

Gap Control



2000 Play Right
International Coaches' Conference
Vancouver, British Columbia
Delegate Drill Manual





2000 PLAY RIGHT
INTERNATIONAL COACHES' CONFERENCE
Vancouver, British Columbia



Coach: Paul Stropke

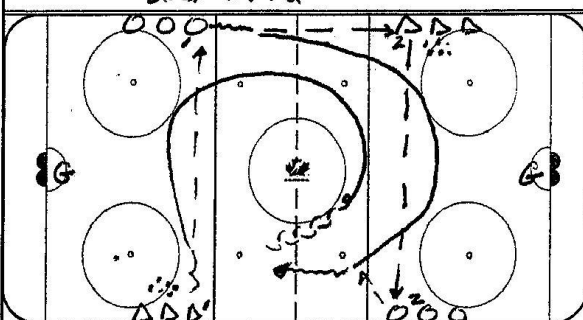
Team: Dutch National Team (Dordrecht)

Country: The Netherlands

DRILL THEME: GAP CONTROL

LEGEND	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	→	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	→	Backward Skate
	X	Pylon		Lateral Movement
	⬮	Pucks	—	Defensive Pressure
	○	OFFENSIVE	⊗	DEFENSIVE

DRILL NAME: DAF Drill

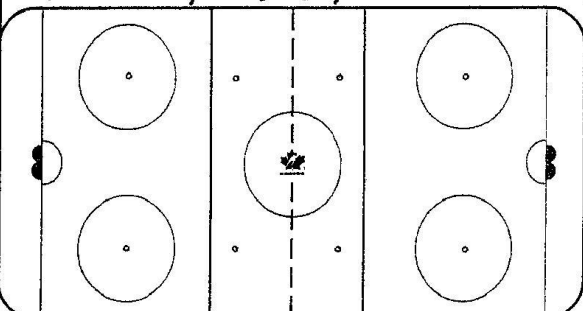


KEY TEACHING POINTS:

- good passing
- good timing
- Forward ATTACK with Speed
- Defense Close the gap.
- * Also Conditioning.

DRILL DESCRIPTION:

The drill is a 1-on-1 situation. The Defense starts the drill by skating and passing to Forward on Blue line. (Both D start at the same time). The Forward receives pass, skates and passes to 2nd Defense at opposite Blue line. D1 follows pass to pick up F1. F1 follows pass. D2 passes across ice to F2, who gives a return pass to F1. D1 skates forward towards F1, pivots and plays the 1-on-1.



ADDITIONAL TEACHING POINTS:

towards F1, pivots and plays the 1-on-1.

PROGRESSION / OPTIONS:



"Coaching 2000 Today and Beyond!"

www.coachesclub.net

IKON

The Way Business Gets Communicated



2000 PLAY RIGHT
INTERNATIONAL COACHES' CONFERENCE
Vancouver, British Columbia



Coach: Kevin Sullivan

Team: Thayer Academy

Country: USA

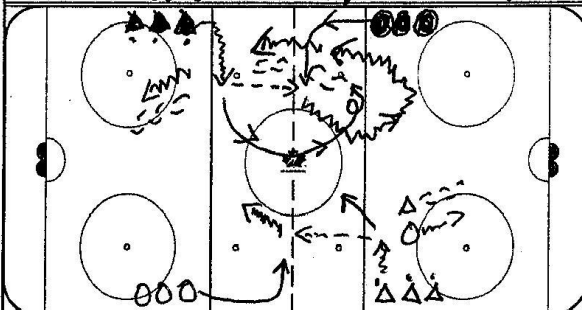
DRILL THEME: GAP CONTROL

LEGEND	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	⇄	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	↔	Backward Skate
	X	Pylon		Lateral Movement

○ OFFENSIVE

○ DEFENSIVE

DRILL NAME: Close The Gap 1-on-1

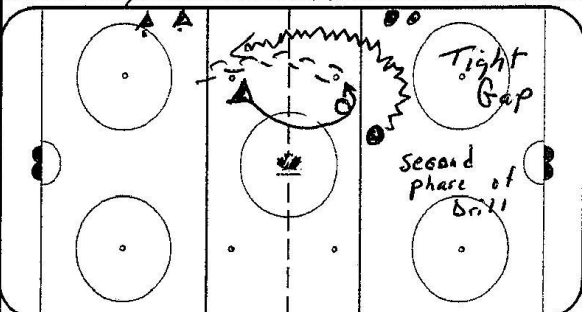


KEY TEACHING POINTS:

- Maintain a tight gap
- Keep Forward to the Outside (on outside Shoulder)
- Pivots - Def mirrors Forw.
- Backward Skating
- Def. protect middle of the ice
- Stick in the gap (one hand)
- Play the man

DRILL DESCRIPTION:

Def. skates off the boards with a puck and passes to Forward coming along the Red Line. Forw. carries puck and makes a loop. The defenceman must step up and close the gap, pivot and play the forward coming down the boards 1-on-1. Same thing on other side



ADDITIONAL TEACHING POINTS:

Def. must step up and stay in motion - Keep the Forw. to the outside and angle him to the boards

PROGRESSION / OPTIONS:

Change directions (so the Def. & Forw. practice crossing & pivoting in both directions) by changing the positions of the Forw. and defencemen



www.coachesclub.net

"Coaching 2000 Today and Beyond!"

