

Title : 3 x 0 Loose/Tight Gap

Category #1 : Paul Pooley Drills

Category #2 : Zone Entry

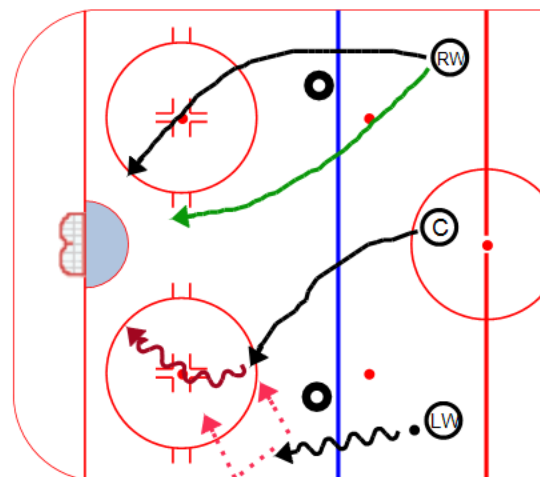
Description

Tight Gap

In this drill we use tires to be the defensive player. In a tight gap situation as shown we would have the LW drive wide to the outside and the second forward into the zone would pressure the defensive player to create a 2 on 1 situation. The third wing into the zone can either drive wide to the far post or inside to fill the middle lane.

The pass can be a direct or indirect. After the C receives the pass he drives low for a shot or pass to the RW. The LW should follow the play and look to fill the high slot.

Key points:



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Description

Loose Gap

In this situation we look to have the puck carrier drive wide while the second forward (C) into the zone fills the middle lane and the third forward (RW) cuts across the top of the slot for a delay pass.

With the C and LW going hard to the net the RW has a shot opportunity with good support in front for rebound attempts.

Key points:

