

Introduction

The role of defenseman in modern total hockey is very challenging and requires special attention to develop the capabilities to cope with the high speed transition style of play. At a given instant in the game, defensemen may be supporting or involved in the attack of their team, however, they must be ready to make the transition to exert tight gap control pressure on the opponent's attack should the opponent gain puck control.

Gap control for defensemen may be defined as the spatial relationship of the defenseman to the offensive player. It is important to note that gap control refers to all defensive players and that the distance for tight gap control is defined to be within two stick lengths. For the purposes of this presentation only gap control for defensemen will be considered. Tight gap control is the ideal, which is the ability of the defenseman to exert more pressure on the offensive player by significantly limiting and contesting the offensive player's space and time to create puck control and attack. Regardless, in all situations, control is the operational idea in gap control because control and restraint are the basic notions of all defensive play.

Tight gap control pressure by defensemen is important for defensive hockey because it results in the following advantages:

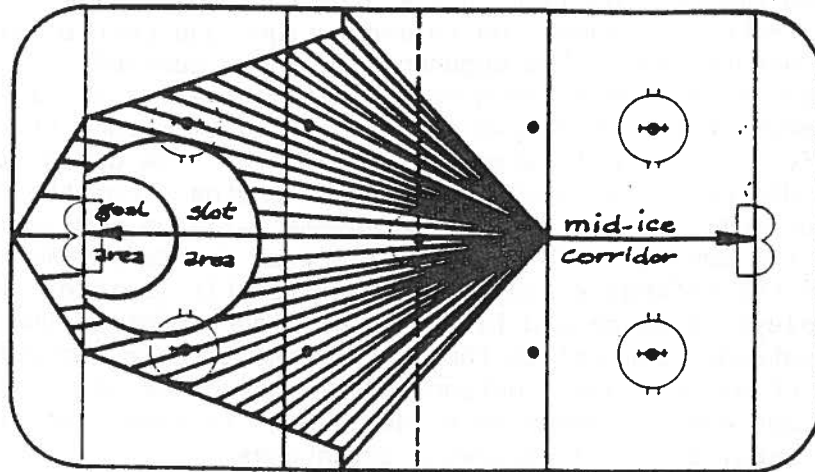
- o To limit and contest the space and time for the offensive player and team to create puck control and attack,
- o To pressure, contest and prevent the build-up of attack and attack speed by the offensive player and team,
- o To delay and prevent penetration of the attack towards the defensive goal area so that defensive support from other players can occur,
- o To pressure and curtail the passing game so that attack speed is that of puck carrying rather than puck passing,
- o To isolate the puck carrier into a one-versus-one situation by the other defenseman and defensive players taking away passing options from the puck carrier to his teammates,
- o To prevent or block shooting opportunities on the defensive goal,
- o To improve opportunity to check and control the puck carrier and attackers by curtailing speed build-up and use of space in all areas of the ice surface but especially towards the slot and goal area of the defensive zone.

Basic Concepts

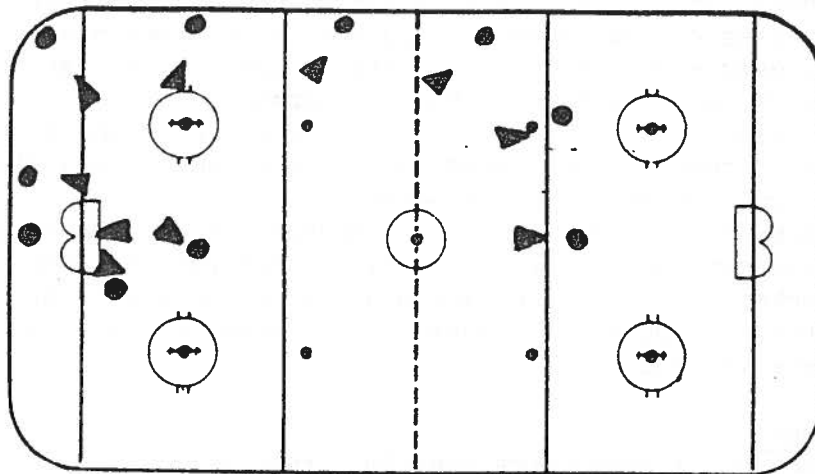
Gap Control is based upon exerting pressure on the attacker and his teammates by:

- limiting the space and time to work effectively to create attack.
- limiting the speed of attack.
- forcing or angling the attacker and attack to a position of disadvantage on the ice surface.
- taking away offensive support and options for the puck-carrying attacker with coordinated defensive play in cooperation with other defenders.
- protecting space on the ice surface from the mid-ice-corridor outwards and from the defensive goal and slot area outwards in all directions.
- positioning the body relationship with the attackers from a defensive (or goal) side body position on the ice surface.
- using skating speed and technique appropriate to the speed and tactical situation presented by the attacker and his teammates.

- using the stick to influence and control the actions possible for the attacker.
- communicating with defensive teammates and goalkeeper to coordinate defensive activity.



Defensive Space Protection



Defensive Side Positioning

Reading the Situation for Gap Control Decision-Making

A basic decision on the tightness or looseness of the gap control must be made by the defenseman in every defensive situation. How much pressure or tight gap control play can be exerted on the puck carrier and other attackers?

