was stickhandled three times. And that 1% of the time the puck was stickhandled four or more times, before the puck was passed or moved.

- Given the fact a player should not over handle the puck, there will, nonetheless, be times during the game when the puck carrier will have to handle the puck.

This will occur when the puck carrier:

- Is approaching a defender
- Needs to protect the puck from a defender
- Is preparing to make a 1-1 move
- Or is preparing to pass

- A further part of transition hockey is the ability of a shooter to shoot the puck, after a transition play has been made, before the goaltender is in proper position.

This requires a player to learn to one-time a shot.

In a one-time shot a player reads that a loose puck or pass is coming his direction, and shoots without trying to stop and control the puck.

The player must decide in an instant which type of shot to use.

The time and space available to the shooter and the quality of the pass will determine whether a slap shot, or wrist shot or snap shot should be used.

2. Tactical Abilities or Hockey Sense

In this second section on transition hockey we discuss the tactics or hockey sense necessary to be a good transition hockey team. We will divide this discussion into tactical decisions by the player with the puck, and tactical decisions by the offensive players away from the puck.

The puck carrier's four options are to:

1. Move the puck up ice or pass the puck to a teammate
2. Keep the puck himself by skating with it or protecting it
3. Make 1-1 moves, or
4. Try to score

In an NHL game, players choose, 64% of the time, within one second of retrieving a loose puck, option one, which is passing or moving the puck.

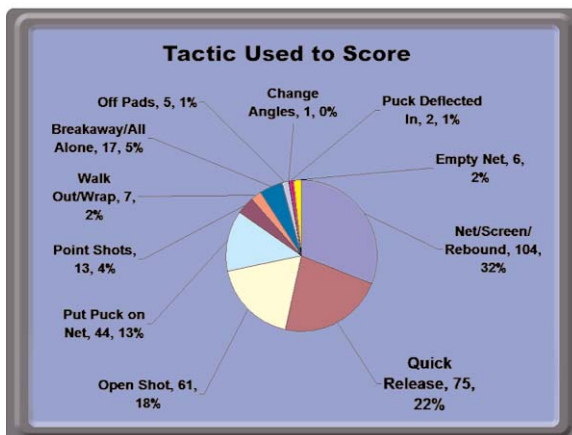
The reason why the puck is moved is that it is the quickest, most effective way to advance the puck up ice.

The puck can be passed quicker than it can be skated.

In addition, passing the puck forces the defending team to make adjustments which in turn opens up skating, passing and shooting lanes for the offensive team.

- A further part of transition hockey is the ability of a player to shoot the puck, after a transition play has been made, before the goaltender is in proper position.

The following chart shows what tactics were used to score goals during the first two rounds of the 2003 Stanley Cup playoffs. 32% of the goals were scored by players going to the net and deflecting the puck past the goaltender or scoring on a rebound. 22% of goals were scored by players shooting quickly before the goaltender could get set for the shot. 18% of goals were scored by players beating the goaltender with a good shot in open ice with time against a goaltender prepared for the shot. 13% of the goals were scored by a player who simply threw the puck to the front of the net hoping for a lucky bounce. 5% of the goals were scored on breakaways. 4% from good point shots. 2% of walk out situations, and the rest of the goals were scored by using a variety of other tactics.



It is important to note that the second most goals, 22%, were scored because of quick transition, the ability of the shooter to shoot quickly before the goaltender could get set for the shot.

- One of the most effective ways to score is to shoot the puck quickly. There are four things that a player must do to shoot the puck quickly:

1. An offensive player away from the puck must get himself into the open scoring areas of the offensive zone so he can receive a pass and try to score.
2. To release a puck quickly the shooter must position his feet in such a way as to align his upper body toward both the passer and the net.
3. To release a shot quickly the shooter must have his stick ready to shoot one time shots.
4. A player must get his shot off quickly.

- The number one objective of an offensive player away from the puck is to provide pass support for the puck carrier. The best way to support the puck carrier is to move into position so the puck carrier can make a short, direct pass.

- Before the offensive player without the puck is ready to provide this help to the puck carrier, he must understand the following important concepts:

- Presentation and timing, communication, ice awareness and read and react.

- Presentation is the ability of the pass receiver to put himself at proper angle to receive a pass and make it easy for the puck carrier to make a pass.

This means getting into the best body position to give a target to the puck carrier.

- Timing is the ability of the pass receiver to put himself into the right place at the right time to receive a pass.

The pass receiver should arrive in the open passing lane when the puck carrier needs the pass receiver to get to the opening, not when it is convenient for the pass receiver.

This requires the pass receiver to either hurry up to get open, slow down to get open, or possibly stop to be open.

- The player away from the puck should be an extra set of eyes and ears for the puck carrier to help let him know where opposition players are located and where teammates are available for passing.

- An offensive player away from the puck must have good ice awareness.

He must know where his teammates, opponents and the officials are located on the ice. To do this, players must keep their head up and on a swivel.

- Players with good anticipation are players who can read and react quickly.

For example, a player away from the puck should read the time and space available to the puck carrier and the various openings on the ice, and then react by moving to the proper position to help the puck carrier.

- An offensive player away from the puck, when his team retrieves the puck, can do one of four things.

