

T3 - C3 - 2-2 RG - Close Gap - 2-2 - Czech U20

Key Points:

Defenders must skate to keep a tight gap on the attackers. Quick feet, tight turns, the chocktaw turn is the most efficient way to go from front to back quickly without losing speed. F's create 2-1 on a wide defender, defenders keep defensive side, stick on the puck.

Description:

1. Players are lined up on both sides in the neutral zone.
2. F1-F2 leave and regroup with D1-D2 who hinge then pass to F1 or F2.
3. F1-F2 skate to the top of the circles, cross and turn back and attack 2-2.
4. D1-D2 skate up to the red line, back to the blue line then up to play the 2-2.
5. Finish the low 2-2 before F3-F4 repeat with D3-D4 the other direction.

** This drill can be done from 1-1 to a 3-2 situations. The coach could also vary sending 1 or 2 D or 1-2 or 3 F to cause decision making and communication.*

** Progress to playing full ice from 1-1 to 3-2 and the attackers must regroup on the whistle and the defenders must close the gap.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150820091844546>

<https://youtu.be/iDwOA-e63mo>

