

Forechecking

Offensive Zone Play

- SPREAD OUT! Take advantage of the ice.
- ONE HIGH, ONE LOW, ONE FAST, ONE SLOW! Make sure you are in an offensive triangle. Never attack in a straight line across the ice.
- ALWAYS have 2 forwards leading the rush and one forward always back 15 feet for a drop pass or to support if we loose possession of the puck.
- CREATE 2 PASSING OPTIONS by playing the offensive triangle.
- CYCLE the puck down low in the corners.

Offensive Plays

- When rushing 2 ON 1 use a GIVE AND GO, CRISS CROSS, or DROP PASS.
- When rushing 2 ON 2 try and isolate one of the defensemen. Do this by having the puck carrier skate straight toward one of the defensemen and create a 2 ON 1 with your partner. Then try one of the 2 ON 1 tactics.
- When rushing 3 ON 2 try and spread the defense wide by having the 1st two forwards going wide. One of them is usually the puck carrier. The 3rd forward, the trailer, stays back 15 feet in the deep slot. REMEMBER – NEVER ATTACK IN A STRAIGHT LINE – especially on a 3 ON 2.
- TALK TO EACH OTHER! Let your partners know where you are and what you are doing.

Forechecking

One Player Forechecking - In forechecking, the defense maintains pressure in the offensive zone. This one-man version is conservative and works well on a more powerful opposing team.

Steps:

1. Have the defensive players build a wall at the offensive blue line: wings near the boards and two defenders on center ice, slightly into the neutral zone.
2. Instruct the center to engage the puck carrier in the corner, forcing him to break out up the boards.
3. Expect the offense to break out to one side and pass to its wing. In this example, say the puck carrier is on the defense's right side.
4. Converge the right wing and right defender on the puck carrier, cutting off his passing lanes.
5. Pull the left wing and left defender back and slightly into the center, protecting a rush into the neutral zone. They must be in constant motion, matching the offensive players' speed in case of an attack into their zone.

2- MAN (2-1-2) Forechecking System

Good for small rinks, used against slow teams or when behind in the score.

Create CHAOS in the offensive zone.

FIRST MAN IN OR CLOSEST MAN TO THE PUCK PLAYS THE MAN – NOT THE PUCK.

2ND MAN IN SUPPORTS THE 1ST MAN AND TRYS TO PICK UP THE LOOSE PUCK TO FEED THE 3RD MAN IN THE SLOT.

IF THE PUCK IS SHOT TO THE OPPOSITE CORNER, THE PLAYER IN THE SLOT BECOMES THE CLOSEST MAN TO THE PUCK AND BECOMES THE 1ST MAN IN.

THE 2-1-2 OR 2-MAN FORECHECKING SYSTEM IS “IN YOUR FACE” HOCKEY.

TRAP (1-2-2) Forechecking System

- Good for large rinks with wide ice surfaces, used against teams who are faster, or used when defending a lead.
- Do not allow a breakout pass in the offensive zone.
- FIRST MAN IN OR CLOSEST MAN TO THE PUCK TRYS TO GET THE PUCK BY ANGLING THE PUCK CARRIER TO THE BOARDS.
- THE 2 REMAINING FORWARDS STAY BACK AND COVER THE WINGERS SO THEY CANNOT RECEIVE A PASS. THEY MUST NEVER TURN THEIR BACK TO THE PUCK AND BE READY TO INTERCEPT ANY CLEARING PASSES. THEY MUST COVER THEIR MAN THROUGH THE NEUTRAL ZONE.
- THE 2 DEFENSEMEN STAY INSIDE THE BLUE LINE. ONE WATCHES THE CENTER LANE TO INTERCEPT ANY PASSES UP THE MIDDLE. THE OTHER WATCHES FOR ANY CLEARING PASSES UP THE BOARDS ON THE PUCK SIDE.
- IF YOU ARE SUCCESSFUL IN GAINING PUCK CONTROL, TRANSITION TO OFFENSE.
- IF THE 1ST FORECHECKER IS BEAT, THE REMAINING FORECHECKERS MUST TURN AND COVER THEIR WINGERS INTO THE NEUTRAL ZONE AND BACKCHECK ALL THE WAY BACK INTO THE DEFENSIVE END. DO NOT GO AFTER THE PUCK CARRIER. THAT IS THE DEFENSEMEN’S JOB!

GENERAL POINTS

- HEAD MAN THE PUCK AT ALL TIMES! BE QUICK – YOUR TEAMMATE IS ONLY OPEN FOR A FEW SECONDS.
- DO NOT STICKHANDLE IF YOU CAN PASS.
- DO NOT CARRY THE PUCK FOR MORE THAN 3 STEPS UNLESS YOU HAVE CLEAR ICE AHEAD.
- IF YOU DON’T HAVE THE PUCK GET TO AN OPENING – SHAKE YOUR BACKCHECKER – FILL A LANE.
- THE MOST DANGEROUS MAN ON THE ICE IS THE ONE WITHOUT THE PUCK! GET DANGEROUS!

- IF YOU ARE FORCED TO DUMP THE PUCK INTO THE OFFENSIVE ZONE, GET IT IN DEEP! THEN GET TO THE PUCK AS FAST AS YOU CAN.
- TRY AND MAKE AS MANY 2 ON 1'S AS POSSIBLE IN THE OFFENSIVE ZONE AND THEN FEED THE MAN IN THE SLOT.
- REMEMBER TO SET UP THE "ATTACK TRIANGLE".
- IF A SHOT IS COMING FROM THE POINT – GET IN FRONT OF THE GOALTENDER!
- WHEN STANDING IN FRONT OF THE NET – KEEP YOUR STICK ON THE ICE!
- SHOOT THE PUCK AT THE NET AS OFTEN AS POSSIBLE – YOU NEVER KNOW WHAT MIGHT GO IN.
- THE QUICKER YOU ADJUST FROM OFFENSE TO DEFENSE AND VISA VERSA, THE MORE SUCCESSFUL THE TEAM WILL BE. THERE IS NO TIME FOR SKATE – STOP – LOOK – TURN THEN GO TO DEFENSE. YOUR TRANSITION REACTION TIME MUST BE QUICK AND AUTOMATIC!!!
- WHEN YOU GET A PASS OR PICK UP A LOOSE PUCK, YOUR 1ST THOUGHT SHOULD BE – "IS THERE AN OPEN MAN IN THE CLEAR FOR ME TO PASS TO?" - NOT "HOW FAR CAN I CARRY THE PUCK!"