He can:

1. Provide pass support
2. Create time and space
3. Become a scoring threat and
4. Provide insurance for the puck carrier

3. Improving Offensive Systems

In this third section, we will discuss how a team can use transition hockey to improve their team's offensive systems. This is especially true during breakouts and during regroupings in the neutral zone.

A. Breakouts

The goal of a team breaking out the puck is to get the puck out of the defensive zone as quickly as possible in the safest, simplest way while beginning an attack.

The goal is for the offensive team to breakout of its own end, maintain control of the puck, and begin an attack towards the opposition end of the ice.

- To succeed on offense, especially in the defensive zone, the offensive players away from the puck must support the puck carrier.

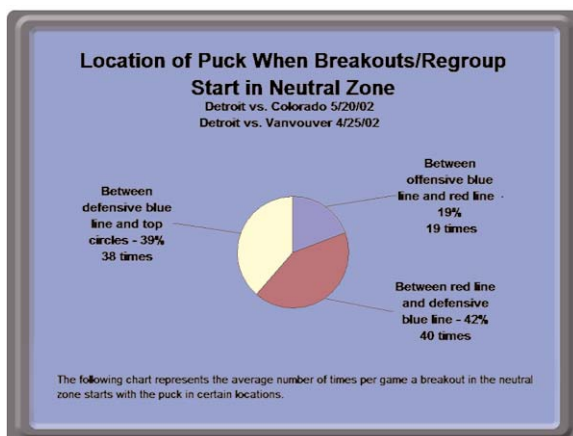
Offensive players away from the puck must read the play and skate to open ice.

- Most breakout passes should be in the 5-15 foot range.

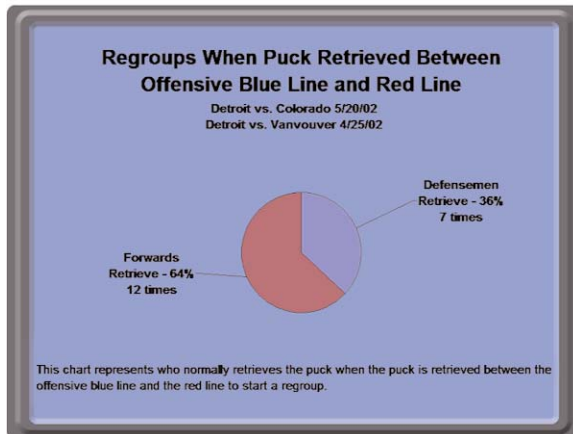
B. Neutral Zone

When the opposition team, under intense pressure, dumps the puck into the neutral zone, the offensive team must retrieve the puck and start a regroup. As in all offensive hockey, the team retrieving the puck should try to transition the puck quickly before the defending team can get organized.

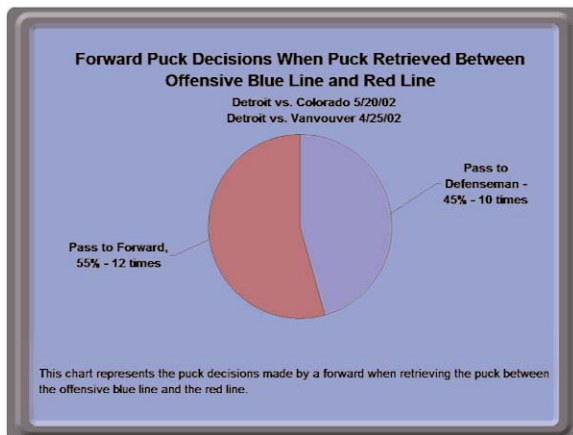
The following chart shows the location of the puck at the beginning of a regroup. In the Detroit vs. Vancouver playoff game on 4/25/02 and the Detroit vs. Colorado game on 5/26/02. 19% of regroupings, on average, started when the puck was retrieved between the offensive blue line and the red line. In the same two games, 42% of regroupings, on average, started when the puck was retrieved between the red line and the defensive blue line. In the same two games, 39% of regroupings, on average, started when the puck was retrieved between defensive blue line and the tops of the circles.



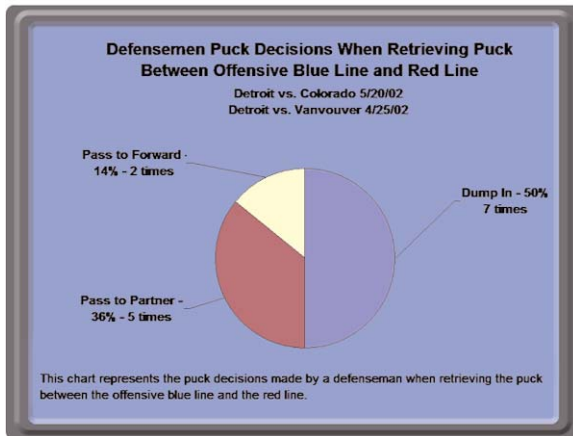
The following chart shows that when the puck is retrieved between the offensive blue line and the center red line, forwards retrieve the puck 64% of the time and defensemen retrieve the puck 36% of the time.



