

T4 - 5-2 Forecheck and Regroup - Czech U17

Key Points:

Teaching method for instructing the forecheck so all the players understand. This can be used to teach any forecheck.

Description:

1. Two defenders are at the top fo the circle and five attackers in the neutral zone.
2. Start with 2 D who skate forward to the blue line and then backward.
3. The coach dumps the puck in and 5 players forecheck vs. the 2 D and two coaches who are outlets along the boards.
4. When the D pass to a coach, or on a goal the puck is dumped down to the far blue line where the attackers regroup and attack 5-2.
5. Play until the attack is finished.

** Rotate so all the lines and D pairs practice.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130228092314602>

<https://youtu.be/W4Mt15s0wd4>

<https://youtu.be/2Un67HHK3qc>

