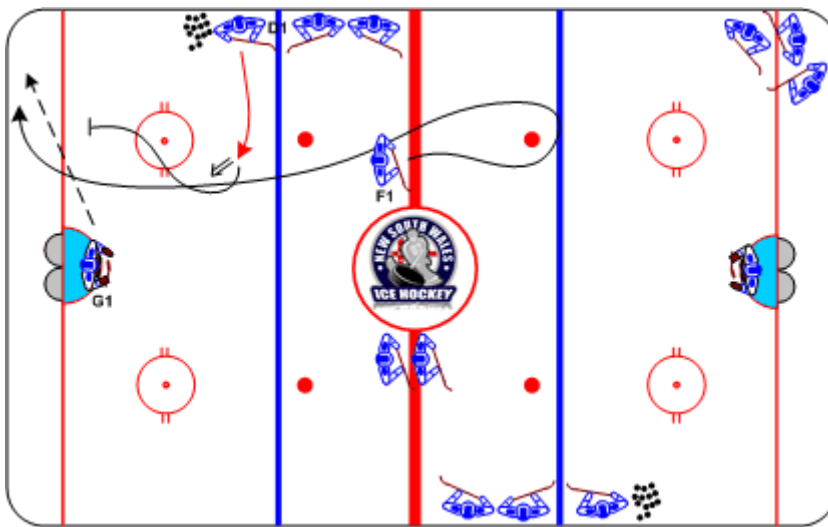




Offensive Zone Forecheck - 1-on-1

Duration: 6 mins

- **D1** drag & shoot at **G1**
- **F1** skating in opposite direction, tight turns at offside dot, quick transition skates to pursue **D1** with forecheck awareness
- **G1** controls rebound, steers puck into corner
- **D1** retrieves puck using shoulder check
- **F1** pursues **D1** by angling, sealing & pinning



Coaching Tips

- Inside/out angle
- Forecheck awareness
- Drag & shoot
- Rebound control
- Quick point shot

Execution Tips

- Point Shot: Quick, low snap shot must hit net