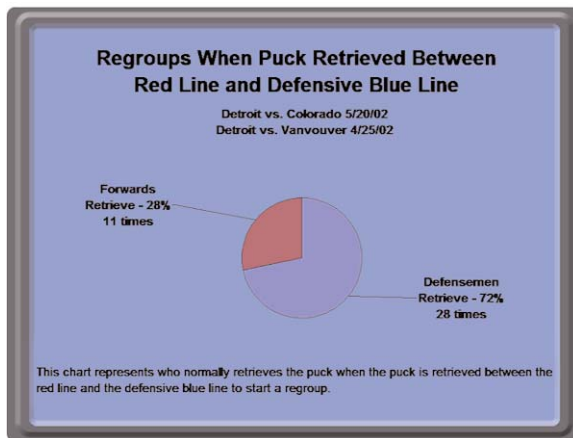
The following chart shows that approximately 45% of the time when a forward retrieves the puck in this area he will pass back to a defenseman to start the regroup. The other 55% of the time the forward will use other forwards or skate the puck himself to regroup.



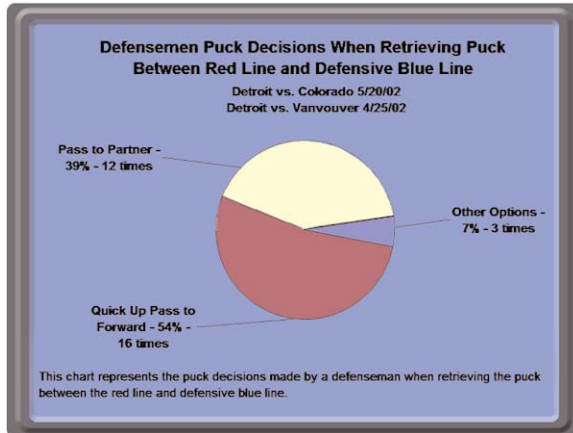
The following chart shows that approximately 50% of the time when a defenseman retrieves the puck in this area he will dump the puck back into the offensive zone. 36% of the time he will pass the puck to his partner, and 14% of the time, he will pass to the forwards.



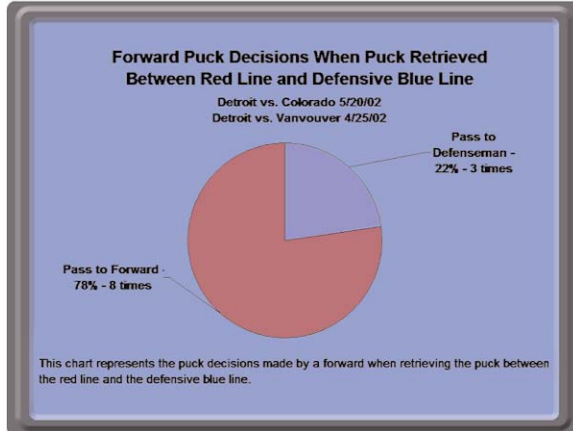
The following chart shows that when a puck is retrieved between the center red line and the defensive blue line, defensemen retrieve the puck 72% of the time and forwards retrieve the puck 28% of the time.



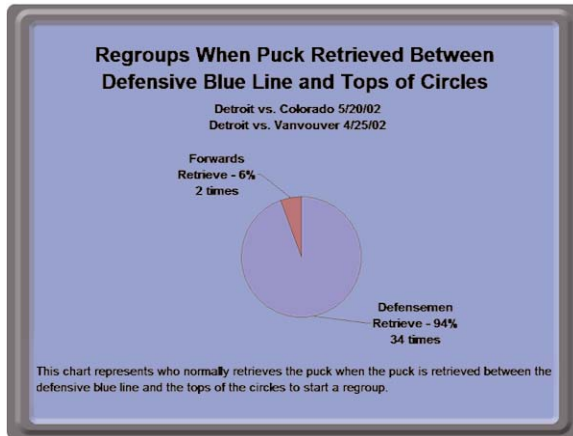
The following chart shows that approximately 54% of the time when a defenseman retrieves the puck in this area he will quick up the puck to the forwards. 39% of the time he will pass the puck to his partner. The remaining 7% of the time he will use other options.



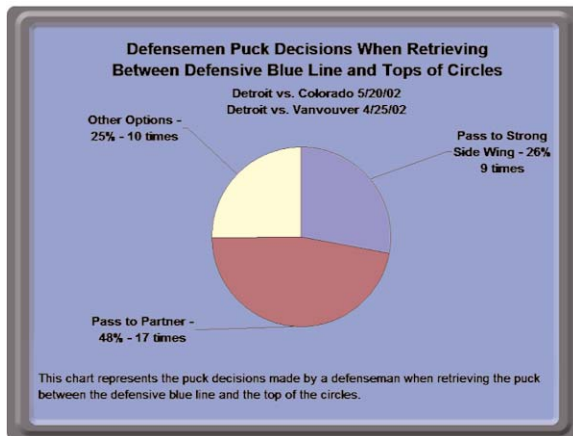
The following chart shows that 22% of the time when a forward retrieves the puck in this area he will pass back to a defenseman to start the regroup. The remaining 78% of the time he will use a variety of other options to regroup and start an attack.



The following chart shows that when the puck is retrieved between the defensive blue line and the top of the circles, defensemen retrieve the puck 94% of the time and forwards retrieve the puck 6% of the time.

