

C3 - 1 on 1 Defense Quick Feet

Key Points:

The D must quickly skate up ice to close the gap on the attacking forward.

Description:

1. The first forward on each side of the ice pass to D1 and cut across the ice for a pass.
2. D1 pass to D2 who makes a quick pass to the forwards.
3. D1 skate hard into the neutral zone to close the gap on the forward coming from the opposite end.
4. The two F's attack the two D1's and try to score.
5. D2 now become the new D1, the resting D become D2 and the original D1 rest along the boards.

