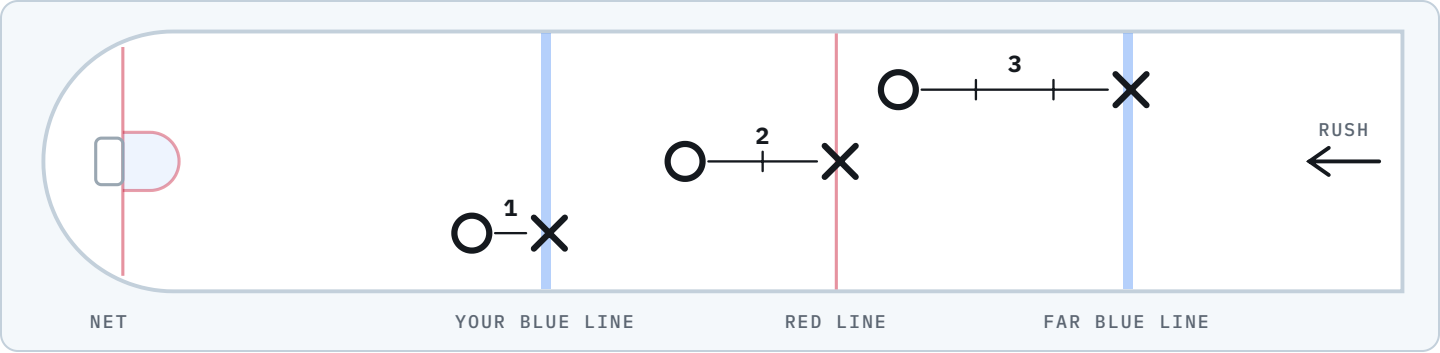
ELITESPORTIQ · THE GAP CHECK · ONE PAGE, PRINT IT, CHART TEN RUSHES

Gap control: the film check

Pick ten rushes against from one game. Stop the film three times on each: when the puck turns over, when the puck carrier crosses the red line, and when he reaches your blue line. Write the **stick lengths between you and him** in each box: the target is **three, two, one**. Then circle what happened.



RUSH	FAR BLUE LINE TARGET 3	RED LINE TARGET 2	YOUR BLUE LINE TARGET 1	HE WENT WIDE, MIDDLE, DUMPED IT	YOU MOVED OUT OR BACKED UP	EYES CHEST OR PUCK	RESULT DUMP-IN, TURNOVER, CARRY, SHOT
1				W M D	OUT BACK	C P	D T C S
2				W M D	OUT BACK	C P	D T C S
3				W M D	OUT BACK	C P	D T C S
4				W M D	OUT BACK	C P	D T C S
5				W M D	OUT BACK	C P	D T C S
6				W M D	OUT BACK	C P	D T C S
7				W M D	OUT BACK	C P	D T C S
8				W M D	OUT BACK	C P	D T C S
9				W M D	OUT BACK	C P	D T C S
10				W M D	OUT BACK	C P	D T C S

Stick lengths: how many sticks laid end to end would reach him. **He went:** W wide, M middle, D dumped it. **You:** OUT moved out with him, BACK kept backing up. **Eyes:** C chest, P puck. **Result:** D dump-in, T turnover, C carried in, S shot.

FIVE WAYS YOU GET BEAT, AND THE FIX

- **A late gap.** Leave the far zone with the play. Measure off their highest forward, not off the blue line.
- **Backing in.** Three stick lengths at the far blue line, two at the red line, one at your own.
- **A speed mismatch.** Build speed early and match his by the red line. C-cuts, not crossovers.
- **Beat wide.** Move out with him, outside shoulder on his inside shoulder. Then pivot and angle him to the wall.
- **Playing the puck.** Watch the chest. One hand on the stick, elbow at the hip. Let him make the first move.

FORCE OR CONTAIN

- **Force (tight).** Even numbers or better. A backchecker is coming. He is bobbling the puck or skating across the line. Close to a stick length.
- **Contain (looser).** You are outnumbered, or alone with no help, or he has full speed and you do not. Stay between the dots and keep him outside.

Stay up, don't step up: a tight gap is a position, not a lunge.

READING YOUR SHEET

- **A big first number:** a late gap. Watch where you stand when the puck turns over.
- **Numbers that hold at three:** you are backing in.
- **Three, two, one and still beat:** look at the last three columns.
- **Count the dump-ins.** Each is a rush you won without touching the puck.

The full guide, with every source: elitesportiq.com/blog/gap-control-hockey
Want a coach to go through your one-on-ones with you? Upload a game and review it 1-on-1, frame by frame: **elitesportiq.com/video-analysis**