

Title : 4 on 4 with Transition

Category #1 :

Jack Arena

Category #2 :

Half Ice

### Description

This game is played with a mid-line. The puck MUST be passed across the line not skated.

Each team MUST keep two players in their offensive half and one in their defensive half. This results in 3v2 in the offensive half because one of the D can join the play in the offensive zone. In this diagram the play has gone into the black teams offensive zone and one D has joined the play. When green gains control and passes to green in the offensive zone the black D has to hustle back to take away the 2v1 but a green D can join to make it a 3v2.

Points of emphasis:

- Quick transition both offensive and defensive
- Identify and attack odd man situations
- Quick puck movement leads to more/better opportunities

Key points:


