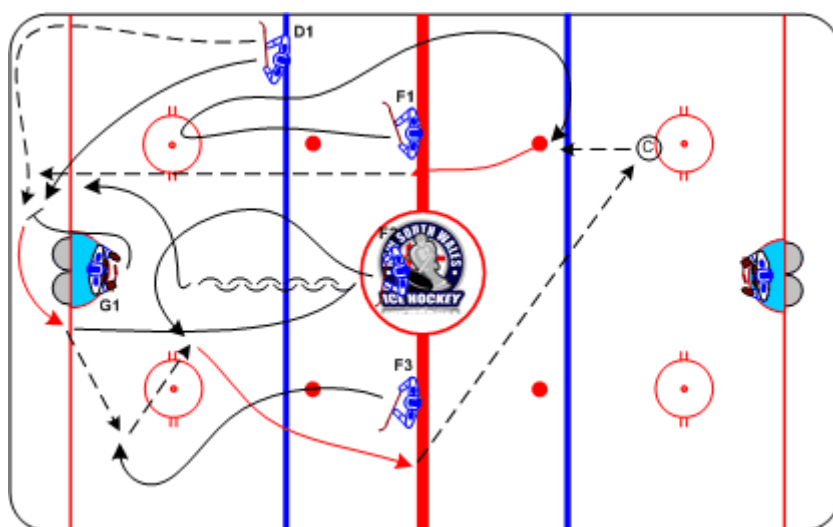




Offensive Zone Forecheck 3 vs 1

Duration: 8 mins

- D1 soft rim play, G2 sets puck behind net for D1
- At same time, F1, F2, F3 provide defensive support for "go" breakout
- F3 anchors low, receives pass from D1, punch pass to F2
- F2 gains red line, passes to ©, © passes to F1
- F1 gains red line, soft dump
- F1, F2 & F3 forecheck 2-on-1 (vary with 1 on 2)



Coaching Tips

- Shoulder check
- Set the puck
- "Go"
- Inside/out pursuit
- Angle seal-pin

Execution Tips

- F1, F2, F3 must breakout as a unit
- F2, F3 must provide low support for © to time forecheck pursuit