



“The right balance between aggressiveness and positioning results in effective forechecking”

OFFENSIVE ZONE – FORECHECKING – THE 1,2,2

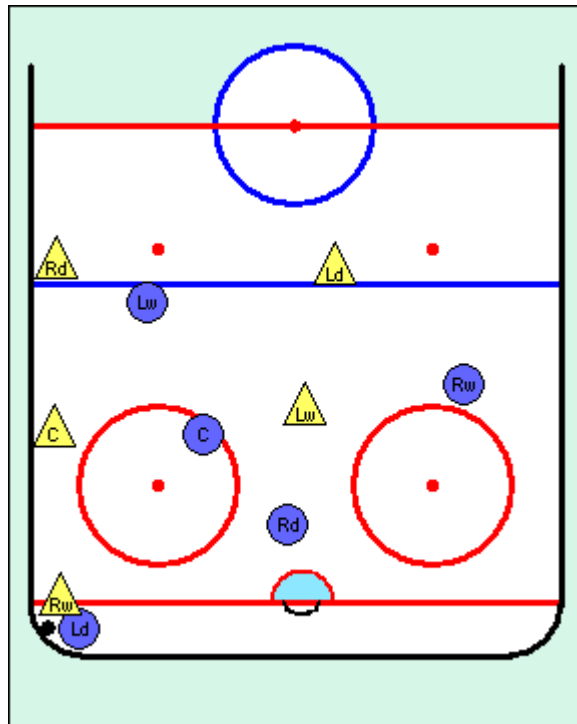
When the puck goes into their corner, our forechecking system must be aggressive and will be different depending on how good a chance we have to win the puck and what the score is in the game:

Puck in Their Corner - They Have Clear Control – The In-Their-Zone 1,2,2

The nearest one of our forwards to their player with the puck (say our right-winger) skates to their player all out to force their player to try to pass quickly or shoot it off the same sideboards. When their player gets rid of the puck our forward body checks him.

Our centre skates hard to, and right against the same side boards, above the hash marks of their face off circle, far enough away from their player and our player to take away and intercept the attempted pass or shoot out from their player up the same side boards.

Our left-winger comes to the middle of the ice to the left of the top of their circle to take away an up the middle pass or an around the boards opposite way pass from their player to their winger.



If our centre gets the puck he can move in and shoot or make a pass to one of our other two forwards with the offensive triangle, now set up, or he can pass to our defenceman on the other side of the ice. Our right-winger goes to the net.



Our defenceman stay at their blue line to keep the puck in and are very careful not to let one of their players get behind them in the neutral zone.

NO STUPID PENALTIES

Don't let All Three Forwards Get Caught Deep in their Zone Behind The Play