IKON

The Way Business Gets Communicated



2000 PLAY RIGHT INTERNATIONAL COACHES' CONFERENCE Vancouver, British Columbia



















Coach: Del Pedrick

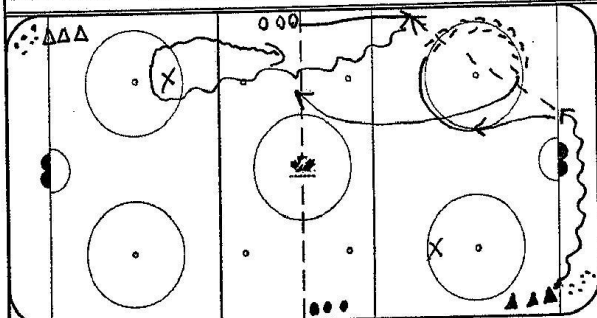
Team: Waywayseecappo Wolverines

Country: Canada

DRILL THEME: **GAP CONTROL**

LEGEND		Coach		Puck Carrying
		Forwards		Shooting
		Defenders		Pass
		Goalie		Drop Pass
		Stop		Backward Skate
		Pylon		Lateral Movement
		Pucks		Defensive Pressure
		OFFENSIVE		DEFENSIVE

DRILL NAME: Closure

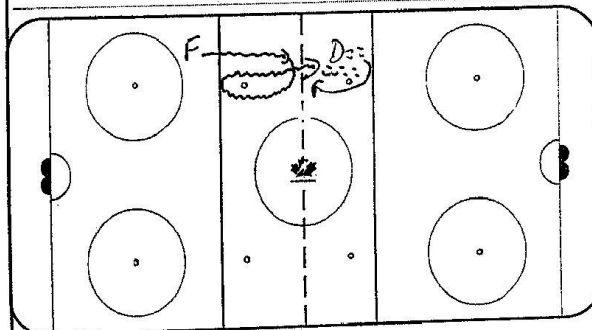


KEY TEACHING POINTS:

- D must keep feet moving
- challenge for D to touch up on the red

DRILL DESCRIPTION:

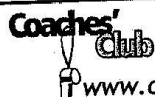
- D carry puck around the net & make a breakout pass to opposition F.
- The F carries the puck to far end & tight turns around pylon to attack |X|
- D then skate & pivot around face-off circle before stepping up and closing the gap in Neutral Zone



ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:

As above, only the F turns back at the red (or on whistle) so the D has to close gap twice & play |X| to net



"Coaching 2000 Today and Beyond!"

www.coachesclub.net

The Way Business Gets Communicated

IKON



2000 PLAY RIGHT INTERNATIONAL COACHES' CONFERENCE Vancouver, British Columbia



Coach: DAAREN JUBY

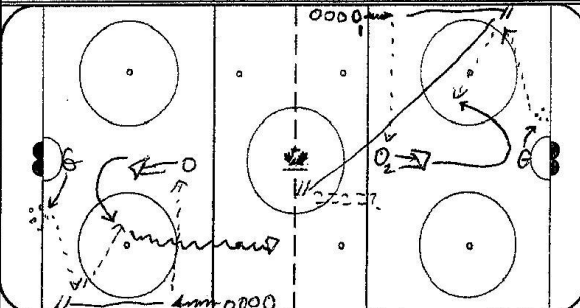
Team: UNIVERSITY OF MANITOBA WOMEN

Country: CANADA

DRILL THEME: GAP CONTROL

LEGEND		Coach		Puck Carrying
		Forwards		Shooting
		Defenders		Pass
		Goalie		Drop Pass
		Stop		Backward Skate
		Pylon		Lateral Movement
		Pucks		Defensive Pressure
	<input type="radio"/>	OFFENSIVE	<input type="radio"/>	DEFENSIVE

DRILL NAME:

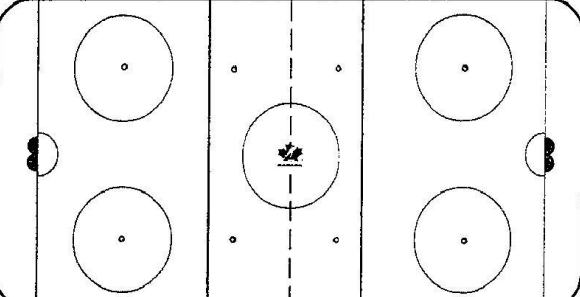


KEY TEACHING POINTS:

- Communication
- Rebound Control - Puck Manipulation at Goalie
- Proper Gap Position - Hard Skate
- Use ice to challenge gap ability
- * Close as quick as possible

DRILL DESCRIPTION:

1. Skates + passes to O₂ who shoots. Goalie passes to D₁ who has continued down wall for breakout. O₂ times support, receives pass + goes 1v1 with opposite D₁ who has skated to centre before playing 1v1. After 1v1 D₁ becomes next O₂.



ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:

- As O₂ skates against D₁ - coach blows whistle to signal a reverse of direction. O₂ must reestablish gap with opposite O₂.
- Have O₂ regroup with opposite D₁ & return against same end.
- Add a stretch player (take 2nd line at blue line)



"Coaching 2000 Today and Beyond!"

www.coachesclub.net

The Way Business Gets Communicated





2000 PLAY RIGHT
INTERNATIONAL COACHES' CONFERENCE
Vancouver, British Columbia



Coach: TYSON DAVIS

Team: HHHA BANTAM AA

Country: USA

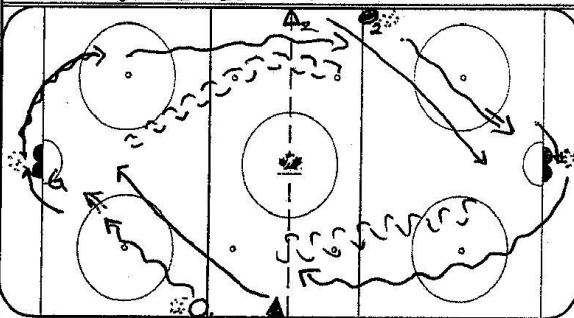
DRILL THEME: GAP CONTROL

LEGEND	⊙	Coach	~~~~~	Puck Carrying
	○	Forwards	⇒	Shooting
	△	Defenders	→	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	~~~~~	Backward Skate
	X	Pylon		Lateral Movement
	●	Pucks	—	Defensive Pressure

