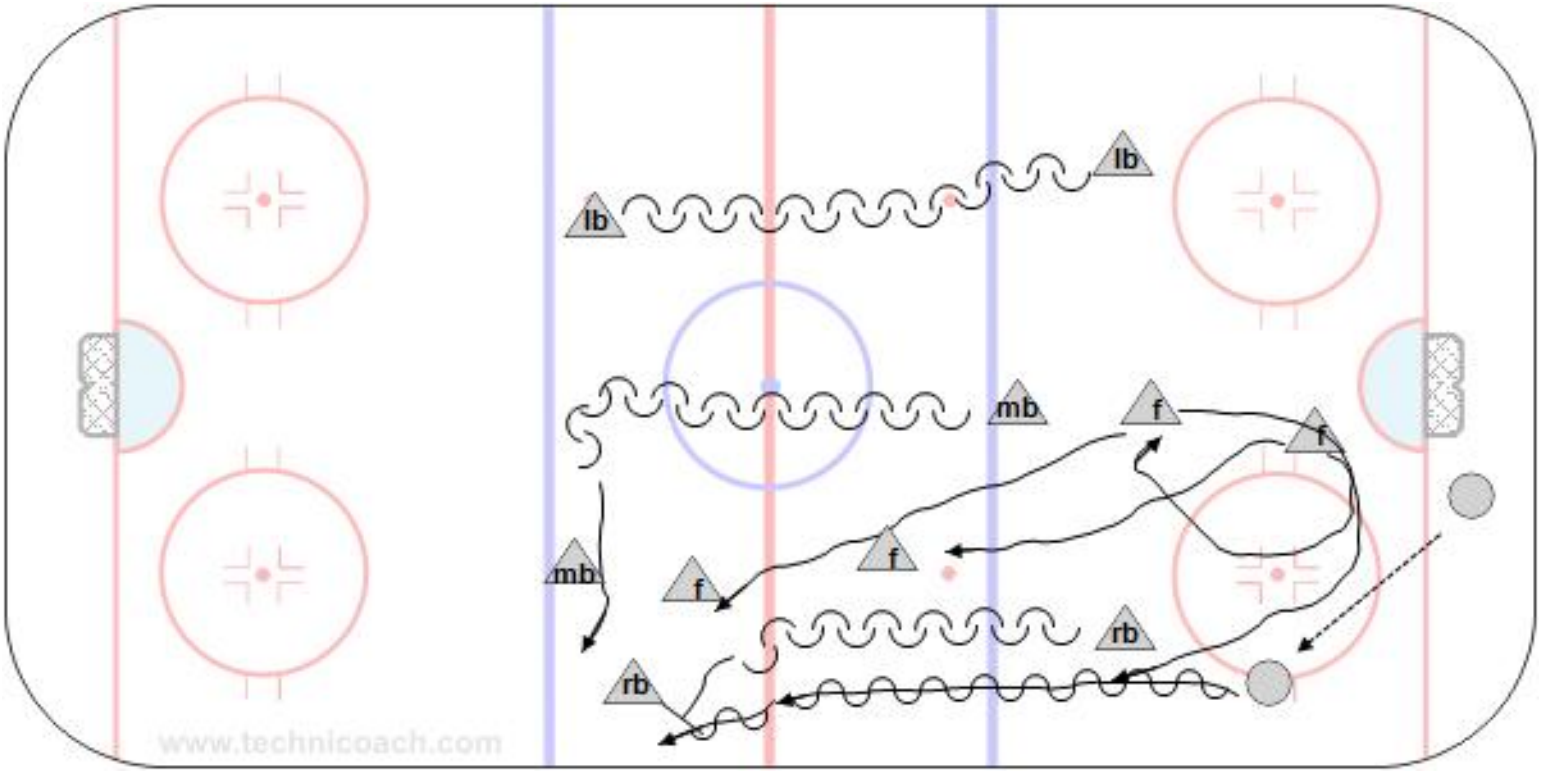
T4 1-3-1 Forecheck

Key Points:
The 2 forwards forecheck in a tandem. Left and right back keep puck ahead of them
Middle back support from behind.

Description:
In the 1-3-1 the two forwards forecheck one at a time. When the puck is moved away from them the first checker return to the middle and the second forward force the play wide.

The strong side halfback keep the puck in front of him the weak side halfback cover the attacking forward in the wide lane.

Middle back support from behind on the strong side ; don't let any attacker behind him.
Force the play to the wide lane in the nzone and overload with the middle back standing up and the F giving back pressure