This decision can be variously described as:

- Pressure or Patience
- Pressure or Contain
- Pressure or Restraint
- Tight Gap or Loose Gap Control
- Close Gap or Loose Gap Control

The bottom line of the decision is to maintain control and advantage over the attacker and his teammates by the gap control decision of the defenseman on the puck carrier as well as his partner and other defensive players not immediately checking the puck carrier.

Ideally the defenseman will play tight gap control hockey; each decision, however, must be reached by 'Looking through the attack' or 'Reading the situation' by considering the following factors:

- the position of the attacker and defender on the ice and their relationship to the boards, lines on the ice, mid-ice corridor, slot and goal area and potential danger to score.
- the speed and direction of skating of the attacker and the defender.
- the offensive support which the puck carrier has in the situation in relation to the defensive support the defenseman has in the situation.
- the puck control the puck carrier has in the situation.
- the team defensive tactics and strategy.
- the game score, time on the clock, play situation (i.e., power play or penalty kill) and nature of the game.

The 'read' of all these factors will dictate the overall ability to close on the man for tight gap control.

Some general 'read and reacts' for closing to tight gap control include:

- when approaching back of puck carrier.
- when puck carrier is moving across or along the ice and a checking angle can be established to force the man to the boards, the corner or towards another defensive player.
- when defender has more-or-less the same skating speed as for example when an offensive player is starting his skating.
- when puck carrier has poor puck control.
- when defensive support behind the defenseman is available and when defenders outnumber attackers.
- when attacker comes closer to goal area, slot area and is a potential player to score.
- when attacker is attempting to gain redline or defensive blueline.
- when attacker readies for a slap shot, for receiving a pass or generally when attacker will be used as an option on attack by the puck carrier.
- when defensive tactics and strategy dictate closing more aggressively on the attacker.
- when puck carrier runs out of options and is isolated, when puck carrier hesitates and interrupts his progress and when attacker stops his skating.

Specific 'read and reacts' for defensemen to close to tight gap control in the offensive zone include:

- pinching - when the defenseman reads that he can aid the forechecking in the offensive zone by pinching on the offensive forward along the boards to keep the puck in and when a third defender is high in the offensive zone for support, then the defenseman advances quickly to time his arrival at or before the arrival of the puck to the forward. The pinching defenseman blocks off the wall with his body flush against the boards to prevent the puck being slipped by him and uses his stick to block passes to the inside of the ice. The pinching defenseman then ensures that he bodyblocks the forward and maintains his defensive side body positioning on the way back to his normal positioning and next activity.
- influencing - when the defenseman reads that he can move forward to discourage use of an offensive forward as a passing option for the breakout and when he has support from other defenders such as in a 1-2-2 or 1-3-1 he quickly advances to shadow the forward and influence use of another option for the breakout.

In the neutral zone the defensemen endeavor to delay and deflect the attack as much as possible by standing up and angling the attackers towards the sideboards. The neutral zone requires considerable skating adjustments in order for the defensemen to maintain gap control and skating speed for playing the various situations. It is vitally important that defensemen stay up ice or advance forward in order to 'stand up' with tight gap control in the neutral zone. In addition, staying up ice or advancing forward allows defensemen space to build up speed as they skate backwards or laterally to play situations where standing up is not possible in the neutral zone.

In situations where the defensemen have a numerical advantage, then standing up for tight gap control is clearly the play to make. In even-numbered situations, then the defensemen stay up in the neutral zone with as tight gap control as possible by the close man so as to pressure the puck area and stagger by the second defenseman to provide support. Only in situations where the defensemen are outnumbered by the attackers should the defensemen yield ice in the neutral zone. When this occurs the defensemen stagger to pressure the puck area in order to delay and deflect the attack as much as possible while they protect the mid-ice corridor and await help from other backchecking defenders.

The neutral zone is now used as a staging area for the offensive attack by teams so there are some specific situations which face defensemen. A stretch man or decoy skater is used in the middle zone to drive one or both defensemen back towards their defensive blueline and defensive zone in order to open up more ice for puck movement by spreading the defensive coverage in the neutral zone. This attack strategy or counterattack strategy off a regroup forces the defensemen to communicate as to who takes the stretch man and whether they can switch coverage as the stretch man moves in the neutral zone. Basically, one defenseman respects the speed and depth of the stretch man and exerts tight gap control depending upon the stretch man's possibility of being included immediately as a passing option in the attack by a legal pass or chipped/redirected pass. Looser gap control can be used when the puck is two or more passing lanes away and the stretch man is not a passing option. The special problem of the stretch man moving from side to side at the defensemen's defensive blueline may involve switching coverage of the stretch man through communication and exchange of pressure-support roles by the defensemen. In any case only one defenseman should respect the stretch man. The other defenseman must play up ice and more aggressively in the neutral zone. If the stretch man circles back or delays to become a passing option then the defenseman playing him moves up ice to exert tighter gap control.