○ OFFENSIVE

○ DEFENSIVE

DRILL NAME: WHEEL 1 on 1

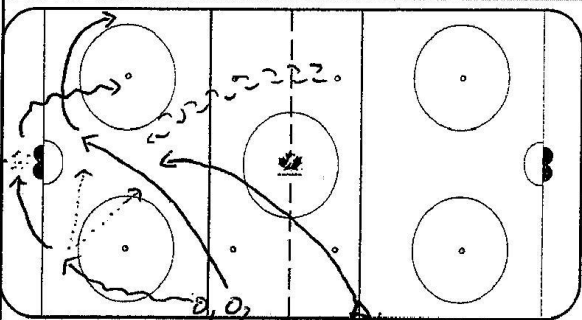


KEY TEACHING POINTS:

- Leave on coaches whistle
- Attack with speed
- defence "TRUST YOUR FEET"
- Gap control out of comfort zone.
- Goalies control rebound
- Defender must follow in.

DRILL DESCRIPTION:

O₁ and O₂ skate with puck and shoots on net. A₁ and A₂ follow in for rebounds. O₁ and O₂ pick up a puck from behind the net and attack A₁ and A₂ full length of ice.



ADDITIONAL TEACHING POINTS:

- Create time and space
- Defence funnel the puck carrier

PROGRESSION / OPTIONS:

2 on 1 with triangle.

Coaches' Club

www.coachesclub.net

"Coaching 2000 Today and Beyond!"

IKON

The Way Business Gets Communicated



2004 INTERNATIONAL COACHES' CONFERENCE
HOCKEY CANADA
Calgary, Alberta



Coach: Lorne Cumming

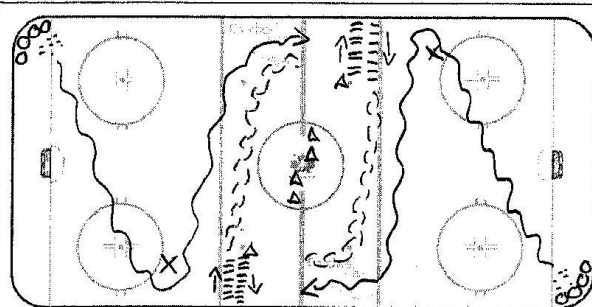
Team: Kamloops Bantam Rep.

Country: Canada

Drill Theme: **Gap Control**

LEGEND	Coach	Puck Carrying
○ ●	Forwards	Shooting
△ ▲	Defenders	Pass
G	Goalie	Drop Pass
—	Stop	Backward Skate
X	Pylon	Lateral Movement
⋯	Pucks	Defensive Pressure

Drill Name:

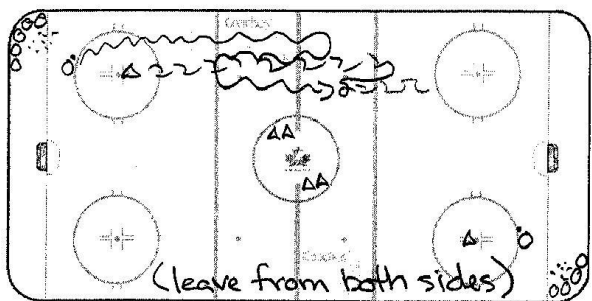


KEY TEACHING POINTS: (Defenders)

- rapid lateral movement (both ways)
- backward acceleration
- backward speed judgement
- gap control (controlled)
- allows extra time for read
- make play on or before second blueline.

DRILL DESCRIPTION:

On whistle forward leaves corner with puck, crosses ice to cone at far boards and returns to drive wide on defencemen around off side dot. Defencemen must do rapid lateral crossovers from off side dot to boards and back to dot, then accelerate backward along blue line, adjusting speed for gap control.



KEY TEACHING POINTS: (Defenders-Progression)

- backward acceleration
- backward/forward pivot with acceleration
- forward/backward pivot with acceleration
- gap control

DRILL DESCRIPTION:

On whistle, defender and attacker leave from positions on face-off dot and bottom of circle for a "stand still" start one on one. On second whistle attacker must double back with puck and defender must shadow him to control gap. On third whistle attacker attacks and defender must respond for one on one.

www.hockeycanada.ca



2004 INTERNATIONAL COACHES' CONFERENCE
HOCKEY CANADA
Calgary, Alberta



Coach: John W Smith

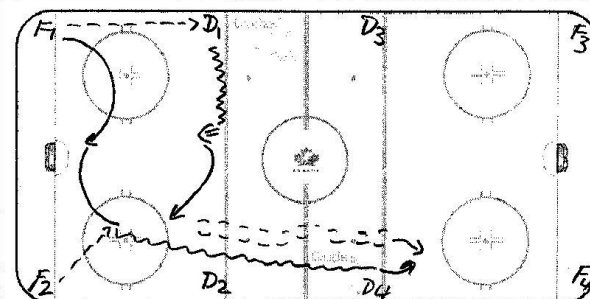
Team: Regina Pat Canadians AAA Midget

Country: Canada

Drill Theme: **Gap Control**

LEGEND	<p>○ Coach</p> <p>● Forwards</p> <p>△ Defenders</p> <p>G Goalie</p> <p>— Stop</p> <p>X Pylon</p> <p>● Pucks</p>	<p>→ Puck Carrying</p> <p>→ Shooting</p> <p>→ Pass</p> <p>→ Drop Pass</p> <p>→ Backward Skate</p> <p> Lateral Movement</p> <p>— Defensive Pressure</p>
--------	---	--

