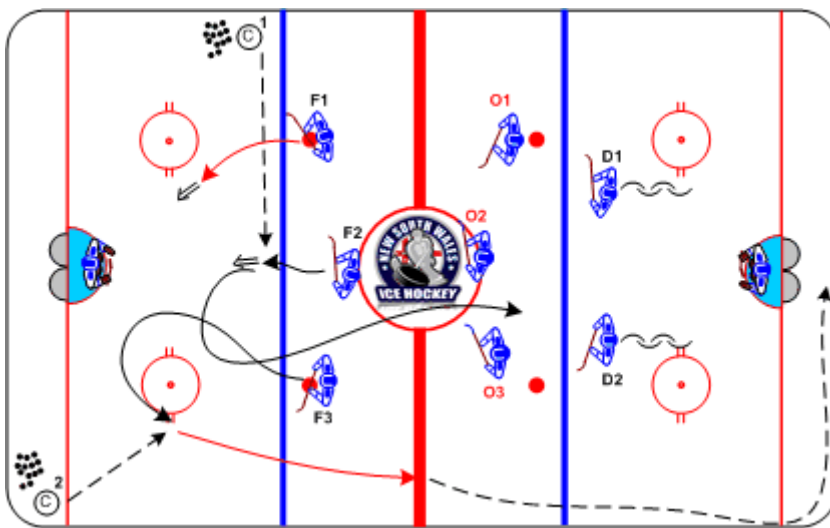




Forecheck Systems (2-1-2/1-2-2)

Duration: 10 mins

- 2-1-2: **F1** crosses blue line for shot on net
- **F2** receives pass from © 1, shoots and turns up ice
- **F3** receives pass from © 2, dumps from red line
- **Forwards** to hold up **F2** and **F3**
- 1st Forward across blue line shoots, 2nd, 3rd get pass from ©
- 1-2-2: All 3 forwards forecheck



Coaching Tips

- Hard rims, angle to outside
- Take the body
- Communication

Execution Tips

- Once past the blue line, let line continue down ice, then the next line jumps out
- Keep rotating the defense