

Transition 2-1

Oldrich Jindra

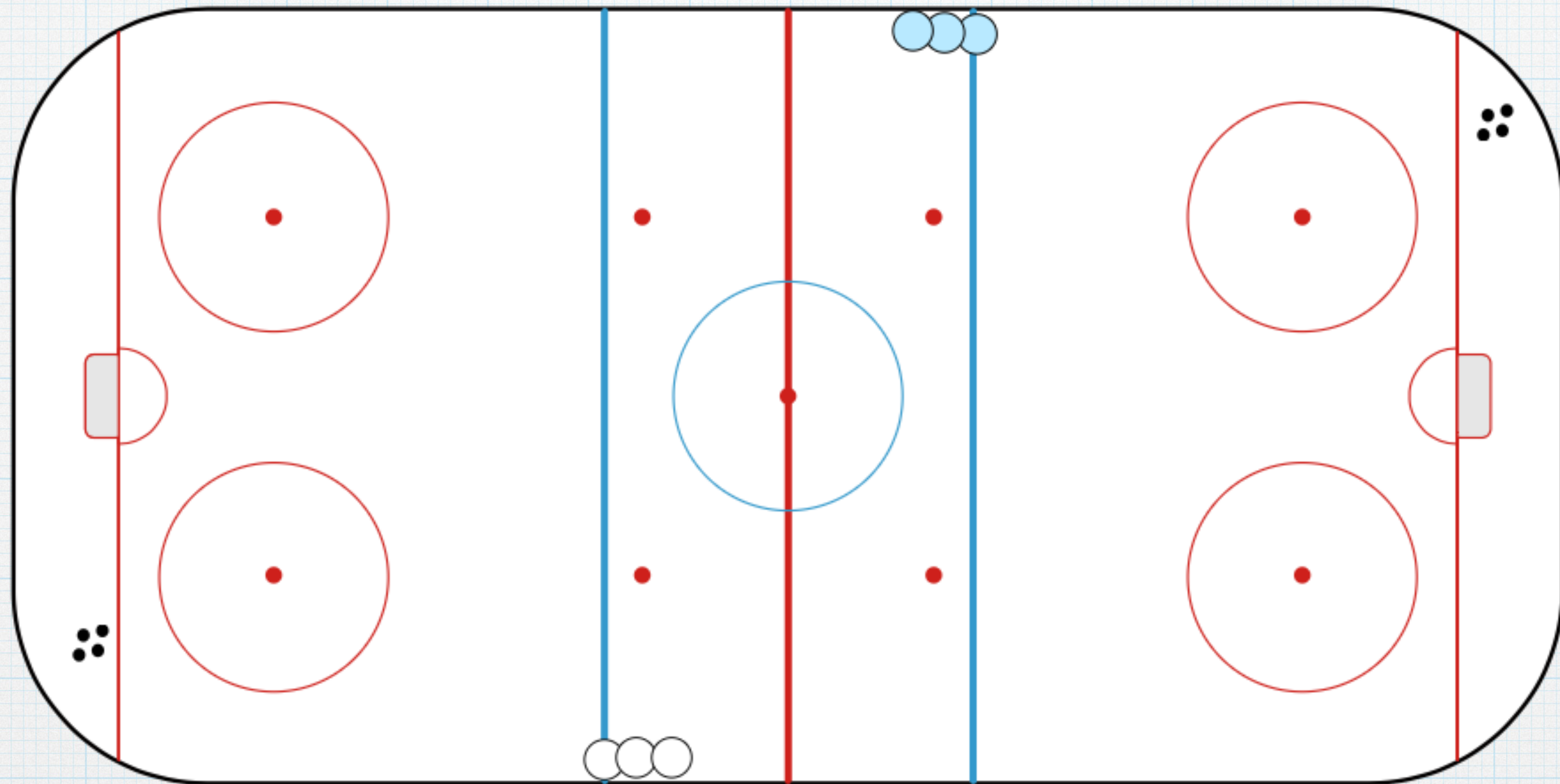
„There and back starts and stops - hockey is just about it.“

–Oldrich Jindra



Description of the drill

- * this drill is very easy to start up
- * two groups on the blue lines
- * two groups of pucks in the corners
- * the drill starts on the coaches whistle