Drill Name: Hawks 1 on 1

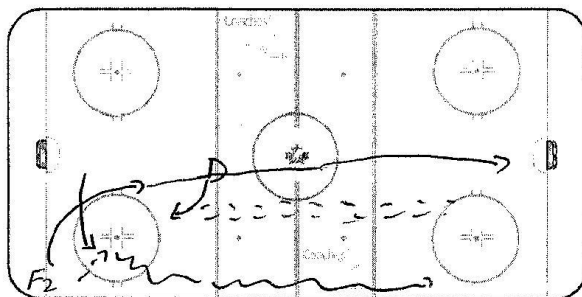


KEY TEACHING POINTS:

- Point shot - D drag/shoot
- Communication - eye contact
- gap control
- angling
- players must stay on their 1/2 of the ice
- Work both ends simultaneously

DRILL DESCRIPTION:

- F1 → D1 - D1 drags puck along B line → F1 goes to net Front (screen-rebound)
- D1 - shot - F1 looks for rebound then curls to opposite corner - calls for pass from F2
- D1 comes down to top of circle to establish a tight gap on F1



KEY TEACHING POINTS:

- AND F2 to follow pass for 2 on 1
- players keep their head up in A zone

DRILL DESCRIPTION:



2004 INTERNATIONAL COACHES' CONFERENCE
HOCKEY CANADA
Calgary, Alberta



Coach: JAMIE LANGLEY

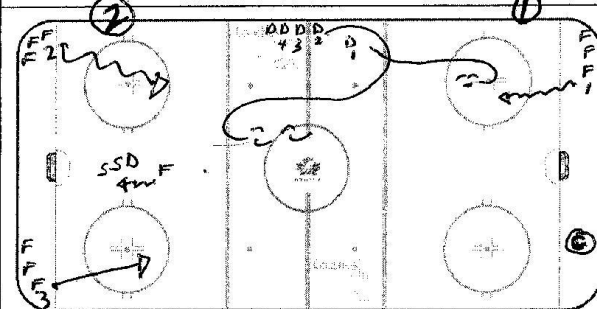
Team: NAIT DOKS - ACAC

Country: CANADA

Drill Theme: **Gap Control**

LEGEND	●	Coach	→	Puck Carrying
	○	Forwards	⇒	Shooting
	△	Defenders	→→	Pass
	G	Goalie	→→→	Drop Pass
	—	Stop	↔	Backward Skate
	X	Pylon		Lateral Movement
	•••	Pucks	—	Defensive Pressure

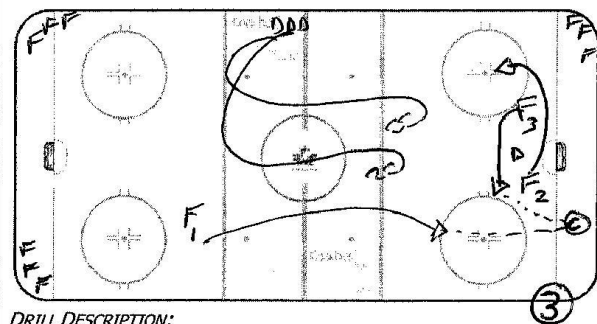
Drill Name: D-MAN'S 1ON1 - 2ON1 - 3ON2



- KEY TEACHING POINTS:
- D-PIVOT TO INSIDE
 - D- MUST CLOSE GAP TO BLUE LINE AFTER TOUCH UP.
 - F- READ D-MAN, BEGINN & ACCELERATE ON PIVOT.
 - F- TAKE ADVANTAGE OF ODD MAN SITUATION.

DRILL DESCRIPTION:

D1 BEGIN DRILL, CAN PIVOT BACKWARDS ANYWHERE. F1 BEGINS ON PIVOT & ATTACKS D1 CREATING 1ON1 TO FAR END. // AS PLAYERS CROSS RED LINE, NEXT D IN LINE TOUCHES UP & CLOSE GAP TO CHALLENGE THE NEXT 2 FORWARDS WHO ATTACK 2 ON 1 TO OTHER END. // AS THEY CROSS RED LINE, 2 D-MEN TOUCH UP & CLOSE GAP THE OTHER WAY. THE ORIGINAL F1 COMES BACK TO SUPPORT F2/F3. SIMULATING A LATE F3. RECEIVE PASS FROM (C) & ATTACK 3 ON 2.



- KEY TEACHING POINTS:
- -
 -
 -
 -
 -
 -
 -

DRILL DESCRIPTION:



2004 INTERNATIONAL COACHES' CONFERENCE

HOCKEY CANADA
Calgary, Alberta



Coach: G. BURNETT

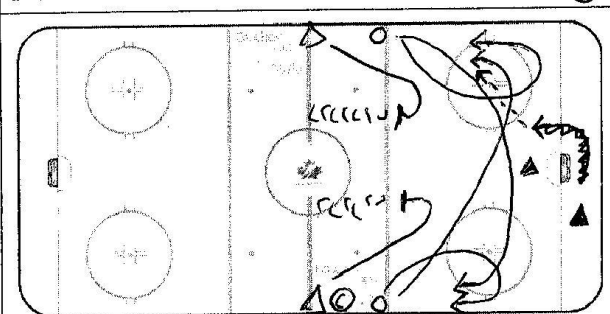
Team: BENEDICT BULLS

Country: CANADA

Drill Theme: 2 ON 2

LEGEND	○	Coach	→	Puck Carrying
	●	Forwards	⇒	Shooting
	△	Defenders	→→	Pass
	G	Goalie	→→→	Drop Pass
	—	Stop	→→→	Backward Skate
	X	Pylon		Lateral Movement
	••	Pucks	—	Defensive Pressure

