

T4 - 2-2-1 Pressure Forecheck - RB Pro

Key Points:

Overload the strong side and pinch on the weak side.

Description:

2-2-1 Pressure Forecheck

The first player forces the puck carrier.

1. Force player up the boards.
2. Pressure pass to wall.
3. Pressure D to D pass and quick up middle.
4. Pinch on a Rim
5. Support from strong side also lock on the middle forward if high in the slot..

B. On a wide Rim

1. Skate hard back thru middle
2. Pursue puck
3. Cover middle point.
4. From pre pinch position pressure boards
5. Support pinching 4 from point.

<https://youtu.be/LWANKQYJZAA>

