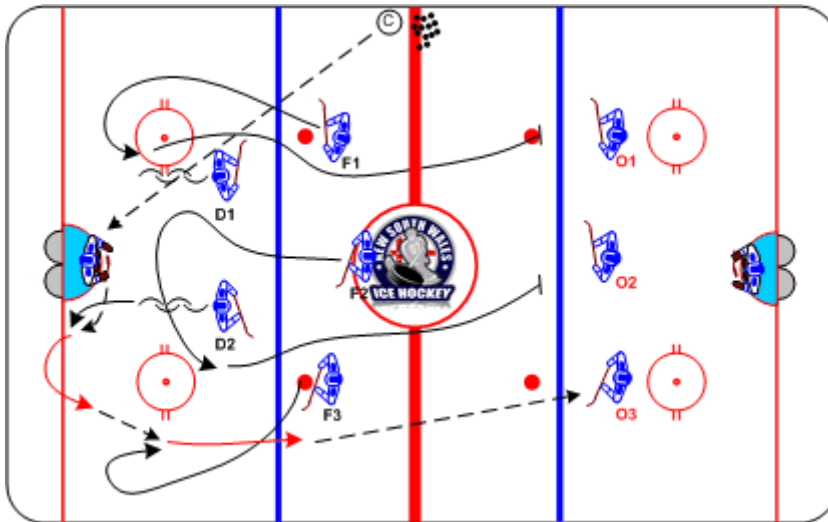




Neutral Zone Forecheck

Duration: 7 mins

- © dumps puck to Goalie, passes to defense
- Forwards and Defense breakout, any option
- Forward with puck crosses blue line, passes to **Forwards** at blue line
- Forwards forecheck (attack triangle) for scoring attempt
- **Forwards** gain redline, dump puck in and start next line



Coaching Tips

- 1st Forward angle to the outside and take the body
- 2nd and 3rd Forwards read and act to form triangle

Execution Tips

- Switch Goalies half-way
- Forwards become Defense for next line
- Defense may jump up in play