A special give-and-go passing situation which may be called the 'jack-hammer pass' warrants special mention because it is designed to exploit tight gap control. A pass is made ahead to a stretch man or delay man who will usually have little attack speed as he is returning towards the breakout or regroup. When he receives the pass he immediately one-touches the puck back to an advancing man who has attack speed. Defensemen in tight gap control who are not looking through the attack are the special prey for this attack strategy. The read is to get depth to counter the attack speed of the oncoming attacker.

Defensemen need to play up ice as aggressively as possible in order not to yield too much uncontested staging area to the attackers in the neutral zone. Defensemen playing a wide man in the neutral zone can play looser gap control in order to protect the mid-ice corridor and support their partner. The defenseman should attempt to play up as much as possible to cut off a ready passing lane.

All of the attack strategies including crossing, picking, blocking, drop and jackhammer passing, middle and wide lane drive skating and delay skating are used in the neutral zone as well as in the offensive zone, so they will be considered for both zones and applied to specific situations.

Looking through the attack is critical to allow the defensemen to read and react to the situation and communicate for help in developing coordinated defensive responses to counter the cooperative attack strategies. The best attack strategies force defensemen to make choices and to have immediate defensive support to confront the attack strategy. Tight gap control is only possible with quick response from the other defensemen and in other cases from another defensive player. Some attack strategies which force choice include the following. It should be noted that an equal number of attackers and defenders is an assumption.

-crossing - the location of the cross, the type of crossing pattern and the immediacy of a shot off the cross dictate different defensive strategies for countering crossing patterns.

If the cross is in the neutral zone or at the defensive blueline and involves an X (↔) crossing pattern between the defensemen then the defensemen may simply switch coverage. A horizontal or flat crossing pattern (↔) which is executed directly in front of one defenseman may force more choice and communication for defensemen to exert tight gap control. A switch may still be possible. If, however, the puck carrier is crossing with the immediate possibility of shooting off the cross, then the defenseman closest to the puck carrier/shooter should cross with him to exert tight gap control. His partner must then move up very quickly from his support role to pressure the other crossing attacker in the space behind the cross in case of a drop or lateral pass to the second crossing attacker. Crosses low in the zone should be countered with tight gap control so the closest defenseman to the puck carrier/shooter should maintain tight gap control. The other support defenseman or forward must jump quickly into the space behind the cross to exert tight gap control on the other attacker in the event of a drop or lateral pass. Two defensive players must communicate quickly to counter the effectiveness of the crossing technique.

- crossing and picking
 - crossing and blocking
 - blocking
 - picking
 - interfering
- } normally with drop pass in space
behind or lateral pass to space
beside

All of these tactics demand special response to counter their effectiveness for creating space and time opportunities for the attack. Ideally, the close defenseman should fight through or fight off the pick, block or interference to maintain tight gap control on the puck carrier or puck drop area as this is the quickest way to maintain pressure or tight gap control of the situation. If the closest defenseman cannot avoid the pick, block or interference, then his partner or a support forward must very quickly fill the space to exert tight gap control on the situation. Use of two hands on the stick to fight off the interference or possibly a spin-and-roll technique to get by the interference will help maintain tight gap control. Force countering force is the best

solution, so fighting through or fighting off the interference is the best way to maintain tight gap control in these situations. A second defender must anticipate the need for a second defensive man to play tighter-than-normal gap control in a force attack situation. If the interference is successful the last-ditch response by the defender(s) is to take the shortest route towards the goal to re-establish a defensive body position in the situation.

- drop pass - look through the attack to anticipate drop man and then aggressively move up to exert tight gap control on the pass receiver. Any interference should be stripped with force in order to pressure the puck area as quickly as possible. The strategies discussed in the section on blocking, picking and interference apply here also. Reacting quickly to exert pressure on the space behind is vitally important in defending against modern hockey tactics. Much of successful attacking strategy is based upon clearing areas and taking defenders away from space which they must protect or preventing defenders from getting to space which they must protect.
- wide-lane drive skating - the closest defenseman endeavors to force the drive skater as wide as possible while exerting tight gap control from an inside and defensive side body position in order to prevent the attacker from 'setting the wall' and gaining body position towards the goal. If the drive skater slows down his skating, the defender must do so also to prevent the attacker from crossing to the inside or executing a delay. The other defenseman supports his partner to take away a penetrating man to the wide post area while a back-checker eliminates the trailer pass option.
- carry behind the net - the closest defenseman stays with the wide-lane drive skater if he can get "1/2 shaft" or more of his stick on the attacker as he carries the puck behind the goal. If the defender cannot do so, then he cuts in front of the goal and pursues from a better positioning in front of the goal area (defensive side positioning) or switches coverage responsibilities with his defensive partner in order for tighter gap control to be exerted on the man going behind the net. If the attacker stops behind the net, then the first reaction by the defenders is to cover man in front of the goal and to keep pressure on the attacker behind the goal so that he cannot easily walk out. When support for coverage arrives in front of the goal, then the defensemen can flush the man out from behind the goal with cooperative pressure.
- delay skating - when an attacker discontinues his wide-lane drive skating and tight turns or open pivots and skates out towards the sideboards and back towards the blueline (delay/curl move) then the defenseman must quickly step up and contest this attempt to create space and time by exerting tight gap control. Any other attackers penetrating towards the goal are the responsibility of the other defenseman and backchecking forwards.
- mid-lane drive skating - ideally, the defenseman away from the puck carrier or puck side must move over quickly to establish defensive body position or honour the penetration of the attacker with tight gap control. The defenseman forcing the puck carrier maintains tight gap control

and in case other attackers are involved, they become the responsibility of other defenders. Take away the attacker's use of the stick for a tip or redirection of a pass or shot.

