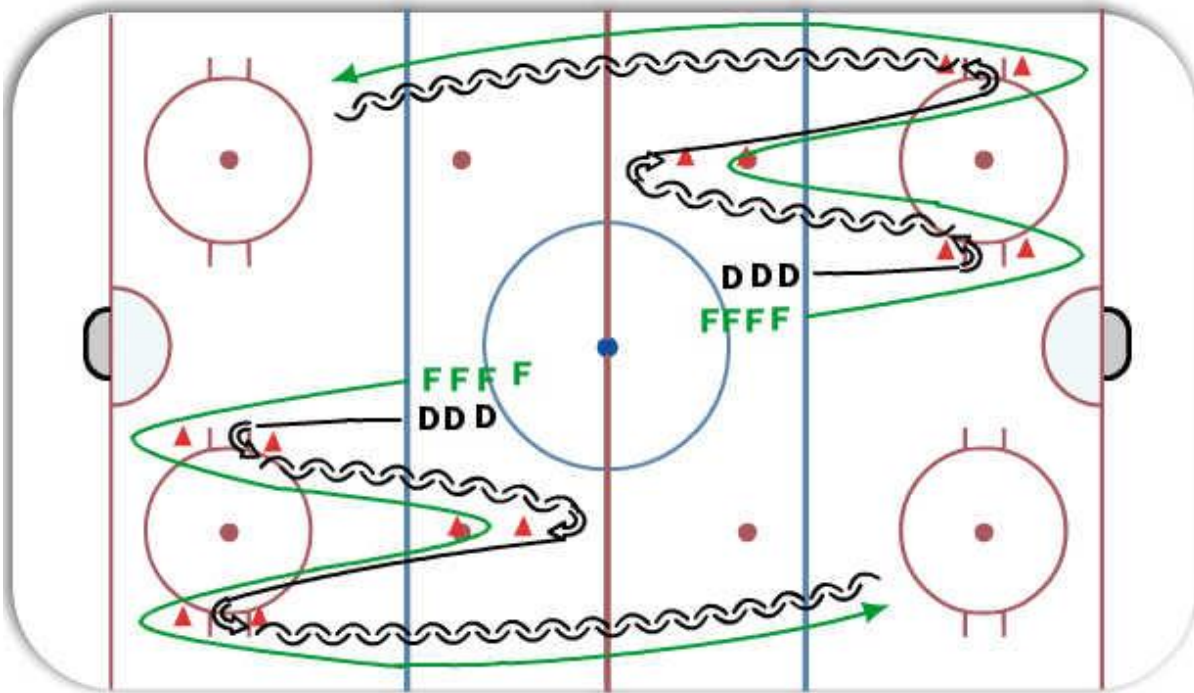


Gap1



Description

on whistle one forward attacks cone sequence with or without a puck. D leave at the same time and fwrds backwards pivot steering and maintaining a tight gap. play the 1on1 all the way to the net.

for atom, start slow and without pucks first. teach offensive gap, Defender needs to judge the forwards foot speed

Key Points: offensive gap control, matching foot speed, proper pivots