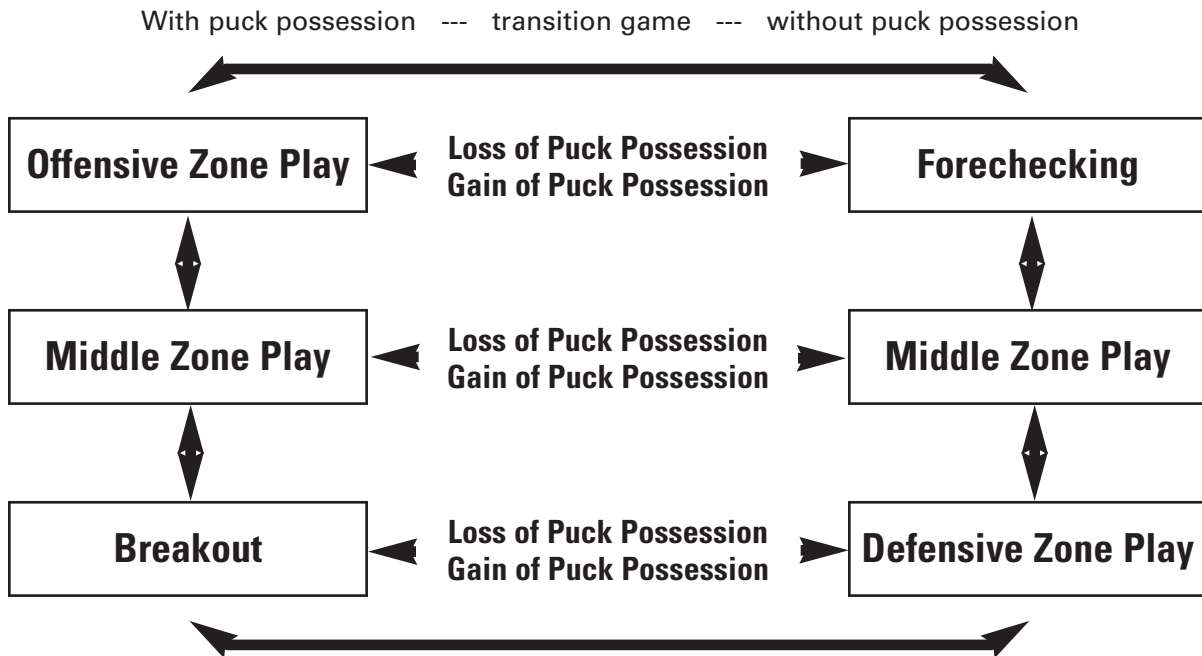


The following chart shows that 48% of the time when a defenseman retrieves the puck in this area he will pass the puck to his partner. 26% of the time he will move the puck to the strong side wing. The remaining 25% of the time he will use other options.



4. Improving Transition Skills and Tactics

Integrated/Unified System of Play



Prerequisites for Transition to Offense

- Agility skating, tight turns, arc, transition skating, stop & accelerate.
- Quickness skating/acceleration to open or predetermined space.
- Movement/support by players away from puck.
- Outnumbering
- Good puck control technique, passing, receiving, minimum number of passes.
- Coordinated offensive tactics, quick strike, changing positions, use of space (depth), second area/wave, direct.
- Vision/anticipation/experience/practice.
- Interference with defenders to inhibit coordination of defense.
- Ability to quickly counterattack or to regroup and counterattack.

Prerequisites for Transition to Defense

- Speed of recovery for checking skating and applying immediate pressure on opponents.
- Good checking skills for forcing turnovers.
- Movement/support by players away from puck.
- Coordinated defensive tactics with outnumbering or at least even-numbering.
 - Individual player (re)action – pressure.
 - Team (re)action – support.

Sequence for Teaching/Practice of Transition Game

- Individual skills.
- Individual actions in situations.
- Cooperative/Team actions in situations.
- Game simulation with different start-up situations. (objective to seize transition opportunities)

Teaching Practice Skills

Individual Skills:

- Skating/Puck control for Transition to Offense.

DEFENSEMEN

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

FORWARDS

- Tight turns to ready for pass.
- Arc skating.
- Acceleration to hit open spaces.
- Pass-receiving in variety of situations e.g. breakout; regroup; turnover; face-off.
- Transition skating.

- Skating/Checking for Transition to Defense.

DEFENSEMEN

- Transition skating.
- Checking skating.
- Checking in variety of situations e.g. pinching; standing up; angling; turn & go; closing; pinning; sealing game situations. (1-, 2-, 3-versus)

FORWARDS

- Transition skating.
- Checking skating.
- Checking in variety of situations e.g. pressure; contain; angling; closing; pinning; sealing; fore-checking; back-checking; game situations. (1-, 2-, 3-versus)

Individual Transition

- Immediate Response Drills.
 - Loose puck/turnover response drills.
 - Possession contests.
 - Limited area scrimmage.
 - Zone situations

Cooperative/Team Transition

- Immediate Response Drills.
 - Loose puck/turnover response drills.
 - Possession contests.
 - Limited area scrimmage.
 - Zone situations.
 - Game scrimmage simulation.