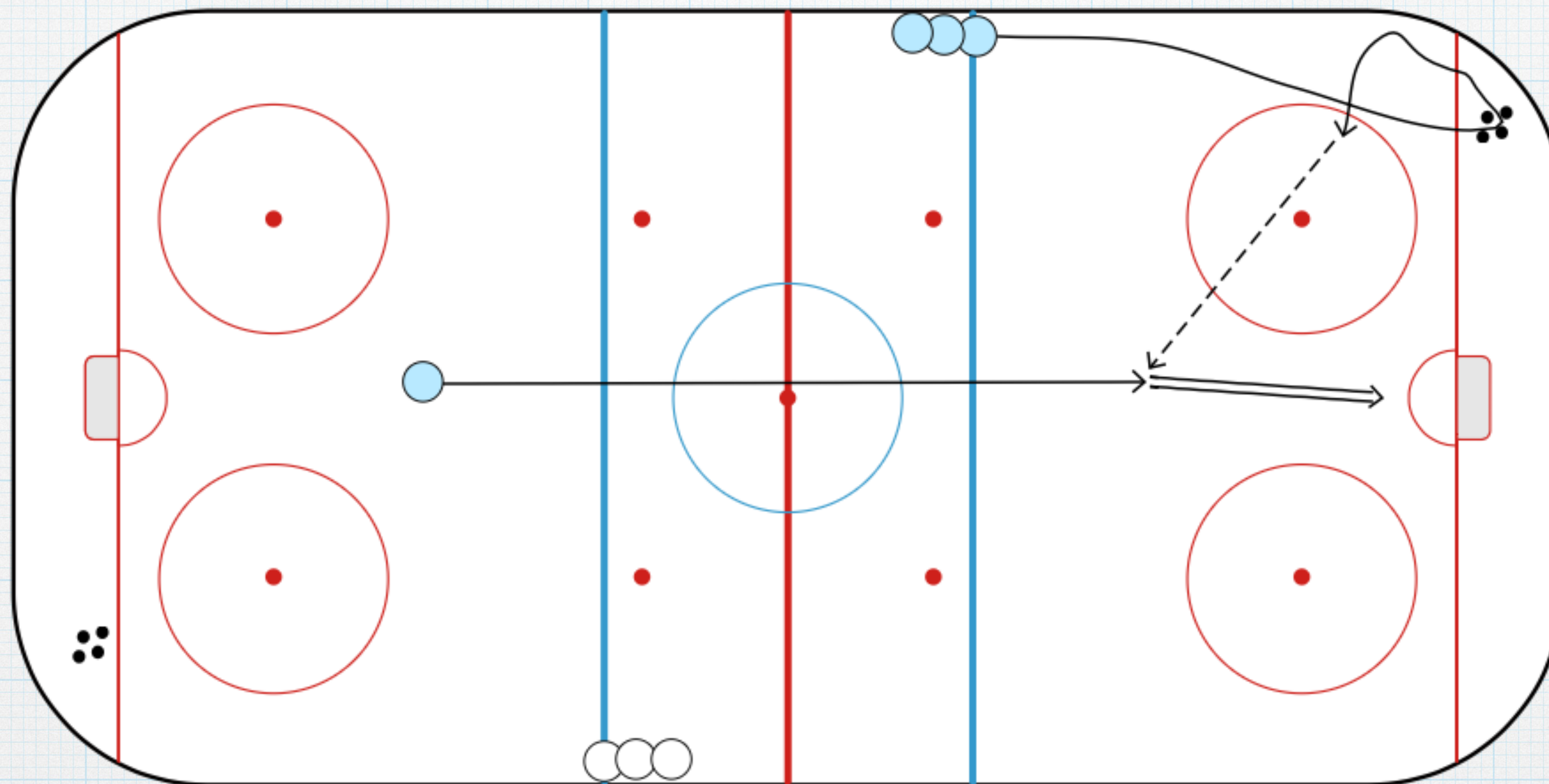


Set-up of the drill

Two groups of players - two groups of pucks

Phase 1

- * player from the blue group starts skating to the opposite site
- * attack the net. The second player skates to the corner to pick up the puck and they both attack the net together
- * play to goal - quick play