-man in the corner (off delay skating or setting up cycling) - approach quickly from defensive side positioning, but establish an angle to assist in closing on the man for tight gap control. Use one hand on the stick to force, control or influence attacker and/or two hands on the stick to control spin, roll, block or pick. Maintain defensive side positioning and pin the attacker or maintain hip control if attacker has back to defender, or chest control if attacker is facing defender with the use of two hands on the stick. Support man has the responsibility for free puck or pass. If on approach a pass is made, then if the defender is close to the attacker he can either finish the check or pin, or stay on defensive side on retreat towards the goal. If the defender is further away when the pass is made, then he can turn towards the pass and play the situation as a 2-on-1 until support arrives.

-man along the boards - approach quickly from defensive side positioning and from an inside-out angling direction to exert tight gap control. Pinning, sealing or controlling the man may be accomplished depending upon what is needed in the situation.

-man in front of goal - generally, tight gap control and contact should be made from a defensive side position; however, the position should be adjusted according to the puck position and direct threat of attackers. Play through the man and his stick from a defensive side and inside-out relationship. When an attacker is positioned further out in the slot area, tight gap control must be timed to take away the attacker's ability to shoot, tip or redirect a shot or to receive a pass. The attacker's stick must be jammed or prevented from making contact with the puck.

TECHNIQUE REQUIRED FOR TIGHT GAP CONTROL

Skating Technique

Simply stated, the technique required for tight gap control is 360° agility skating with the ability to quickly perform all the elements in reaction to the movement of the attacker who is only two stick lengths away. The defenseman must be able to execute explosive skating in all directions, quick acceleration, smooth and rapid change of direction to accomplish forward, backward and lateral skating with quick pivots, turns and stops. There are some specific movements which will help execute tight gap control. These include: the heel-to-heel technique for opening out to stay squared up to a drive skater, the one foot snowplow stop for approaching or closing on a man who is, for example, in the corner, crossover backward skating to accelerate backwards and skulling backward skating to ready the body for quick change of direction. Skating agility is the foundation for tight gap control.

Open Ice Checking Technique for Closing on an Attacker

The defenseman establishes an approach angle from a defensive-side and inside-out relationship to the attacker. He hurries quickly to the tight gap distance of two stick lengths away from the attacker and brings his body under control for movement in all directions with skates squared and body lowered in readiness to move. The focus is on the body of the attacker with either one or two hands on the stick to influence, force or challenge the attacker or control the spin, roll or block by the attacker, respectively. Close the gap further to initiate contact with the attacker or maintain reaction distance depending upon the situation.

One-Versus-One Technique

The defenseman assumes a defensive side body relationship on the inside shoulder of the attacker to ensure protection towards the mid-ice corridor unless the defender is overplaying the attacker by setting him up because of an offensive tendency or the attacker being an off-wing shooter. The stick is controlled with one hand and is readied to poke-check by keeping the elbow cocked within the tight gap control space of two stick lengths. The defender keeps his body square by using crossovers, sculling or straight-line backward skating technique. While facing the attacker the defender keeps a wide focus by looking through the attack as well as a narrow focus which concentrates on the chest. Pointing the free hand at the chest can help the narrow concentration while distracting the attacker. The defender must maintain spatial awareness to force the attacker to disadvantage at key decision areas such as the redline, defensive blueline, top of circle face-off dots. Adjust skating speed to maintain tight gap control.

SOME DRILLS USEFUL FOR TIGHT GAP CONTROL

1. Skating - All forms of drills which involve the elements of agility skating will be the foundation for developing the skating ability to handle the demands of tight gap control. Some specific drills include: mirror-skating drill; wave drill; 1 versus 1 skating simulation drill; shadow skating drill; follow-the-leader skating drill; 360° circle or wagon wheel agility skating drill; pattern skating drills (cross, X) as well as very specific drills which focus on the particular demands of agility skating. Included would be at least the following: approach and retreat or up and back movements using one foot snowplow stop and one foot backward stop, backward crossover skating, backward sculling skating, backward straight-line skating, small area change of direction skating to force quicker change of direction, heel-to-heel pivot for opening up to sideboards when skating backwards (useful for playing a drive skater instead of crossover technique for opening out), lateral skating, starting and stopping in all directions, short bursts of acceleration and stopping in triangle, diamond, square pattern.

