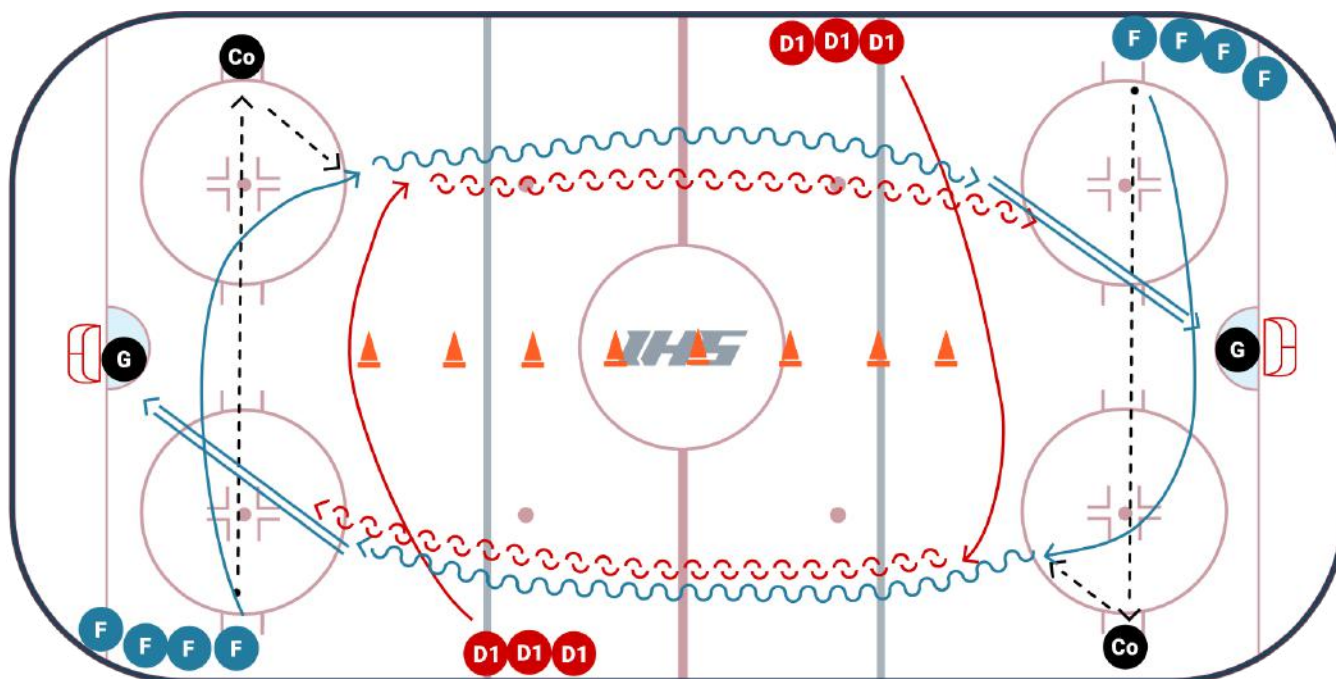


# Gap Control - Axis Drill



## Description

Purpose of the drill is allow defense to set up their "gap" and control it down ice via a 1v1 battle with a forward who is attempting to score.

Key factors of the drill:

- Defense - setting and maintaining an appropriate gap
- Offense - drive wide on zone entry and attempt to score

The drill is run out of both ends with pylons in the center create separate lanes for safety purposes (players cannot cross). On the whistle the forward (F) passes the puck to the coach on the other side. Once the pass is made both the forward (F) and defenseman (D1) curl and skate towards the coach. The coach will make a pass up to the forward (F) who will then take an offensive position up ice and attempt to score. The defenseman (D1) will "set their gap" (approximately 1 stick length) and attempt to maintain/control the gap while skating backwards to defend the rush. This will continue down the ice until the forward makes a shot or is stopped by the defenseman.

It is important that the defenseman establishes and maintains an appropriate gap against the forward. Defense is encouraged to focus on the body/chest of the forward rather than the puck to help maintain the gap and to direct the forward to the outside via their angling skills to prevent a scoring opportunity.