

T2-4 Forecheck Breakout Sequence – Pro

Key Points:

Goalie and D's communicate. F1 on strong side boards, F2 swing low and slow, F3 weak side. Attack with middle drive, screen for the point shot. Start with one forechecker, then two then three.

Description:

1. Start with a 5-0 breakout, shot then point shot, attack until the whistle.
2. Coach whistle and dump a puck in for a new breakout.
3. Original forwards forecheck starting with one then two then three.
4. The third group come on ready to breakout and forecheck.

* Contain forecheck because the offense has their toes up ice. F1 on the puck, F2 strong side boards, F3 weak side boards.

* Defense read the pressure and make the first pass to an open player.

* Coach can choose to spot the puck just inside the zone for a quick up.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2016090809381671>

https://youtu.be/oAo_UswaQMY