Drills

Pepper Passing



Objective

- Passing and Receiving

Players line up around the ice in groups of 5 or 6 as illustrated. Player 0 faces the X's and passes the puck to each player up and down the line. Switch X with 0 periodically. Making sure the players are using the proper weight transfer getting the puck behind their back foot to get good velocity and follow through on the pass making it tape to tape.

Key Elements

- Head up
- Eye contact with passer
- Quick hands
- Hands in front of body
- Weight transfer

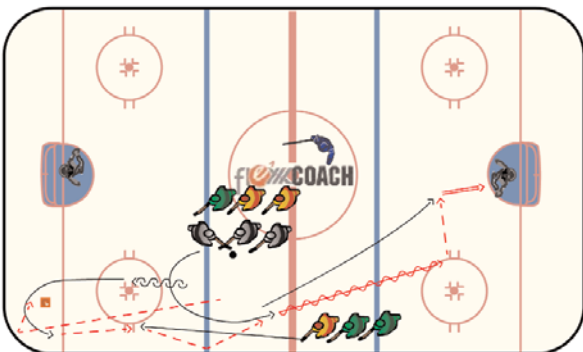
Variations

- Use different types of passes
- Use multiple pucks

Goalie

- Coaches work with goalies on skating fundamentals.

Board Pass



Objective

- Indirect-board pass

Line players up as indicated-two groups of forwards-one group of defensemen. One cone deep in the corner. The defenseman starts by skating backwards-the next defenseman dumps the puck into the corner-D1 pivots forward and picks up puck turning around the cone. F1 skates to the "hash marks" and receives pass from D1-F2 loops to the boards and receives an indirect pass off the boards from F1-both forwards continue 2 on 0 down the ice for a shot on goal.

Key Elements

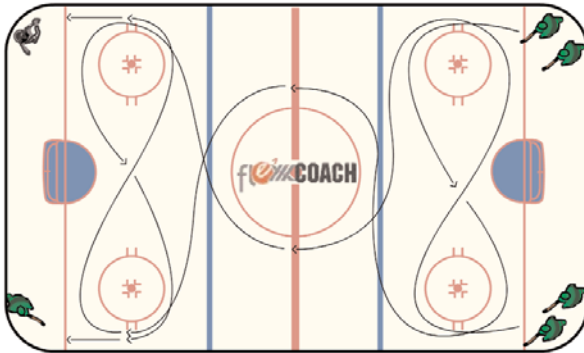
- Timing
- Indirect passes off the boards
- Puck Support
- Communication
- Passing/Receiving

Goalie

- Adjust your angles based on the passes made, squaring to the puck with the proper depth.

Drills

Russian Circles



Objective

- Crossover skating both ways

Players divided in two lines, one in each corner. First player in each line goes at the same time around face off circles as shown, as they swing down an pass the other line the next players can go. Each player skates a half circle around each face off circle on the ice ending up at the other end.

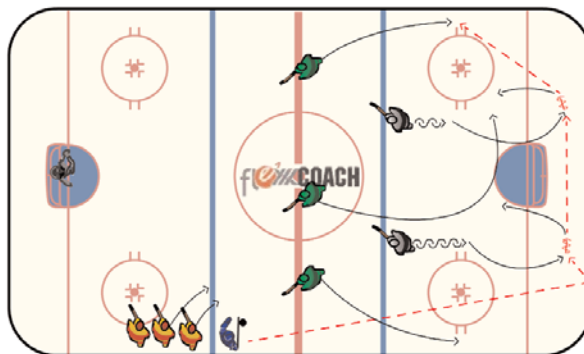
Key Elements

- Crossovers both directions
- Heads up
- Puckhandling while turning
- Skating balance and agility

Goalie

- Participate in the drill, skate with all the players.

5 on 0 Breakout/Forecheckers



Objective

- Read and React to Different Scenarios

Five players positioned in the neutral zone, between the redline and the blue line of the end of the breakout. Coach is positioned along the sideboards and the far blue line with 3 forwards of the next line that will breakout. The coach tells the three forecheckers how many will go on the forecheck; 1, 2, or 3. On the whistle the coach dumps the puck in and the five players in the neutral zone go back to break the puck out. The forecheckers apply pressure to the breakout, and can aggressively pursue the puck from the top of the circles down. Once the five breakout players, break the puck out beyond the top of the circles the forecheckers are completed with the drill; the forecheckers now become the next forwards on the breakout. The five players that broke the puck out continue down the ice 5 on 0 for a shot on goal.

Key Elements

- Various breakout patterns
- Communication
- Blocking out for defenseman
- Puck Support/Positioning

Variations

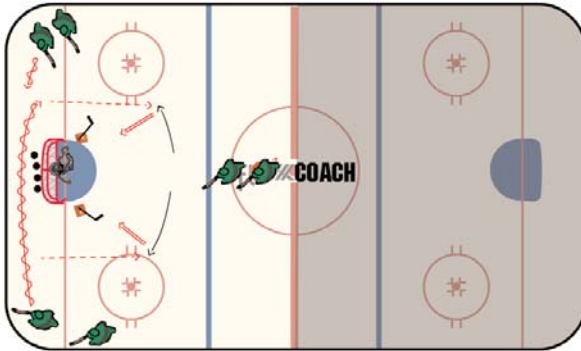
- Can also place a coach in the corners with pucks for additional shots.

