

C5 - Gap Control - RG - 2-1 x 2 - Pro

Key Points:

Defense must mirror the play and maintain a tight gap by skating forward and then using a chocktaw turn to skate backward and defend the blue line instead of backing in.

Description:

1. F1 and F2 leave from the red line D1 from the blue line on each side skate, D2 follow.
2. Go the other way on the whistle.
3. D2 pick up a puck at the blue line and pass to F1-F2.
4. D1 follow and maintain a tight gap with F1-F2.
5. F1-F2 on both sides attack 2-1 vs. D1.

**Progress to F1-F2 carry a puck and regroup with D2 and then to a double regroup first with D1 then D2.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161021114143543>

<https://youtu.be/z7jJe6XpxS8>

Czech U20 doing a gap control drill.

<https://www.youtube.com/watch?v=s3iZXXzifK0&feature=youtu.be>