2. Situation Specific Drills -

- 1 versus 1 drills which focus directly on the various situations, including:
 - ...playing an attacker who is starting out in the offensive zone
 - ...reading and practising when to pinch/when to influence a pass receiver in offensive zone
 - ...one/two defensemen playing tight gap control versus regroup skating with special attention to stretch man/men
 - ...one defenseman closing the gap on an attacker and retreating to play a 1 versus 1 length of ice rush with a regroup added to ensure that defenseman pressures up in neutral zone to maintain tight gap control. 2 versus 2 with same objective
 - ...3 versus 3 with one defensive forward cooperating with two defensemen to play a 3 versus 3 situation in the neutral zone to maintain tight gap control against regroup skaters with special emphasis on playing stretch men, jack-hammer and give-and-go passes
 - ...2 attackers versus 1 defender and 2 attackers versus 2 defenders to practise closing the gap against all the crossing, picking, blocking, interfering and drop pass strategies which may be used on attack. Each situation is practised in order to build individual and cooperative defensive play against these strategies

- ...1 versus 1 drills for defensemen to play tight gap control in specific situations against 'wide lane drive' attacker, 'delay' attacker, 'cross-to-inside' attacker, 'carry behind goal' attacker patterns
- ...2 versus 2 drills focusing on two man offensive cooperation as per 1 versus 1 drills against drive, delay, cross and carry behind goal patterns
- ...3 versus 3 for defensemen and one defensive forward which includes tight gap control versus drive, delay, cross and carry behind goal patterns
- ...1 attacker versus 2 defenders, 2 attackers versus 3 defenders, 3 attackers versus 4 defenders as well as 2 attackers versus 1 defender, 3 attackers versus 2 defenders, 4 attackers versus 3 defenders to develop communication and coordination
- ... 'Read the Attack' or 'Read the Rush' drills to force defensemen (and defensive forwards) to play tight gap control against a variety of 1,2 and 3 man attacks or line rushes. Defensemen are forced to read, react and communicate constantly and play up in tight gap control as the nature of the offensive attack changes in the neutral zone. All line rushes start with three attackers; however, in the neutral zone one or two attackers may drop off to create a one man or two man attacking situation rather than three versus two defenders. Later a third defensive player can be involved in the drill. Regrouping to ensure closing to a tight gap position is an important feature of this drill. All the neutral zone and offensive attack patterns are practised against the defensemen and defensive forwards. Later, 5 versus 5 drills can be practised to build full team defence.
- ... Specific situation 1 versus 1 drills for playing a man in the corner, behind the net, along the boards, in the goal area and slot area are important basic drills for tight gap control in defensive drills. 2 versus 2, 3 versus 3 and 5 versus 5 drills in the defensive zone can be used progressively to practice defensive zone coverage.
- ... 5 versus 5 regroup drill with focus upon defensive players countering with tight gap control against the regroup regardless of different offensive strategies which are used in the neutral zone
- ... 5 attackers versus 3/4/5 defenders off regroup drill with emphasis upon tight gap control against attack strategies in the neutral and defensive zones
- ... 5 versus 5 reaction with tight gap control to loss of face-off in the neutral zone.

A SHORT NOTE ON USE OF THE DRILLS IN A TEACHING PROGRESSION

The drills suggested in this presentation represent a possible teaching progression for developing tight gap control as they move from individual technical play to cooperative technical play en route to team play.

Skating technique is the foundation for a player's ability to play tight gap control defensive hockey, so it is the logical starting point for a teaching progression. Considerable time and priority should be given to developing tight gap control skating against the various attack strategies. One versus one drills which establish the basic defensive technique ideas for pressuring up to tight gap control is the next stage to firmly establish prior to moving to drills which add second attackers and defenders. Looking through the attack, establishing reads on the attack situation and developing communication between defensemen comprise the next important stage in building coordination and cooperation for creating pressure upon the attack strategies. Addition of a third defensive player is next, as much of defensive play centers on 'three versus' situations. Finally, 'four versus' and full team defensive

play follow in the sequence of developing tight gap control.

Although hockey is a high speed team game, success in the game rests upon individual initiative. All successful defensive team play or system play is based upon individual players reading the game and making high percentage decisions for action. Developing defenseman with the ability and confidence to play tight gap control will contribute significantly to controlling the outcome in games.

Appended are some drills for developing tight gap control.

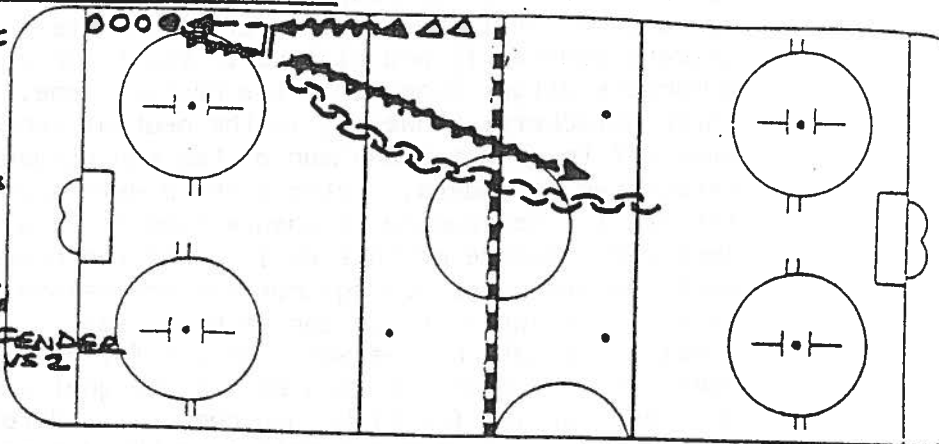
DRILL NOTES

BASIC 1 VERSUS 1 DRILL FOR TIGHT GAP CONTROL

▲ - Skates in to top of face-off circle and passes to ● and then pivots to backward skating to play 1 vs 1 with tight gap control against variety of attack tactics

