

T4 2-2-1 Forecheck - Puck Behind the Net – RB Pro

Key Points:

A turnover in the offensive end results in a scoring chance about 25% of the time while a nzone turnover gets a scoring chance about 10% and a rush from the defensive zone less than 5% of the time. So a passive trap may prevent goals against but doesn't create near as many scoring chances.

Pinch comes from both sides.

On possession overload the puck side with weak side back door option.

Description:

2-2-1 With Puck Behind the Net

1. Force from original puck side.
2. Pressure first low pass to other D.
3. Pre pinch position on original puck side.
4. Pre pinch position on weak side.
5. Support from point and mirror the puck side

B. Overload Strong Side on Possession

1. First 3 low players cycle and go to net.
2. # 4 support from high slot and go back door
3. #5 Support from strong side point.

<https://youtu.be/LWANKQYJZAA>