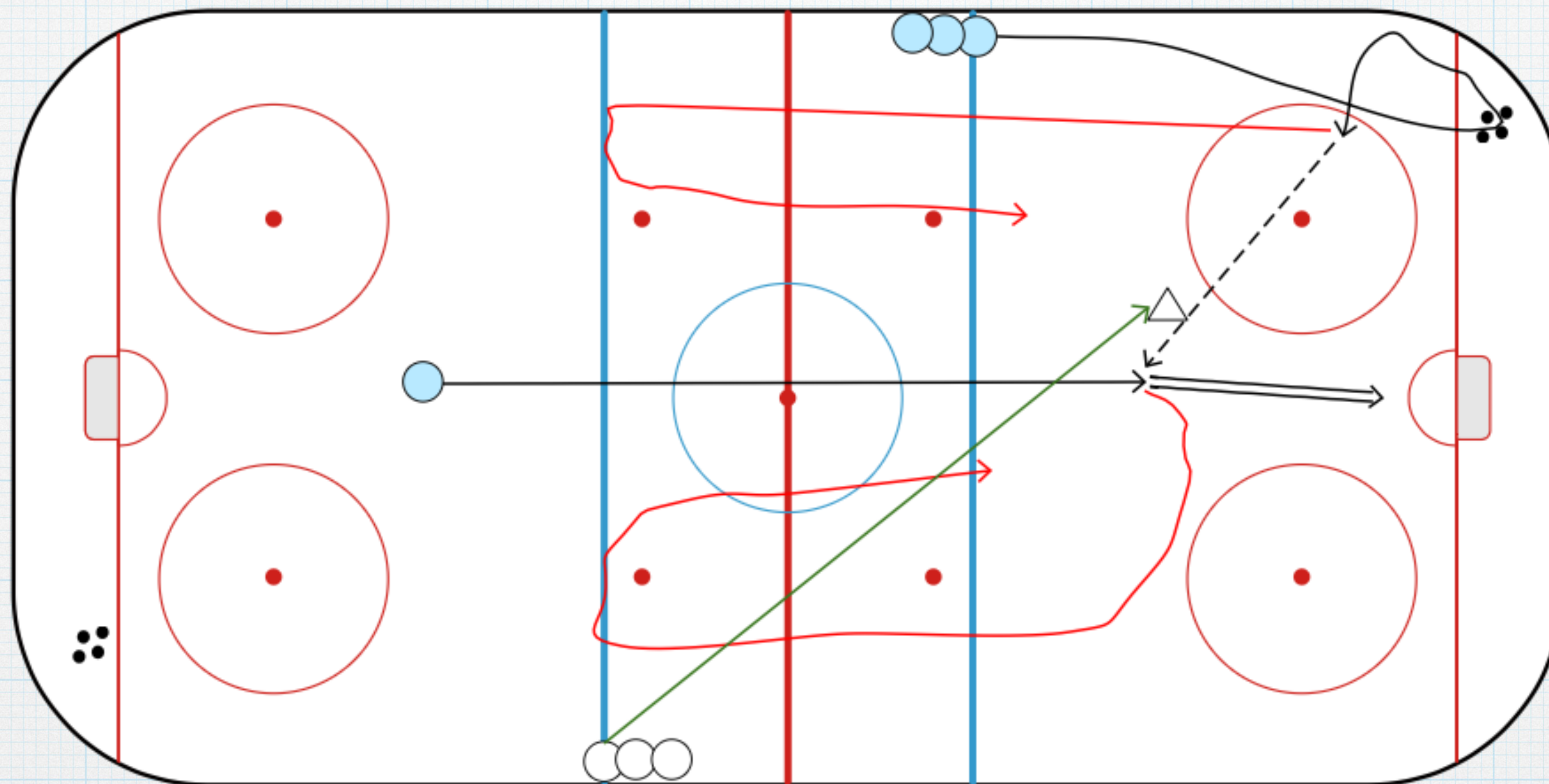


Phase 1

Start of the drill

Phase 2

- * as soon as the 2-0 action is done skate the players to the blue line to get more speed, to learn them being ready for backchecking
- * than they skate back to pick up the puck to the same corner as in the first action has been done. They have to speak who picks up the pick - mostly the first one
- * now comes one white player to be defensive player in this 2-1 situation. He may play active or passive defensive role - as wished
- * skate-play-score and win 2-1 situation



Phase 2

Back to the opposite blue line and offensive work 2-1

Phase 3

- * as soon as 2-1 action is done skates the white player over the ice
- * the second white player picks up the puck in the opposite corner and it starts again: 2-0, than to the second blue line, 2-1 and so else, white D skates over the ice back and so else...

Defensive player becomes offensive

More about the drill

- * this drill can be done on small ice also
can be done quer in one zone
- * extra work possible
- * this drill takes time - big number of
players is possible but there is not so
much efficient working time. I
reccomend around 16.players and
2.goalies



Have fun!