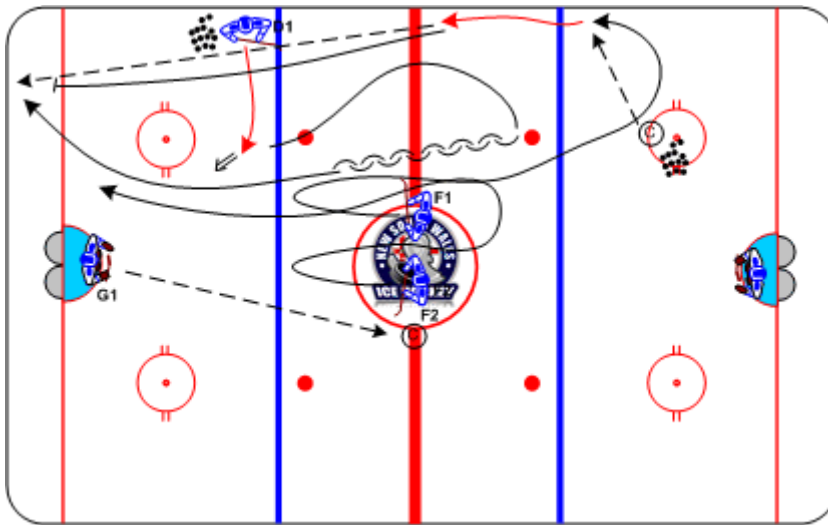


Offensive Zone Forecheck: 1-on-2

Duration: 8 mins

- D1 drag and shoot, G1 controls rebound, pass to ©
- F1, F2 touch up at blue line, quick tight turns
- F1 support with open pivot, receives pass from ©, carries puck up boards
- D1 closes gap vs F1, F1 soft dumps puck into corner
- F1 forecheck vs D1, F2 provides defensive support



Coaching Tips

- Drag & shoot
- Aggressive D1 inside/out
- Shoulder check

Execution Tips

- Timing of F2 is critical - must allow a moment, then provide defensive support