



**Description**

D1 starts the drill and gets the pass moving backward  
 D2 moves in anticipation of the D-D passing, as soon as he gets the puck he needs to explode up front  
 F1 has to have good timing - full speed at the blue line and to the net  
 D2 then becomes an attacker  
 D1 has to try to come up as high as possible, trying to have a good gap control and channel the attacker to the outside  
 drill then starts with D3 on the opposite side

**Tags:** D - D Passing, Timing, 1:1 Gap Control