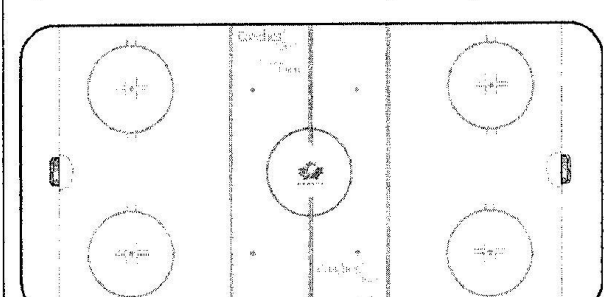
Drill Name: 2 ON 2 CONTINUOUS GAP Control



- KEY TEACHING POINTS:
- Breakout Support
 - CONSERVATION OF ICE
 - COMMUNICATION
 - GAP CONTROL - DEFENSIVELY
 - OFFENSIVELY
 - ATTACK OPTIONS
 - DEFENSIVE ZONE COVERAGE

DRILL DESCRIPTION:

▲ Breakout, pass + followup to maintain good gap on attack. ● Conserve ice deep in zone (crossover or open up) to gather speed for attack. △ move up inside blue - moving - talking - ensuring quality gap with attackers. At any time ○ can quick double whistle ∴ ● regroup with ▲ who started breakout - conserve ice - gather speed - talk. △△ continue to get up + close gap



- KEY TEACHING POINTS:
- Control + defend full ice 2on2 to defensive zone coverage to ○ whistle - 1 △ quickly gains puck to behind goal to start next breakout.

DRILL DESCRIPTION:

* Can be done 1on1 / 3on3



2004 INTERNATIONAL COACHES' CONFERENCE
HOCKEY CANADA
Calgary, Alberta



Coach: David Newfeld

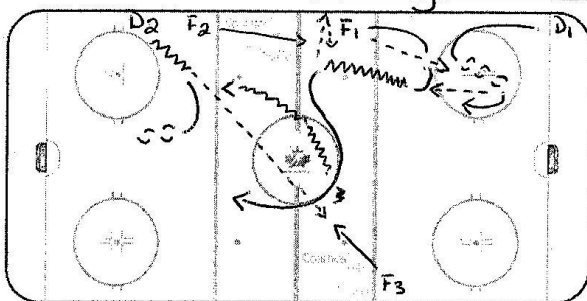
Team: Beardsley's Blackhawks

Country: Canada

Drill Theme: **Offensive Attack**

LEGEND	●	Coach	→	Puck Carrying
	○	Forwards	⇒	Shooting
	△	Defenders	→	Pass
	G	Goalie	→	Drop Pass
		Stop	→	Backward Skate
	X	Pylon	→	Lateral Movement
	⋯	Pucks	→	Defensive Pressure

Drill Name: **S Unit Play**



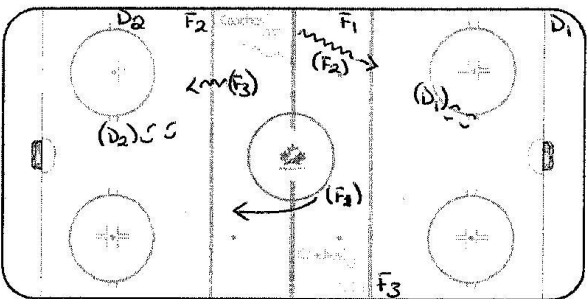
KEY TEACHING POINTS:

- pass Timing
- D gap control
- Bank & or drop pass

1x1 & 2x1

DRILL DESCRIPTION:

- F₁ begins drill by passing To D₁ who comes up To Top of circle & receives from F₁ while skating backwards
- D₁ passes back To F₁ on low swing who then breaks out
- F₁ banks or drops pass To F₂
- F₂ goes in 1x1 with D₁ who has closed gap after pass



KEY TEACHING POINTS:

DRILL DESCRIPTION:

- F₁ crosses ice To support F₃
- D₂ & F₃ skate Towards each other, D₂ passes To F₃ (Done simultaneously when F₂ takes off)
- F₃ crosses ice & goes 2x1 with F₁ against D₂ who closes gap after pass



2004 INTERNATIONAL COACHES' CONFERENCE
HOCKEY CANADA
Calgary, Alberta



Coach: Ryan Hoffman

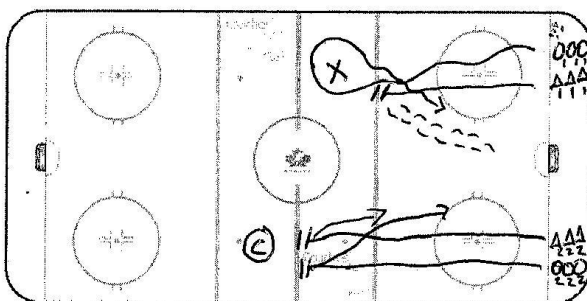
Team: Flin Flon Jr A Bombers

Country: Canada

Drill Theme: **Gap Control**

LEGEND	●	Coach	→	Puck Carrying
	○	Forwards	⇒	Shooting
	△	Defenders	→→	Pass
	G	Goalie	→→→	Drop Pass
	—	Stop	↔	Backward Skate
	X	Pylon		Lateral Movement
	•••	Pucks	—	Defensive Pressure

Drill Name: 2on2 read+react

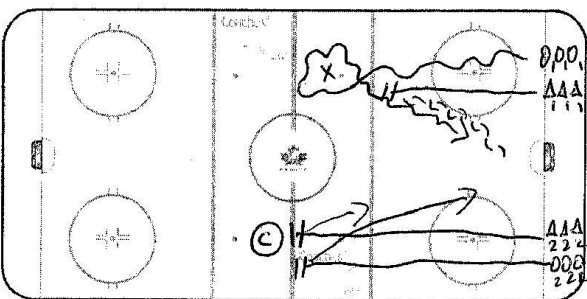


KEY TEACHING POINTS:

- defenders must read each other's position + react accordingly.
- offensive players must read D's position + attack

DRILL DESCRIPTION:

© blows whistle, everyone leaves @ the same time. D₁ carries puck around cone, D₁ following him, pivots/stops. D₂ + F₂ skate to red line + stop. D₂ races to join D₁ on the attack, D₂ tries to maintain good defensive position. D₁ must read D₂'s position + adjust his gap accordingly. Is it still a 2on2, or a 2on1 if D₂ loses def. position.