Goalie

- Communication with the defenseman on the breakouts. Shots on the opposite end. can also get involved in starting the breakout.

Drills

Lateral movement shooting 3rd Man



Objective

- Create Good Scoring opportunities finding seams

One player starts in the corner with the puck, the other player starts in the high slot directly in front of the goaltender. Cones are placed as shown on the diagram. The low forward changes his passing angle by skating with speed behind the net. The high forward gets open by moving parallel with the player behind the net, to be available for a pass and to finish with a shot on goal.

Key Elements

- Skating speed
- Mobility /foot work
- Finding Seams
- Lateral movement to adjust your angles and stick position
- Create good offensive depth

Goalie

- Post to post work. Angles and set and Square on the shooter. Head on a swivel.

Pass Ready Position



Objective

- Keeping the puck in a pass ready position at all times

8-10 players are positioned in the center of the ice in an oval shaped circle, facing each other. One player starts with a puck and skates toward another player in the circle keeping the puck on his forehand in the pass-ready position and passes to a player and continues to skate and replaces the position of the player he passes the puck to. The player that receives the puck continues the drill pattern.

Key Elements

- Passing/Receiving
- Passing While in Motion
- Keeping the puck on forehand
- Communication

Variations

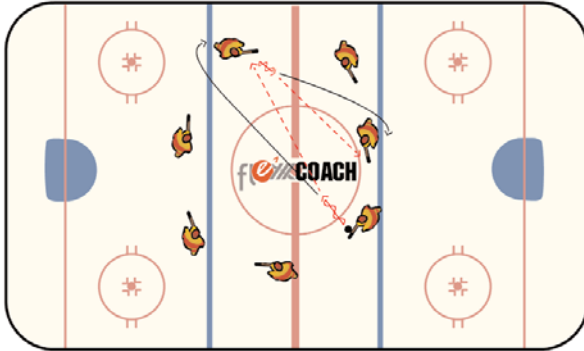
- An added element can be that the player that passes the puck to a player across the circle from him, gets the pass back and one touches it back to the same player to continue the drill. (give and go, 1-touching the puck)

Goalie

- Not involved with this drill but can be working in both nets on skating fundamentals.

Drills

Agility Races



Objective

- Accelerating out of a turn/Skating/Overspeed

4 cones positioned on one half of the ice at the 4 face off dots. Coach positioned at the center ice with pucks. 2 lines of players on each side of the coach. A player from each line starts on the blueline facing the goal. On the whistle the 2 players take off skating inside to outside the 2 cones and race to retrieve the puck that the coach positioned just inside the blueline. The 1st player that retrieves the puck takes a shot on goal, the 2nd player becomes the backchecker.

Key Elements

- Skating
- Crossovers/Acceleration
- Overspeed
- Puckhandling with pressure
- Puck protection

Variations

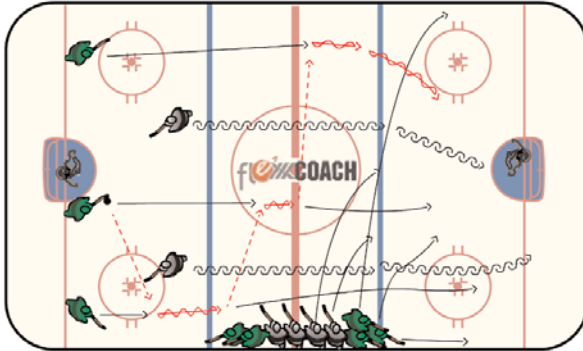
- The players can also skate a 360 degree circle around the 1st cone.
- The players can also skate forward to the 1st cone, pivot and skate backward to the cone in the neutral zone, pivot forward and race for the puck.
- The player that does not get the puck can pick up a 2nd puck behind the net for a 2nd shot on goal with a wrap-around.

Goalie

- 1 on 1 Game like situation, puck carrier is under alot of pressure.

Drills

3 on 2 Continous



Objective

- Transition the puck quickly from defense to offense

Forwards and defense are positioned on one side of the ice between the bluelines along the boards. The drill starts with 3 forwards positioned just above the goal line v.s. 2 defenseman positioned just inside the blueline. On the whistle the 3 forwards skate the full length of the ice v.s. the 2 defenseman to create a scoring chance. As they pass the attacking blue-line the next 3 forwards and 2 defenseman skate in position, the 3 forwards in a breakout position and the 2 defenseman just inside the blueline. The first 3 forwards and the 2 defenseman play it out for 5-10 sec. until the coach's whistle. On the coach's whistle, the defenseman defending the original 3 on 2 rush tries to gain control of the puck to break out the next 3 forwards that skated in position v.s. the next 2 defenseman.

Key Elements

- Transition
- Puck Support/Quick Puck Movement
- Use of open space and indirects
- Gap Control
- Outlet pass under pressure

Goalie

- Game like situation 3 on 2. Goalie can make the outlet pass to the forwards.

