

T3-4 Tsunami Forecheck

Key Point:

Attack with 4 players and create constant pressure on the puck.

Description:

In the 'Tsunami' forecheck when the D pinches on the weak side they stay in and forecheck on that side and work the triangle. When the puck goes to the other side they return to the point. We want the wing to stay on their side when the puck is moved to the other side and play high slot ready to play the mid-point if they get possession or jump down back door or to the corner if the puck comes around. They are responsible for the weak side on the rush. So if the puck starts on the left side and moves to the right side then the RW and C and RD will be low. If the RW was 3 on the original attack then stay on that side and switch with the LW and play the high slot. So whichever wing was 3 become the mid-fielder. C go to the side the puck is on.

The LD will have slid over to cover the point and the LW will be at the top of the circle. So it is like a high umbrella. If the puck is moved back to the left side the three forwards attack from there. The LD is back on the left point and RD on the right point. So once the original penetration is made and the puck moved to the other side it is basically man on man responsibility until the puck leaves the zone.

It is like having the Pounce on both sides. The Pounce has only the RD pinching and the LW as a midfielder. The Tsunami has both D pinching when the puck is moved to the weak side and the wing on the original side becomes a midfielder ready to go back, support a weak side pass or attack back door. When it is 50-50 whether we will gain the puck or not they have to fall back and play middle D. So when we have possession there are 4 on the attack.

Diagram Description:

Key Points:

The start of the forecheck is 1-2-3-4-5 and when the puck moves to the other side on a D to D or rim a wing stays on that side and becomes a midfielder and the C and Wing who's side it is moved to skate there and attack with 4 who has pinched wide.

Description:

- 1 - on puck inside to outside.
- 2 - cover weak side D.
- 3 - on D side of strong side W.
- 4 – mid-point weak side W responsibility.
- 5 - strong side point cover middle forward.

On a D to D or rim to weak side.

1 - C and Wing on that side pursue. If the weak side wing was 3 on the original forecheck then they switch with the other wing and stay on the weak side when puck is moved to the other side.

2 - Weak side W read play from top of circles

3 - Mid-point pinch down on weak side wing and join the low attack.

4 - Original strong side D slide across and support new strong side point.

5 - Weak side wing read back door, low outlet or play mid D on a rush.