KEY TEACHING POINTS:

- reinforce the d's importance of making the right read.

DRILL DESCRIPTION:

same as above. © occasionally hooks/holds up D₂ when they hit the red line, either holding him up completely, or forcing D₂ to be a backchecker. D₁ must read that D₂ has been beat, + adjust his gap accordingly.



2004 INTERNATIONAL COACHES' CONFERENCE
HOCKEY CANADA
Calgary, Alberta



Coach: JEFF ROBERTSON

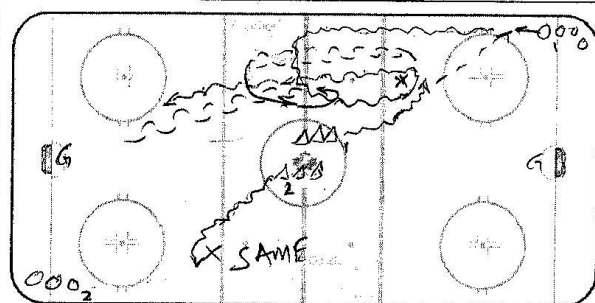
Team: ROSS H. MACLEAN PEEWEE AAA

Country: BC CANADA

Drill Theme: **Gap Control**

LEGEND	⊙	Coach	~~~~~	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	~~~~~	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	—	Defensive Pressure

Drill Name: GAP & REGAP

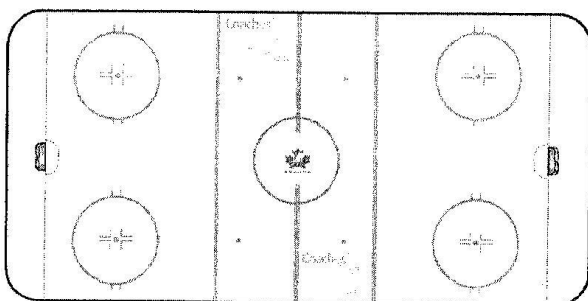


KEY TEACHING POINTS:

- EYES UP, STAY FACING PUCK CARRIER, &
- QUICKLY REACT TO CHANGING DIRECTIONS
- * MAINTAIN GAP RATHER THAN TRY TO RECOVER LARGE ICE

DRILL DESCRIPTION:

△, SKATES PUCK FROM CENTRE ICE TO PYLON, PASS TO O, PIVOT & ESTABLISH GAP VS O, ATTACK 1-1. WHEN O, REACHES RED LINE HE TURNS BACK AND CARRIES BACK INSIDE BLUE, AROUND PYLON AND ATTACK 1-1 TO NET. △, MUST STOP, TAKE ICE BACK DURING "REGROUP" AND ESTABLISH 2ND GAP FOR NEW 1-1 ATTACK



KEY TEACHING POINTS:

DRILL DESCRIPTION:



2000 PLAY RIGHT
INTERNATIONAL COACHES' CONFERENCE
Vancouver, British Columbia



Coach: ART BALDWIN

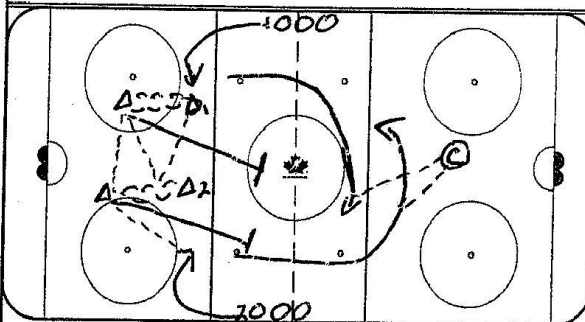
Team: SNO-KING AHA

Country: USA

DRILL THEME: GAP CONTROL

LEGEND	⊙	Coach	→	Puck Carrying
	○	Forwards	⇒	Shooting
	△	Defenders	⇄	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	↩	Backward Skate
	X	Pylon		Lateral Movement
	●	Pucks	—	Defensive Pressure
	○	OFFENSIVE	●	DEFENSIVE

DRILL NAME:



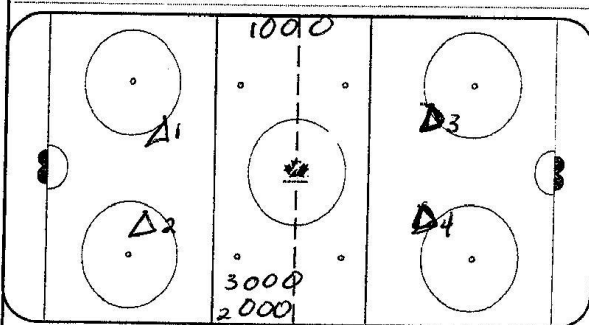
KEY TEACHING POINTS:

D1 & D2 MUST START DRILL
by BACKING INTO ZONE AND
PASSING TO each other.
F1 & F2 SWING INTO ZONE
AND curl up ice RECEIVING
PASS from D. F1 & F2 THEN
REGROUP IN NEUTRAL ZONE by
PASSING TO COACH.

DRILL DESCRIPTION:

2 vs. 2 Neutral Zone Regroup
with Tight Gap

D1 & D2 MUST Head
up ice AND play
2 vs. 2 IN NEUTRAL
ZONE



ADDITIONAL TEACHING POINTS:

VARIATIONS:

- #1 ADD A THIRD FORWARD
- #2 only 1 Defenceman
- #3 ADD A second set
of D-MEN AND
Regroup Twice.

Coaches' Club

www.coachesclub.net

"Coaching 2000 Today and Beyond!"

