

## C3 Rejo 1-1 Both Sides - Gap Control - RB Pro

### Key Points:

The defender needs to get within a sticklength of the attacker before the blue line. Attacker should try moves, dekes, fakes, change of pace, shooting beside the D's foot. Both F's and D's should take turns defending and attacking.

### Description:

1. Attacker and defender both skate from the middle back to their blue line.
2. Attacker turns and goes 1-1 vs defender.
3. Done on both sides of the ice alternating direction.
4. Could do 2-1, 1-2, 2-2.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823122856482>

<https://youtu.be/8nzjC2xxlso>

