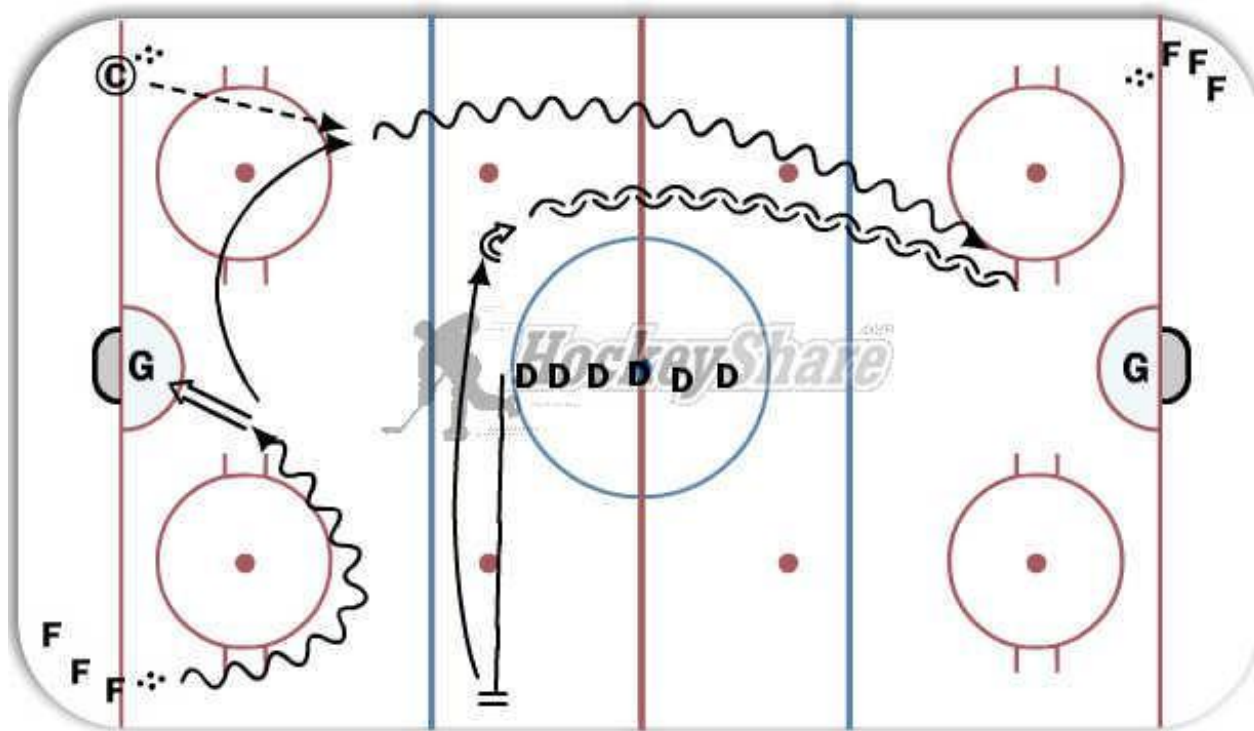


## Advanced Gap Control



### Description

Forwards line up behind goal line on alternate corners  
Defence line up in the middle of the ice  
Drill can be run from both sides of the ice at the same time.

Forward takes off around circle with the puck and shoots on net (around the hash marks) then continues on to break out of the zone with a pass from the coach. Forward then attacks the net for another shot on net.

Defence skates hard to the boards and comes to a full stop then skates back towards where they started. Once reaching where they started, pivot to backwards skating and control the entry of the attacking player and angle them to the outside or stop them from shooting on net.

**Tags:** Puck Control, 1 on 1 Battle, Gap Control,