IKON

The Way Business Gets Communicated™



2000 PLAY RIGHT
INTERNATIONAL COACHES' CONFERENCE
Vancouver, British Columbia



Coach: Theo van Gerwen

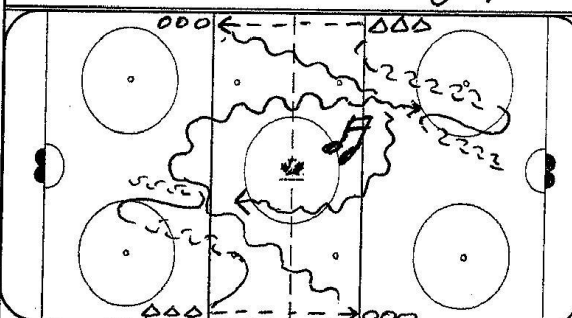
Team: Tilburg Trappers

Country: Holland.

DRILL THEME: **GAP CONTROL**

LEGEND		Coach		Puck Carrying
		Forwards		Shooting
		Defenders		Pass
		Goalie		Drop Pass
		Stop		Backward Skate
		Pylon		Lateral Movement
		Pucks		Defensive Pressure
	<input type="radio"/>	OFFENSIVE	<input checked="" type="radio"/>	DEFENSIVE

DRILL NAME: 1-1 close the gap

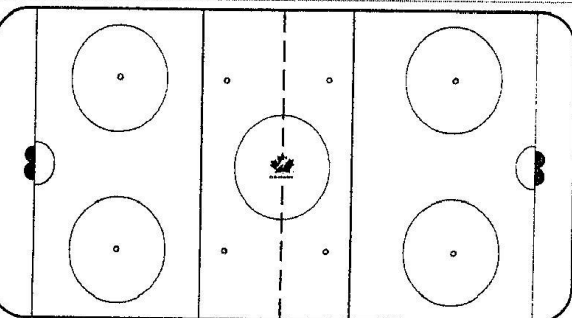


KEY TEACHING POINTS:

- quick transition for def. off → def → off → → def.
- quick pivots up ice to close gap
- offensive players quick feet
- def body positioning.

DRILL DESCRIPTION:

Δ passes to 0. 0 plays 1-1 on Δ on the whistle
0 turns other way to go 1-1 on other Δ.
Δ move up quick to close gap and play 1-1 on other 0.



ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:



www.coachesclub.net

"Coaching 2000 Today and Beyond!"

IKON

The Way Business Gets Communicated



2000 PLAY RIGHT INTERNATIONAL COACHES' CONFERENCE Vancouver, British Columbia



Coach: Pat Cortina

Team: Asiago Hockey

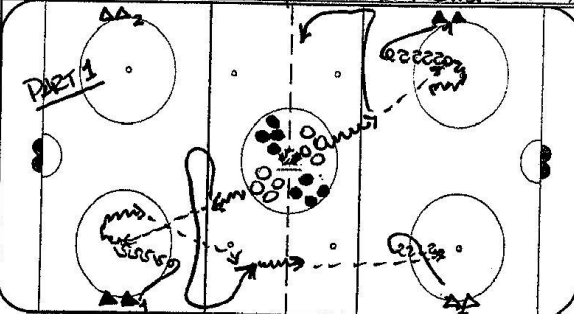
Country: Italy

DRILL THEME: GAP CONTROL

LEGEND	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	----->	Pass
	G	Goalie	~>	Drop Pass
	— —	Stop	~>	Backward Skate
	X	Pylon		Lateral Movement
	●	Pucks	— —	Defensive Pressure

☐ OFFENSIVE ☐ DEFENSIVE

DRILL NAME: Asiago Quick Transition 1 on 1

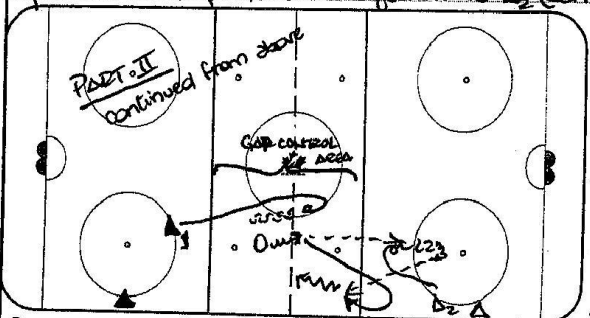


KEY TEACHING POINTS:

- D's always have feet moving
- tight gap control for D men before 1 on 1 attack
- stay with F after his shot
- F's - good skating and foot motion to get available for pass from D's

DRILL DESCRIPTION:

- D men at half boards and F's at center w pucks as shown.
- Drill starts simultaneously from both sides with F's moving puck to different coloured D-man who has moved off boards.
- F now makes himself available for return pass from D₁. F now controls puck and repeats this sequence w D₂ (same colour D) and then attacks original D 1 on 1 (different colour)

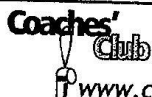


ADDITIONAL TEACHING POINTS:

- F's regroup (transition pass & skate) with both D and then attack different colour D man
- drill should start simultaneously from both sides and encourage players to communicate amongst themselves (limit use of whistles)

PROGRESSION / OPTIONS:

- D moves puck directly to other D man (e.g. ▲₁ to ▲₂) to simulate a turnover in N-zone
- 2 on 1 can also be done by having 2 F's start from center



"Coaching 2000 Today and Beyond!"