● - Receive pass and attack 1 vs 1 using a variety of individual tactics - drive, delay, cross, carry behind

* ADD A SECOND ATTACKER & DEFENDER FOR 2 VS 2
... drill goes both directions on the ice



REGROUP 1 VERSUS 1 DRILL FOR TIGHT GAP CONTROL

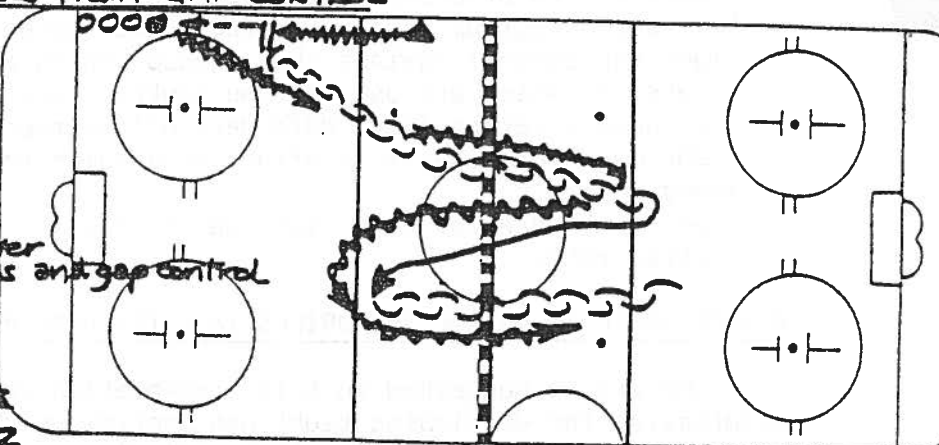
... same ideas as Basic 1 vs 1

with the addition of one or more regroup to force defenseman to pressure up and play tight gap control versus regroup. ● Uses variety of attack tactics

Coch can blow whistle whenever to control time of regroup and gap control

... drill can go both directions on the ice

* ADD A SECOND ATTACKER & DEFENDER FOR 2 VS 2



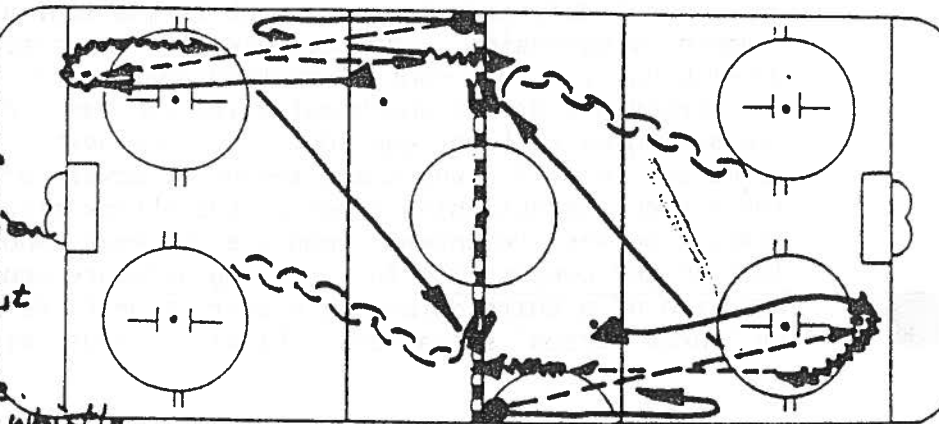
1 VERSUS 1 CLOSE TO GAP CONTROL DRILL

▲ - skates to pick up puck and tight turns up ice; passes to ● who has moved back to breakout position. ▲ then skates full speed to redline and plays 1 vs 1 coming from other direction

● - spots pass back into zone for ▲; skates to breakout position to receive pass and attack 1 vs 1

* All players start on whistle.

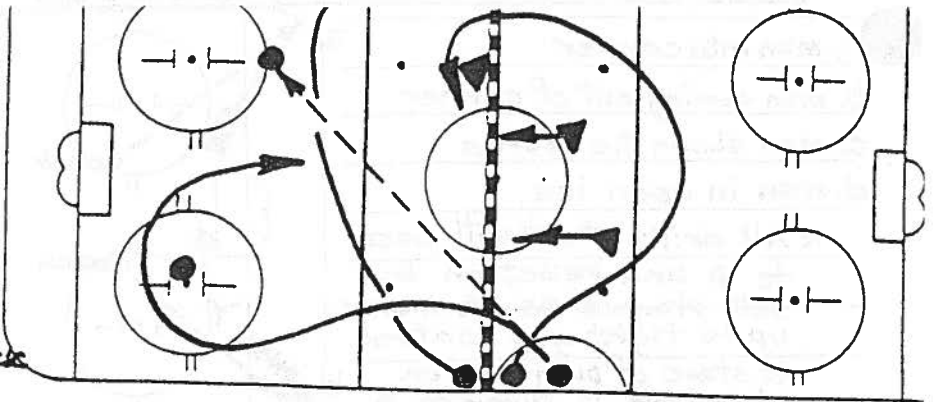
* Add a regroup by blowing whistle a second time.



twice on the whistle and attack once or twice, so that the three ▲ have a number of opportunities to exert tight gap control in the neutral zone and defensive zone.

