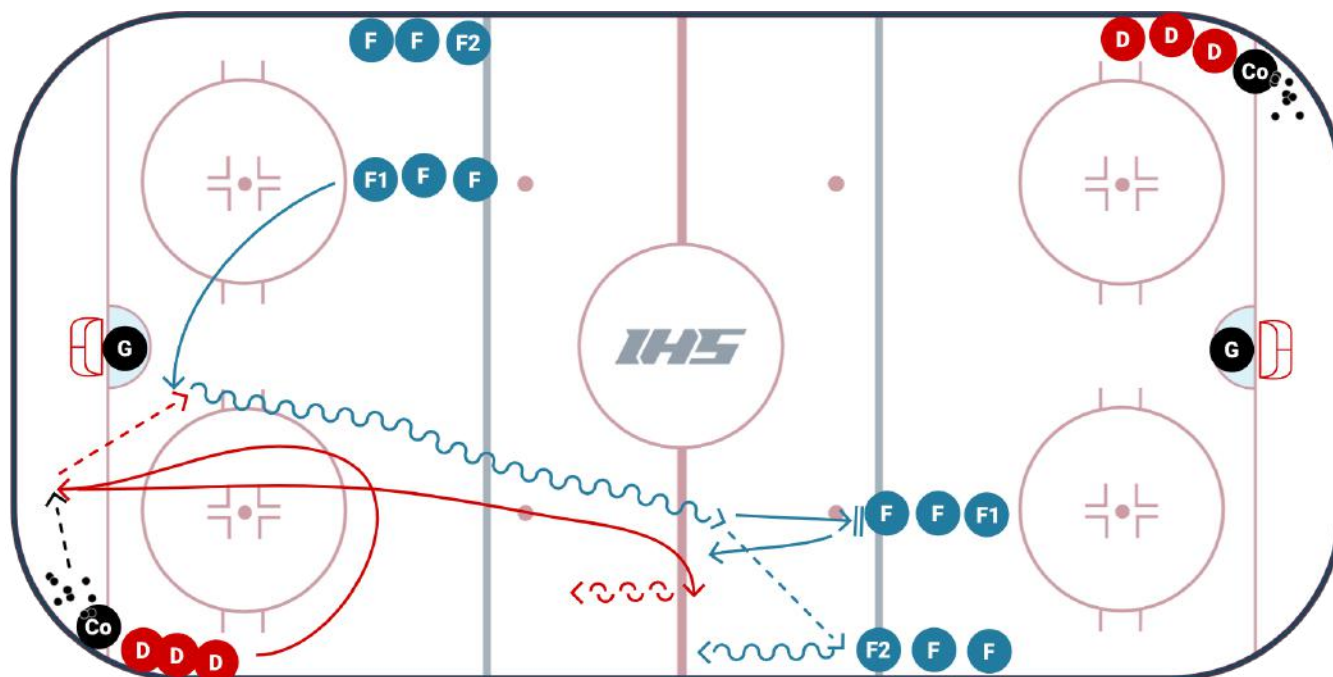


Outside 2v1 - Gap Up/Gap Control



Description

Purpose of the drill is to mimic a breakout pass to the center and forcing the D to "gap up" to the attacking forwards to set/maintain an appropriate gap to defend.

Key factors of the drill:

Defense - make pass to F1 to mimic breakout to center, setting/maintaining an appropriate gap, defending a 2v1

Offense - receive breakout pass after "low and slow" curl in d-zone, communication with partner, attacking 2v1

This drill is run out of both ends simultaneously. On the whistle the D skates around the circle and into the corner to receive a pass from the coach. At the same time the forward (F1) curls into a "low and slow" pattern to pick up a pass from the D to mimic a breakout play to the center. F1 then skates the puck out of the zone and makes a pass to the other forward (F2) once they are over the red line. F1 then skates to the blue line, completes a hard stop, and enters back into the originating zone with F2 in an attempt to score. This starts a 2v1 against the D who has skated up ice ("gapped up") and established an appropriate gap/position to defend the attack.

It is important that the defenseman quickly "gaps up" (gets up ice) to establish and maintain an appropriate gap against the forwards. Forwards are encouraged to communicate and establish an appropriate attack based on team offensive systems.