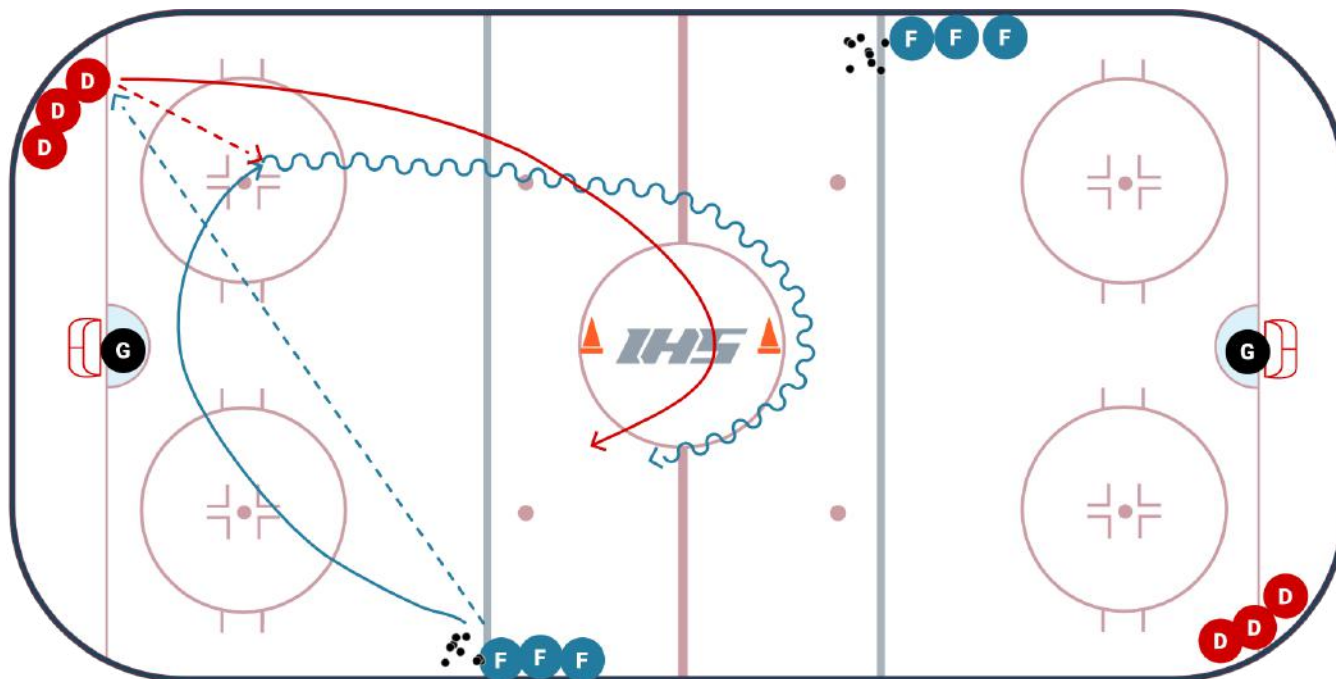


Gap Control - 1v1 Overspeed



Description

The purpose of this drill is to allow defensemen to work on establishing a breakout pass, moving up ice, setting/maintaining their gap and angling. Forwards have the opportunity to work on receiving a break out pass along with offensive zone entry.

Key factors of the drill:

- Defense - setting and maintaining an appropriate gap, angling forward to outside of zone
- Offense - receiving breakout pass and transitioning up ice, zone entry

This drill can both run out of both ends simultaneously. On the whistle the forward (F) makes a hard pass across ice to the defenseman (D). The F then curls low and receives a pass from the D to replicate a break out pass. The F skates up ice with the puck and goes around the center ice circle/cone. The F then proceeds to enter the offensive zone (wide and cut to the net) in an attempt to score. Upon making the pass to the F the D skates up ice ("gaps up") and sets an appropriate gap on the F to defend the 1v1.

It is important that the D set a tight gap (one stick length) and maintain it for the duration. Emphasis is to be placed on having the D watch the attacking players body position (rather than the puck) to help defend while attempting to angle the player to the outside of the zone.