

## DT 100 Swedish Transition 1-1

### **Key Points:**

Players lined up in the neutral zone give passive support.  
Practice making good moves to beat the defender. Defender stay on the defensive side all of the time.

### **Description:**

- A. #1 offensive player attack vs #1 defensive player.
- B. After a goal or on a turnover # 2 from each team support in the neutral zone.
- C. Defender pass to teammate and #2 attack other way.
- D. #3 from each team support.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100418084335301>