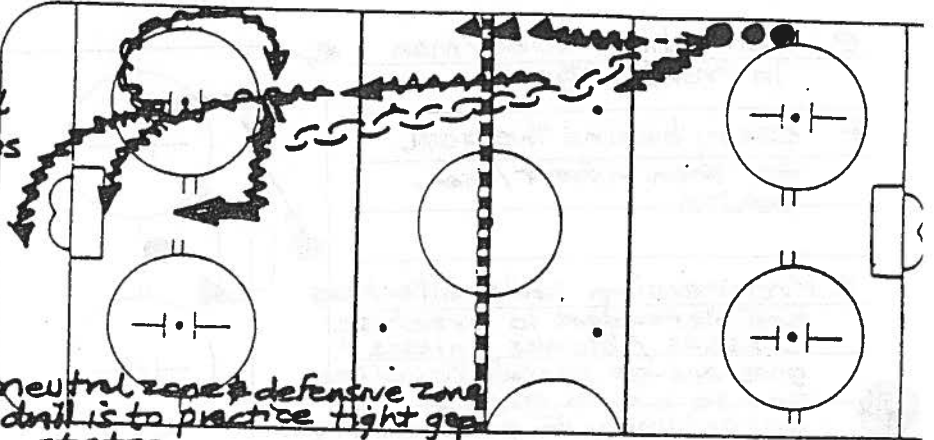
- try different attack strategies in the neutral zone and offensive zone

Coach prepares offensive players with different attack strategies



1 VERSUS 1 ATTACK OPTIONS DRILL

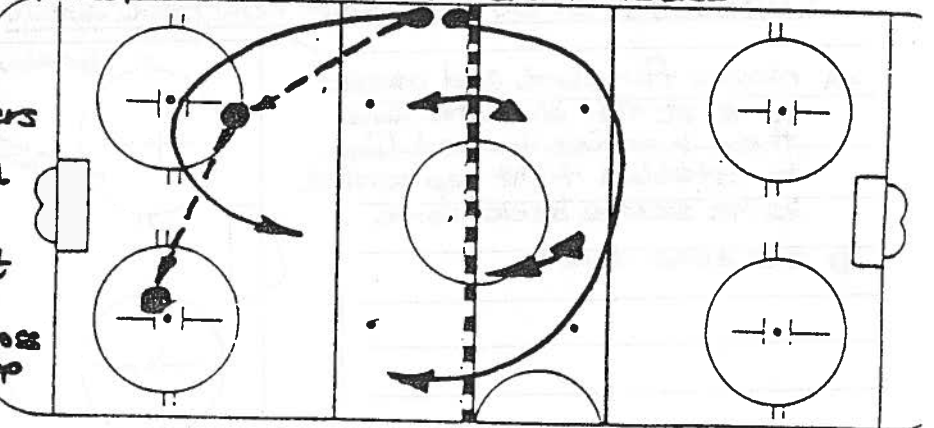
- ▲ - moves forward; passes to ● and skates backward to maintain tight gap control
- - receives pass and accelerates to attack with drive, delay, cross or carry behind goal to allow ▲ the opportunity to exert tight gap control against different attack strategies



- ▲ - skates in tight gap control in neutral zone & defensive zone but does make a check. The drill is to practice tight gap control regardless of attack strategy.

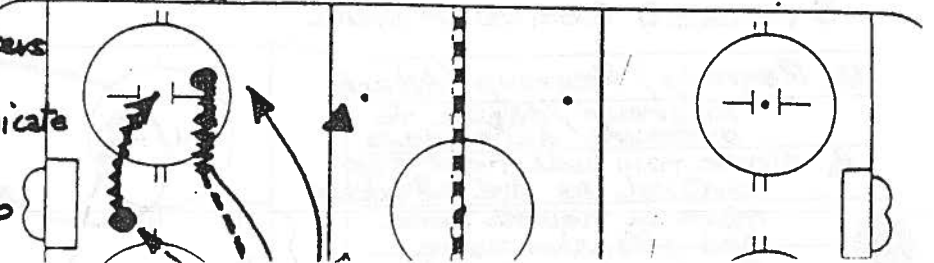
**2 VERSUS 2 / 3 VERSUS 3 / OTHER ATTACKER & DEFENDER NUMBERS
ATTACK OPTIONS DRILL**

- Drill starts with pass to ● defenseman and 2 attackers use different attack strategies. ● Regroup and attack once or twice to give ▲ opportunity to practise against different attack and neutral zone strategies: delay / drive / cross with drop pass / block with drop pass / pick and so on.



