

T4, 1-2-3 Forechecking Practice

The coaches can or other players can stand in the places of the breakout team while the coach says where to move the puck. If the coach is alone he can simply point to the area the puck is going. This instruction is to let the players understand the read and react of an aggressive 3 man forecheck.

Players line up in 3 lines behind the red line.

#1 - on the puck inside to out.

#2 - 2 read help #1 if loose puck is created and check D2 on D to D pass.

#3 - mirror the puck from the mid slot. Check wing on pass to the boards and mirror D to D from the mid slot. Don't forecheck but mirror the puck from the mid slot until you become #1 or #2.

