

TRANSITION SKILL

PURPOSE: Transition, skating and passing, pivoting and puck carrying for defensemen -- timing and acceleration for forwards.

SET-UP: D moves up ice past red line receives pass from F and comes back backward to blueline around cone and up ice. F times his movement across blueline around cone and receives pass from D. F either shoots (phase 1) or uses turn-up delay move to hit D entering the zone (phase 2).