READ THE ATTACK / READ THE RUSH DRILL

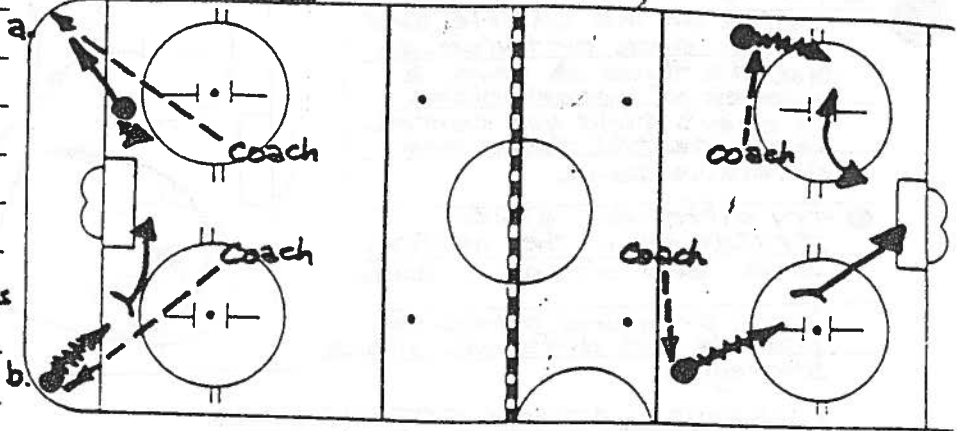
Coach prepares three attackers with an attack and regroup strategy to force ▲ to continually read and communicate the nature of the attack as it may change from 3 to 2 to 1 to 2 to 3 as the attackers regroup and attack



1 VERSUS 1 SITUATION TECHNIQUE DRILLS

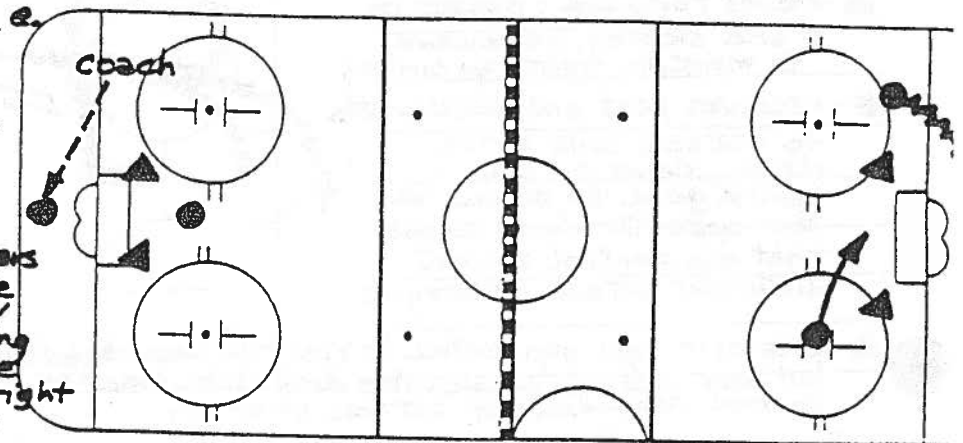
- a. man into corner
- b. man coming out of corner
- c. man along the boards
- d. man in open ice

* All drills start with pass to ● and reaction by both players as ▲ makes up to tight gap control. At start of progression advantage is given to ▲



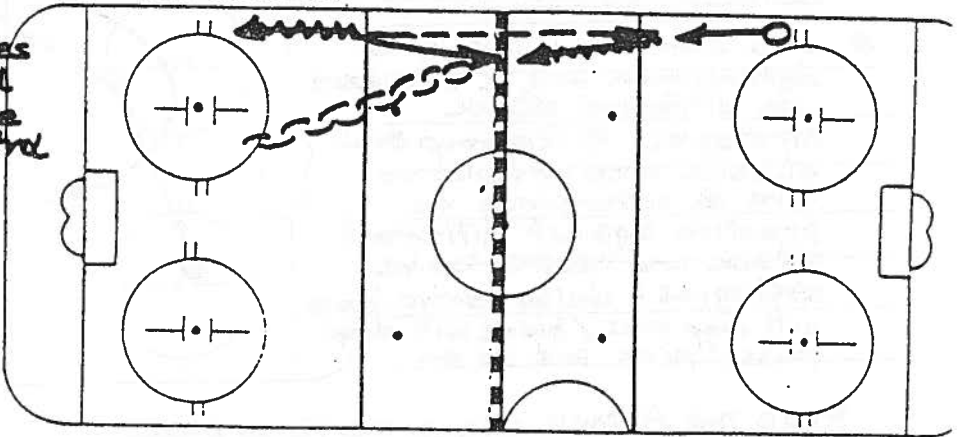
- e. man behind goal / man in front of goal
- f. carry behind the goal for man in front / man behind

* Progression adds attackers and defenders to practise crosses / blocks / picks / give-and-go passes / cycling and so on to give ▲ the opportunity to practise tight gap control.



1 VERSUS 1 OPEN ICE GAP CONTROL DRILL

- ▲ moves forward and passes to ● at far blue line and then hurries to red line to establish tight gap control as he skates backward
- attacks 1 vs 1



5 VERSUS 5 REGROUP DRILL

- Regroup / Regroup / Attack
- ▲ Work towards tight gap control as the attackers move in neutral zone and offensive zone. Reading / reacting / communicating drill for ▲

