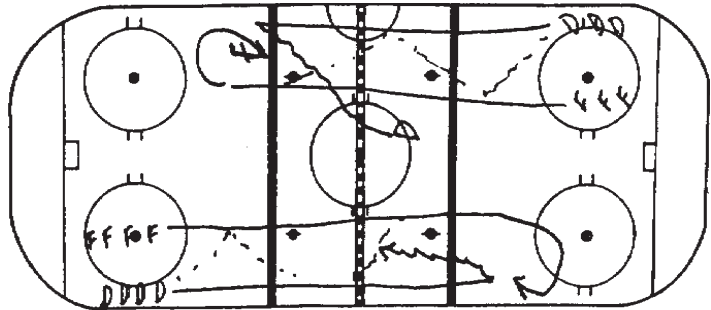


TEAM CANADA 1X1

PURPOSE: Gap control during transition.

SET-UP: Set up lines at both ends, one line of forwards (F) and one line of defensemen (D). All lines start simultaneously on the whistle. Players skate the length of the ice passing the puck to one another in a 2x0 format. On the second whistle, the forward curls (with the puck) toward the boards and the defenseman pivots backward to play the 1x1 back toward the end they came from. (Coaches can



also add a second read/react element to the drill. Add a third whistle, which would indicate that the forwards would again curl and go in the other direction, and the defensemen would move back up the ice to close the gap and pivot as they pick up the forward from the other end.