

Day 4 - Game/Task Outline - Transitioning

Lesson 4 - Transitions

Game Aim:

To emphasize the importance of using the entire width of the playing surface and the importance of the outlet pass to transition from defense to offense

3 Rules:

Start/Restart: N.H.L. faceoff to begin the game; and after each goal

Stop/Score: Score by using a bank shot or wrap around to score on the net; must make an outlet pass before attempting to score

In-Play/Out-of-Play: When defense gains possession, opposing team must give them the half before pressuring defensively (half court press)

Tactical Problems:

Space: How do you create space for your teammates and yourself? How do you identify open space? When should you decrease the space between you and the offender; when should you give them a bit of space?

Time: How do you decrease the time the offender has with the ball and the time to make decisions about shooting, passing, or dangling? When should the offender pass or hold on to the ball?

Force: What type of pass should you use and how much force is required to get the ball to your teammate so that they can control it? How fast should the offense move into the attacking zone? When do you need more force, tape to tape passes, or off the wall passes?

Risk:

Defence: When should you take the shot or the pass? What are the risks associated with each player, who shoots, who stick handles, and who passes? Where do you transition to receive an outlet pass?

Offense: When should you pass, shoot or stick handle? Where do you transition defensively when lose possession?

Lesson Focus:

Introductory task/game:

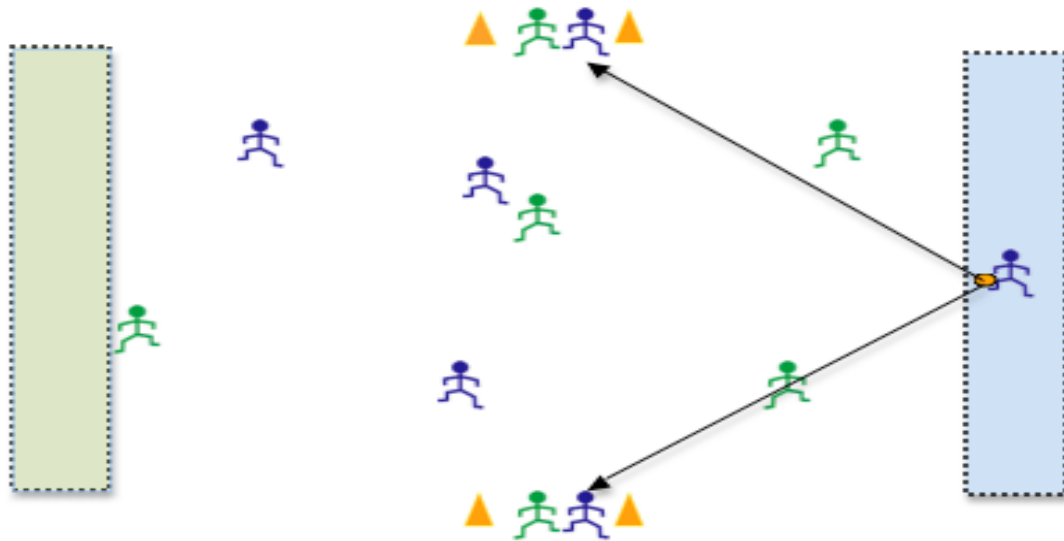
Skill/Concept development tasks/games:

1. 4 corners - receive pass and take to open space, then outlet pass to other player
2. 3 vs 1 and 2 vs 2 of the four corners game
3. Neutral Zone Outlet Transitions

Game and culminating activity:

1. Outlet Endball

Outlet Endball



Aim: To emphasize the importance of using the entire width of the playing surface and the importance of the outlet pass to transition from defense to offense.

Rules:

1. N.H.L. faceoff to begin the game
2. Must make an outlet pass before attempting to score; score by using a bank shot or wrap around to score on the net
3. Outlet pass is free from the end zone; if player is out of the end zone the defensive team can pressure the ball

Tactical Problems

When is it better to carry the ball out of the defensive zone, and when is it better to make a transition pass to the wings?
How do you support the transition pass? How do you create space so that the pass can be completed?
How do you decrease the time the player has with the ball (defender)? And how do you increase the time you have to make a decision (offender)?
<i>Defence:</i> When should you take the shot or the pass? What are the risks associated with each player, who shoots, who stick handles, and who passes? Where do you transition to receive an outlet pass?
<i>Offense:</i> When should you pass, shoot or stick handle? Where do you transition defensively when lose possession? Where are the defenders located? What are the risks of passing to one player or the other?

