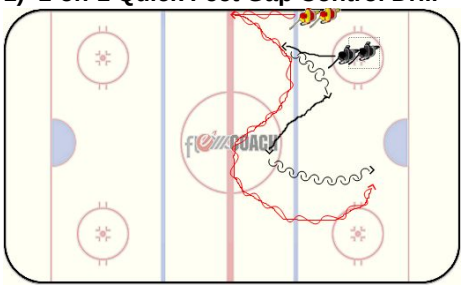
Practice Objectives / Notes:

1) 1-on-1 Quick Feet Gap Control Drill



DRILL OBJECTIVE: Forwards - Quick feet while **0 min.**

KEY ELEMENTS:
- Overspeed skating
- Puck Control
- Defense have to transition quickly

ORGANIZATION: Put a line of forwards on the boards with pucks at the blue line facing center ice. Start the D at the top of the circle. On the whistle, the forward sprints to the blue line, stops, and immediately comes back, touching the blue line and then the red line, moving his feet the entire time. The defenseman reacts to the forward, always trying to maintain a 2-3 stick length gap, and positioning his body between the forward and the net. This drill teaches the forwards to move their feet while carrying the puck, and it forces the D to work to maintain proper gap.
VARIATION: Have the defenseman go without their sticks.
GOALIE:

Post-Practice Comments: