

NARROW GAP – WIDE GAP

PURPOSE: Teaching defenseman timing and positioning in playing a one-on-one.

SET-UP: X1 loops into D zone to receive a pass from D2. D1 follows X1 and pivots backward to play X1 one-on-one. D2, after he pass to X1, sprints to the blue line and pivots to defend against X2. X2 starts moving with a puck on his stick once D2 reaches the blue line.

