

C6 - 1-1 Defender Quick Gap Control x 2 – Pro

Key Points:

Defender must have quick feet and use the edges well to close the gap on the attacker.

Description:

1. Two attackers and defenders both start from diagonal corners.
2. Attackers skate to the inside around a pylon near the far blue line
3. Defenders skate up and around the circle then up ice and turn backward at the pylon near the close blue line.
4. Attack 1-1 from the wide lane.

** Defender close the gap to a stick length and stay on the defensive side.*

** Attacker follow the shot for a rebound and defender box out and tie up the attackers stick.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160923091655401>

<https://youtu.be/a44dYgEZI5k>

