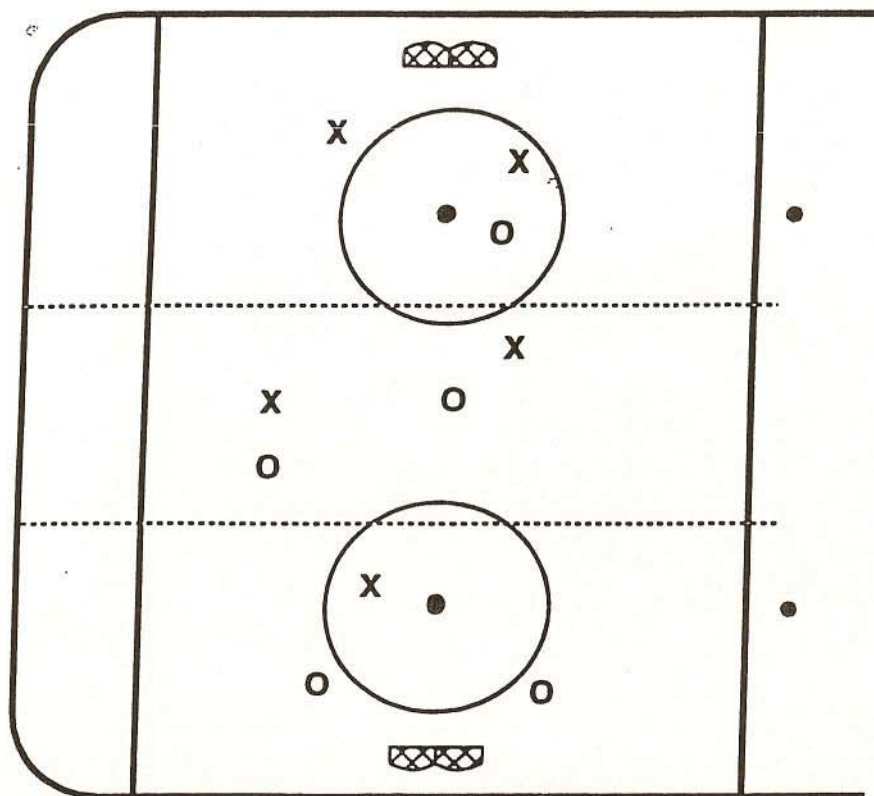


## Transition



**Organization:** Set up 5v5 cross ice with the ice split into thirds (offensive, defensive and neutral). Each team plays 2 in the neutral zone, 2 in the defensive zone and 1 attacker. This creates a situation where the attacking team reads when to move up to support the players in the next zone. Same rules apply that only 1 player from the previous zone can join the attack - this sets up 2v1, 3v2 and ultimately a 2v2 in the attacking zone. Overlap players have to return to original zone when control is lost.

**Purpose:** To create intelligent support off transition, offensive end you are challenging the attackers to play in difficult situations, such as, 2v2 or 1v2. Creates realistic game situations and creates a lot of scoring chances.

**Notes:**