Drills

Breakout Backcheck Positioning



Objective

- Backchecking to proper positioning for quick Transition

Forwards are divided into 4 equal groups and positioned at the blue lines along the boards, just inside the zone. The defensemen are positioned in opposite diagonal corners with the puck. The drill starts with 1 defenseman positioned in the corner with the puck and 1 defenseman in front of the net. On the whistle 2 forwards; 1 from each opposite far blue lines backcheck to the front of the net. The defenseman in front of the net releases behind the net to receive a pass from the defenseman in the corner. The forwards get in position on the breakout, from the good backchecking position, and skate 2-on-0 down the ice to the top of the circles exchanging the puck to come back 2-on-1 on the defenseman that broke them out and continued up the ice to close the gap to the far blue line. As soon as the 2-on-1 passes the blue line entering the zone the next 2 forwards in the opposite blue lines start to backcheck to the front of the net in the opposite end.

Key Elements

- Backcheck to proper Position
- Attack with speed/at one defenseman
- Breakout passes
- Puck support/Positioning
- Passing/Receiving

Variations

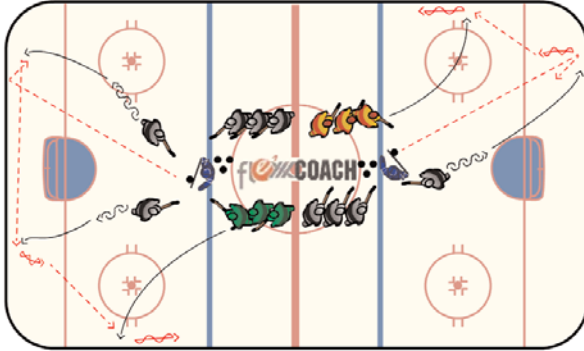
- Can also use the defense to defense to center breakout. can also use a defenseman at the opposite end to regroup the forwards back.

Goalie

- 2 on 1 Game like situation, must be focused on puck carrier, yet be prepared with a response to a quick pass to open man. Rebound control, possible tip situation. communicate with your defenseman.

Drills

Breakout Transition



Objective

- Breakout concept with proper positioning

Coach is positioned just inside the blueline with pucks. A line of defenseman on one side and a line of forwards on the other side of the coach. The coach dumps the puck into the corner, the 1st defenseman in line skates backwards, pivots to retrieve the puck, making sure to look over his shoulder at least 2 times before arriving at the puck. The 1st forward skates into position along the side board to be a quick outlet for the defenseman. The defenseman then skates to the front of the net and the forwards accelerates up the ice to the neutral zone.

Key Elements

- Head on a swivel/Aware of the situation
- Puck Support/Quick Puck Movement
- Get the puck to the pass ready position
- Skating speed with the puck
- Positioning with Good Support/Target

Variations

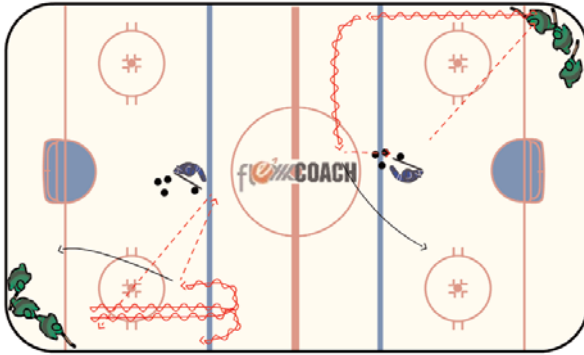
- 2 defenseman can start the drill with 1 forward using a D-to-D pass behind the net, with the defenseman in front of the net, releasing at the proper time and making a good outlet pass to the wing that is posted up at the boards. The defenseman that made the 1st pass skates to the front of the net to protect that area of the ice.

Goalie

- Can be in the net and to communicate with the defenseman.

Drills

Transition Skating



Objective

- Control a hard pass and generate speed with the puck quickly

Coach is positioned just inside the blueline with pucks. Players are all in a line on the goal line. The coach passes the puck hard to the players. The player controls the pass and accelerates up the ice keeping the puck out in front of himself generating more speed and acceleration up the ice.

Key Elements

- Skating speed with the puck
- Receiving the puck
- Puck out in front/Head up
- Cup the puck with the stickblade
- Keep the puck in the pass ready position

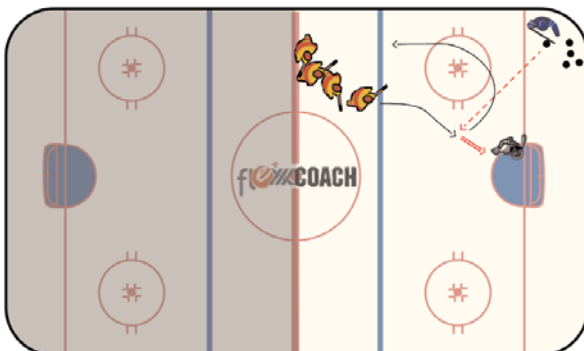
Variations

- The player receives the pass, skates to the blueline and makes a tight turn towards the boards or towards the middle of the ice, keeping the puck out in front of him, with the forehand in the pass ready position allowing him to move the puck quickly.
- When making this tight turn make sure the players don't cross their hands so they will be able to pass the puck at all times when turning. the top hand should be near the same hip at all times.

Goalie

- Not involved in this drill can be working with a coach on skating Fundamentals.

