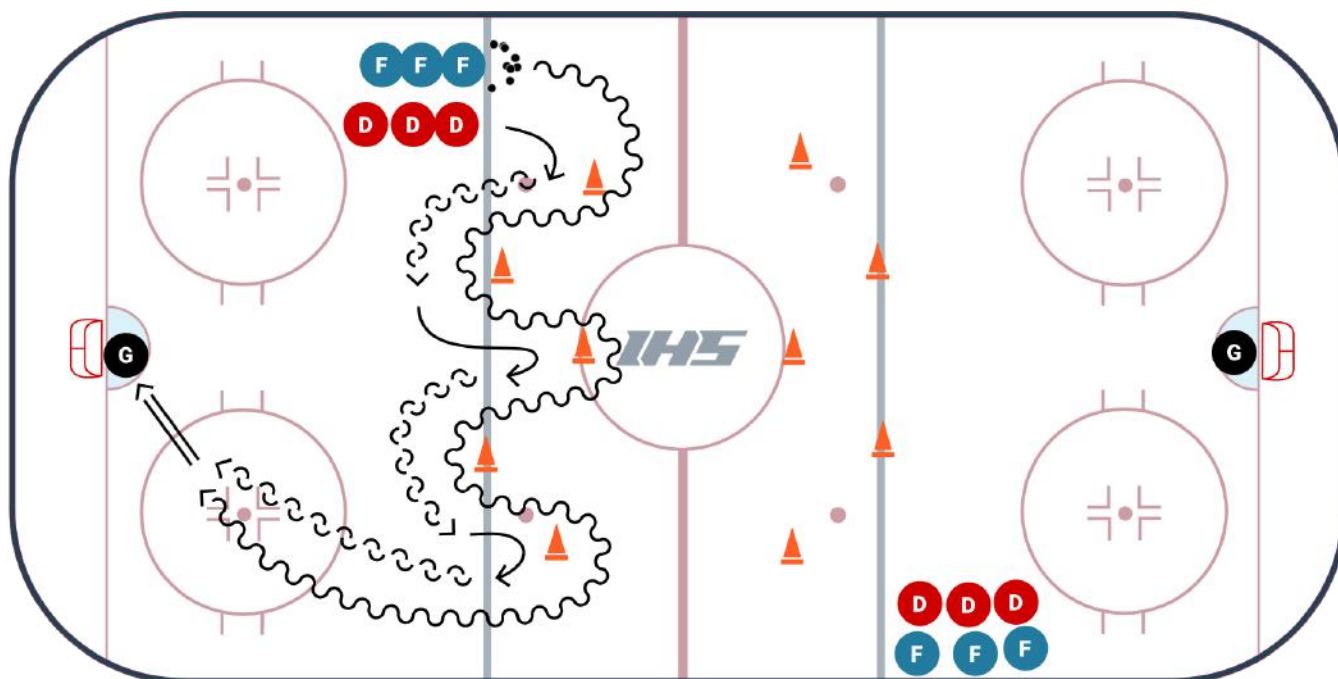


Gap Control - 1v1 Weave



Description

The purpose of this drill is to work on establishing and maintaining a gap while transitioning forward/backwards/laterally. This simulates defensive gap control as well as "gapping up" (moving up ice) to maintain a gap.

Key factors of the drill:

- Defense - setting and maintaining an appropriate gap, transitioning, moving up ice/gapping up, angling forward to outside of zone

This drill can both run out of both ends simultaneously. On the whistle the forward (F) takes a puck and proceeds to carry/weave through the staggered pylons. At the same time the defenseman (D) skates with the F and establishes a tight gap. The D then proceeds to maintain that gap as the F proceeds through the cones. Upon exiting the cones the F attempts to score while the D maintains the gap and attempts to angle the F outside as they battle in a 1v1.

It is important that the D set a tight gap (one stick length) and maintain it for the duration of the drill. This will require the D to frequently transition backwards/forwards to ensure they "gap up" and/or defend when required. Emphasis is to be placed on having the D attempting to angle the player to the outside of the zone upon entry.