

T4 Forechecking Practice 1-2-2 Hard Trap

Key Points:

F1 on the puck from inside out, F2 and F3 take away walls first. F2 and F3 cover the wings first.

Description:

1. Forwards dump in the puck from above the blueline to a coach.
2. F1 skate hard from inside to outside with stick denying pass to middle.
3. F2 take away quick pass up the wall,
4. F3 take away rim.

If they make the first pass F2 pressure, D1 stand up, F3 come across, F1 pursue in passing lane and D2 cover the wide lane.

On a D to D F3 pressure, F2 come across and F1 finish and skate hard back thru the middle.