Shooting One Timers



Objective

- Quick release and shot on the net on forehand

Coach is positioned in either corner of the ice with pucks. Players are positioned in one line on the faceoff dot just outside the blueline, on the same side of the ice as the coach. The player skates into the high slot to receive a pass from the coach out of the corner for a quick one-time shot on goal.

Key Elements

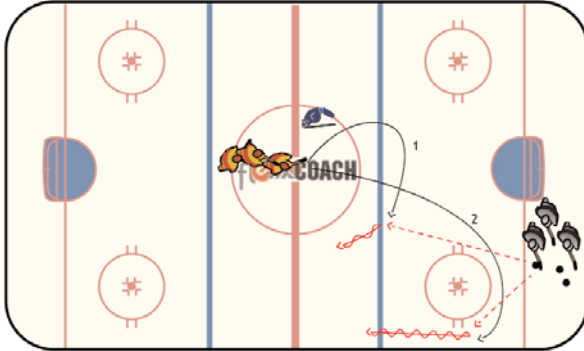
- Low Stance/Good knee bend
- Shoulders square to the puck
- Weight Transfer from back to the front leg
- Quick release before goaltender has time to set
- Lower the bottom hand on the stick

Goalie

- Ajust to the pass get set and square to the puck quickly.

Drills

Forward Transition Positioning



Objective

- Support the puck carrier in different situations

The defenseman are positioned between the net and the corner with pucks. The forwards are positioned at the center ice faceoff dot. On the whistle the forward starts skating into the zone and the coach will let the players know if there is pressure or no-pressure on the defenseman with the puck below the goal line. If the players are told it is a pressure situation they are to skate deep into the zone to become an outlet in good support to the defenseman along the boards. The defenseman then makes a good outlet pass to the forward that has skated into good support. If the coach tells the players "no-pressure", in this situation the forwards can look for a high outlet pass for a quick transition.

Key Elements

- Read the Situation
- Pass Support
- Passing/Receiving
- Presentation and timing
- Move to open ice/passing lane

Variations

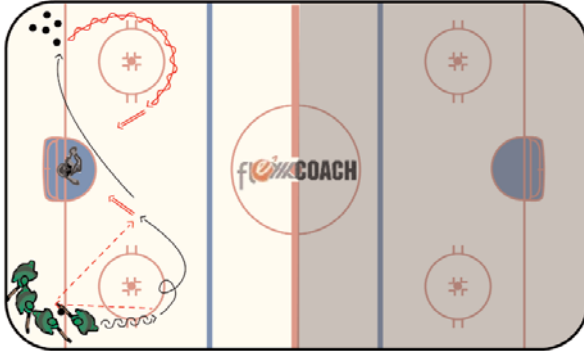
- This drill can be a 1-on-0 or 2 forwards can be added to make it a 2-on-0.

Goalie

- Not involved in this drill. Should be working on transition skating. X skating, 3 puck zig zag.

Drills

Silky Drill



Objective

- Skill and Fundamental Development

Players are divided into 2 groups in opposite corners of the rink. This drill starts with the first player from one group skating backwards out of the corner, exchanging the puck with the next player in line and does a reverse pivot at the top of the circle, receiving the puck back out of the reverse pivot and taking a quick shot on goal; continuing into the opposite corner to pick up a puck and skates around the top of the circle for a second shot on goal. Continuous drill alternating sides.

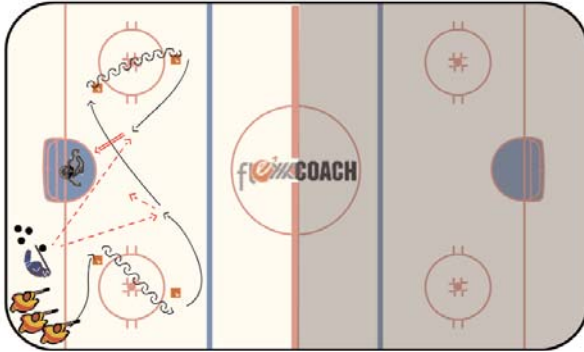
Key Elements

- Develop good foot work
- Passing/Receiving
- Give and Go Passing/Puck support
- Shooting/Scoring quick release
- Presentation and timing

Goalie

- Adjust your angles based on the passes being made react to quick releases to the net.

Box Drill 2



Objective

- To emphasize foot work and one time shooting

All the players are positioned in one corner of the ice. The coach is positioned off the side of the net with pucks. Four tires or cones positioned as shown on the diagram. (Opposite sides of face-off circle) First player in line skates to the 1st tire/cone pivots backwards, skates backwards up to the 2nd tire/cone on the top of the circle and does a reverse pivot to open up for a one-time shot from a pass, from the coach; continues to other tire/cone at the opposite side/bottom of the circle; pivots backwards to go around the tire/cone on the other side. Once again reverse pivoting and opening up for a second one-time shot from a pass from the coach.

Key Elements

- Skating agility foot work
- Shooting/Scoring one timing the puck
- Passing/Receiveing
- Presentation and timing
- Passing Angles

Variations

- This drill can be done with 2 players skating out of the corner together allowing enough spacing for the goaltender to adjust his positioning for the 2nd shot on goal.

Goalie

- Adjust your angles based on the passes being made react to quick releases to the net.

On Ice Presentations









On Ice Presentations









On Ice Presentations