Skills to address these problems

Off-the-ball Movements	On-the-ball Skills
Moving to open space	Blocking passing lanes
Back checking	Stick handling to transition out of danger
Offensive organization in neutral zone	Cushing pass to gain control quickly
Communicate with teammates	Strong passes to teammates

Questions to help learner read tactical problems

Space: If in the end zone, how much space do you have to pass or stick handle? Why is it important to use the full width of the playing area? How do you identify open space? When should you decrease the space between you and the offender; when should you give them a bit of space?
Time: if you decide to stickhandle out of the end zone, what indicates a good time to pass the ball? as a defender, how do you decrease the time the offender has with the ball? How much time do you have to make a decision about your next move as an offender (consider support from teammates and defensive pressure)
Force: What type of pass should you use and how much force is required to get the ball to your teammates so that they can control it? How fast should the offense move into the attacking zone? When do you need more force, tape to tape passes or off the wall passes?

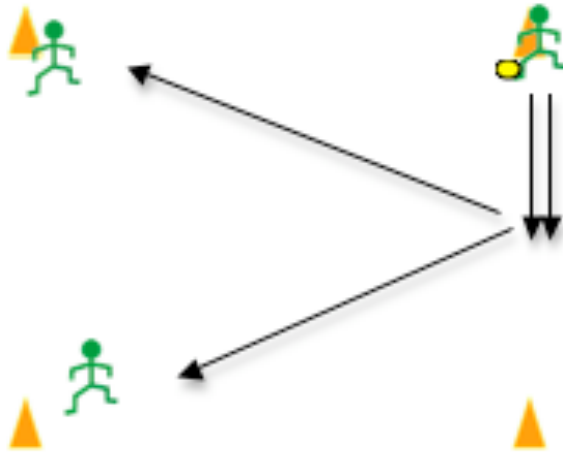
Skill Phases for Passing

Preparatory phase	Wind-up phase
<ul style="list-style-type: none"> ⇒ Knees bent ⇒ Non dominant foot slightly forward ⇒ Head up 	<ul style="list-style-type: none"> ⇒ Bring stick back (distance back depends on force required) ⇒ Rotate torso slightly to dominant side ⇒ Shift weight to back leg
Force phase	Recovery phase
<ul style="list-style-type: none"> ⇒ Unwind torso slightly before bringing stick forward ⇒ Bring stick forward and make contact with ball at the center of the blade ⇒ Shift weight to front foot 	<ul style="list-style-type: none"> ⇒ Follow through with stick to target ⇒ ⇒

