

Title : Tight Area 2 x 1

Content elements: _____

Components : _____

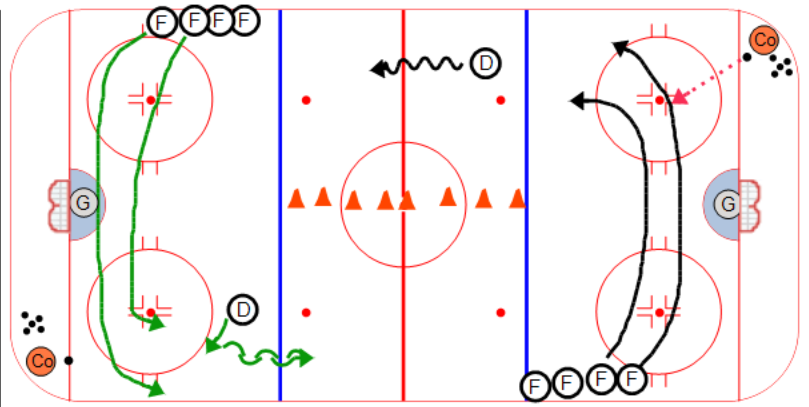
Description

Split the rink in two sections.
Drill runs from both ends.

Have the D vary their gap between tight and loose so the forwards have to read and react to the gap.

Two forwards come off the wall and receive a pass from the coach. They must stay on their side of the ice and read the D gap and decide how to attack the blue line.

Forwards should work on indirect passing, scissor crossing, hard to the net and other variations based on the D gap positioning.



Key Points :