www.coachesclub.net

IKON

The Way Business Gets Communicated



2000 PLAY RIGHT
INTERNATIONAL COACHES' CONFERENCE
Vancouver, British Columbia



Coach: GRANT KERR

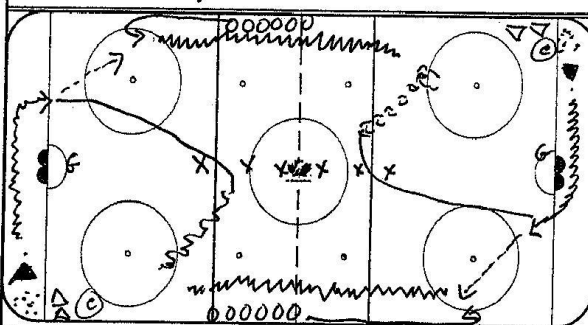
Team: PORT COQUITLAM BUCKEHOOS JR. B

Country: CANADA

DRILL THEME: GAP CONTROL

LEGEND	○ Coach	→ Puck Carrying
	○● Forwards	→ Shooting
△ Defenders	→ Pass	→ Drop Pass
	G Goalie	→ Backward Skate
— Stop	Lateral Movement	— Defensive Pressure
	X Pylon	
★ Pucks		
	○ OFFENSIVE	○ DEFENSIVE

DRILL NAME: 1X1



KEY TEACHING POINTS:

DEFENDER MUST ~~BE~~ CLOSE
GAP ON ATTACKER TO
ONE STICK LENGTH
BETWEEN BLUE LINE AND
TOP OF CIRCLE

KEEP STICK ON ICE
AND WATCH CREST, NOT
PICK.

DRILL DESCRIPTION:

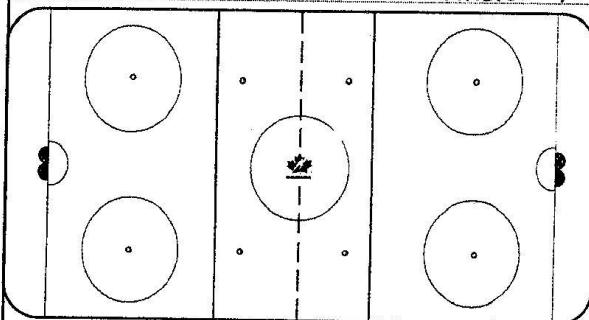
ON WHISTLE, FROM BOTH ENDS

△ USES NET TO INITIATE BREAKOUT PASS.

○ SKATES TO HASH, PIVOT FACING △, TAKES BREAKOUT PASS

○ USES WIDTH AND CAN'T CUT IN UNTIL INSIDE OFFENSIVE ZONE.

PLAY 1X1 OUT UNTIL WHISTLE TO START NEXT GROUP.



ADDITIONAL TEACHING POINTS:

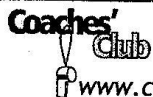
△ MUST MOVE UP ICE
QUICKLY TO GET INTO
POSITION TO DEFEND.

○ MUST ACCELERATE
AFTER TAKING PASS TO
CREATE SPEED BEFORE
REACHING ATTACK ZONE.

PROGRESSION / OPTIONS:

CAN PROGRESS TO 2X1 WITH SECOND

ATTACKER COLLING TO MIDDLE ON BREAKOUT.



www.coachesclub.net

"Coaching 2000 Today and Beyond!"

IKON

The Way Business Gets Communicated



2000 PLAY RIGHT
INTERNATIONAL COACHES' CONFERENCE
Vancouver, British Columbia



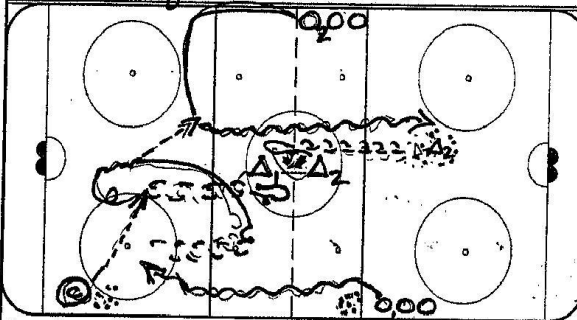
Coach: GARRY L. BERGQUIST
Team: KAMLOOPS Midget 'AAA'
Country: CANADA
Drill Theme: GAP CONTROL

LEGEND	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	→	Backward Skate
	X	Pylon		Lateral Movement
	⊗	Pucks	—	Defensive Pressure

✓ OFFENSIVE

✓ DEFENSIVE

Drill Name: Defend The Blue Line

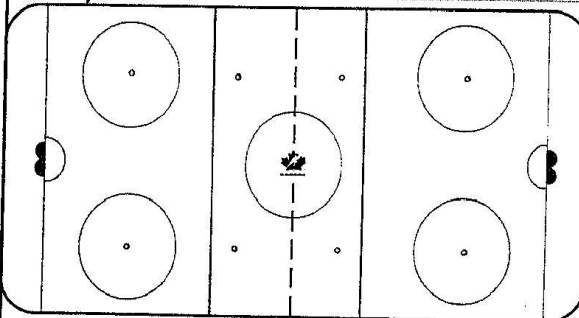


KEY TEACHING POINTS:

- Communication
- Timing
- passing & pass receiving skills
- Gap control
- Defensive positioning
- pivots toe caps etc.

Drill Description:

- Δ_1 skates bowd - receives pass from \odot Δ_1 can pivot & go fwd ✓ T/Turn
- O_2 leaves & times support of Δ_1 $\Delta_1 \rightarrow O_2$
- O_2 goes 1 vs 1 against Δ_2 who has transitioned skate to bowd.
- after pass Δ_1 skates fwd to receive O_1 1 vs 1
- O_1 cannot leave B/L until Δ_1 crosses B/L.



ADDITIONAL TEACHING POINTS:

- Δ_1 - Gap Control
- if does not close gap he cannot defend his B/L
- if Δ_1 takes too much ice back may not have foot speed to challenge O_1

PROGRESSION / OPTIONS:



www.coachesclub.net

"Coaching 2000 Today and Beyond!"

IKON

The Way Business Gets Communicated