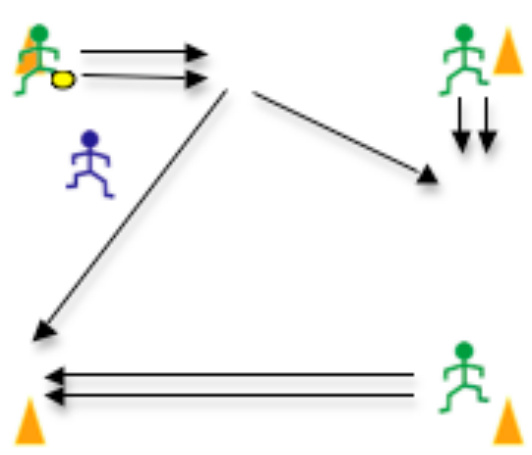
Outline Task Progression

TASK PROGRESSION	REFINEMENTS - Cues	Extensions/ Simplifications
<p>1. 4 Corner Transitions</p> <ul style="list-style-type: none"> - Start with cones about 9 feet apart - 3 players in the square; the fourth acts as a coach and modifies the game to increase or decrease the difficulty - player with the ball stick handles to an area between the cones and then makes a pass to either player - while the player with the ball is moving between the cones, the other players move to the cones farthest from the ball carrier to emphasize using the “width and length” of the playing area - Coach and players switch throughout drill 	<p>Ball Carrier</p> <ul style="list-style-type: none"> - Head up - Keep ball close to stick - Follow through to target <p>Receiving Player</p> <ul style="list-style-type: none"> - Head up - Identify open space - Anticipate pass - Cushion ball when receiving 	<p>Extension:</p> <ul style="list-style-type: none"> - decrease the space (faster transition) <p>Simplification:</p> <ul style="list-style-type: none"> - Supporting players do not have to move to other cones - Move cones farther apart
<p>2. 3 vs 1 Four Corner Transitions</p> <ul style="list-style-type: none"> - Same set up as “4 Corner Transition” - Add a defender - Supporting players do not have to move to the farthest cones; must move to open space away from the defender - Ball carrier moves away from the defender and passes to either player to transition past the defender 	<p>Ball Carrier</p> <ul style="list-style-type: none"> - Head up - Keep ball close to stick - Follow through to target - Know where supporting players are moving - Lead pass in front of receiver <p>Receiving Player</p> <ul style="list-style-type: none"> - Head up - Identify open space - Anticipate pass - Cushion ball when receiving 	<p>Extension:</p> <ul style="list-style-type: none"> - add a 2nd defender - make passes while the receiving player is moving - decrease area <p>Simplification:</p> <ul style="list-style-type: none"> - Remove the defender but supporting movement remain the same
<p>3. Neutral Zone Outlet Transitions</p> <ul style="list-style-type: none"> - Groups of 3 students; 2 players are offensive and 1 is defensive (will switch) - Offensive players cannot enter their defensive zone; defensive players cannot enter neutral or offensive zones - Start with N.H.L. faceoff - The 2 offensive players pass/stick handles and have one shot to hit the cone with the ball; if do not score the defender retrieves ball (while the offenders move back to neutral zone) and makes a transition pass to one of the teammates in the neutral zone (no defensive pressure) 	<ul style="list-style-type: none"> - Keep head up - Communicate - Find open area - Defender keep stick on ground - Crisp and lead pass - Stay low to ground 	<p>Extension:</p> <ul style="list-style-type: none"> - allow defensive pressure on transition <p>Simplification:</p> <ul style="list-style-type: none"> - 1 vs 1 (2 offensive players still in neutral zone; the player that receives the transition pass goes into offensive zone alone)

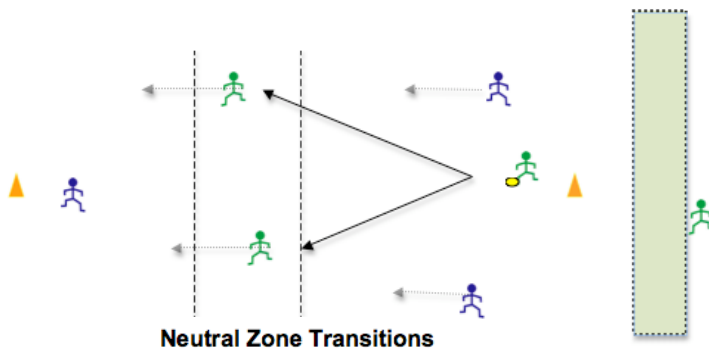
Game Diagrams



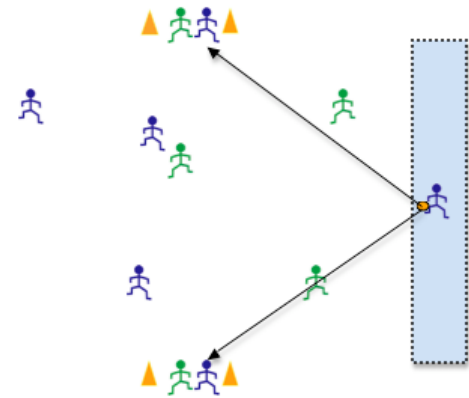
4 Corner Transition A



4 Corner Transition B



Neutral Zone Transitions



Outlet Endball