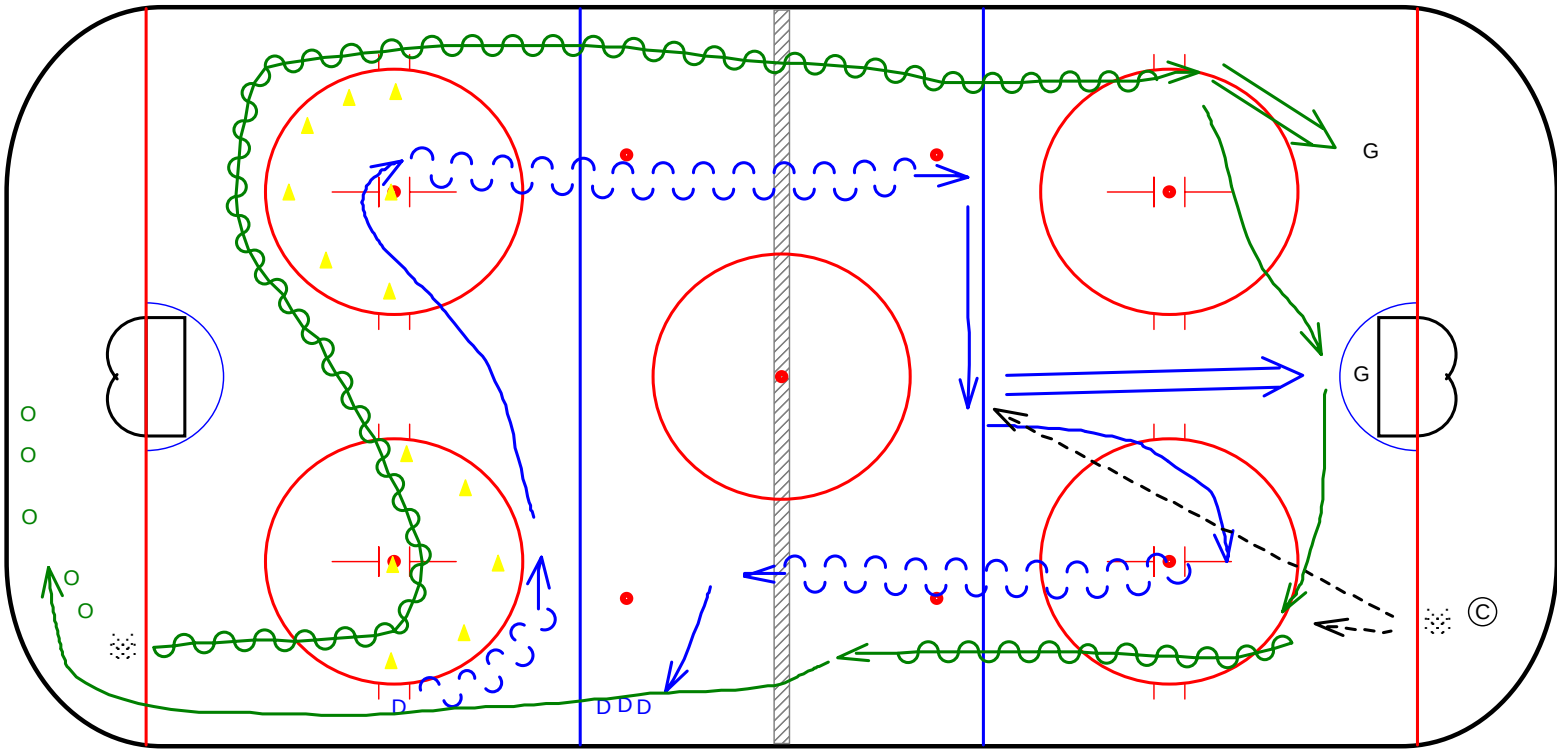
Defense Footwork & Gap Control



D footwork & 1on1 gap control

D starts at hash mark on circle facing the forward who is coming from the corner with a puck. On whistle the forward skates as shown around cones and drives up the boards at full speed as shown. The D starts on same whistle and is backwards to top of circle, pivots to forward, drives to cone on opposite face off dot where he/she pivots facing the play to backwards. The D does not engage the forward, but establishes outside to inside shoulder alignment and gap control on the forward. At the far bluline the forward drives the first net, shoots on the goaltender, drives to the 2nd net to tip, screen, rebound a point shot from the D he just went one on one against, who has received a puck from the coach in the corner. The D then drops down to set gap to return to the lines in a mock one on one against the forward who receives a pass from the coach in the corner.

TEACHING POINTS
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- D one on one gap control
- D one on one taking away the middle of the ice
- D footwork
- Forward net drive