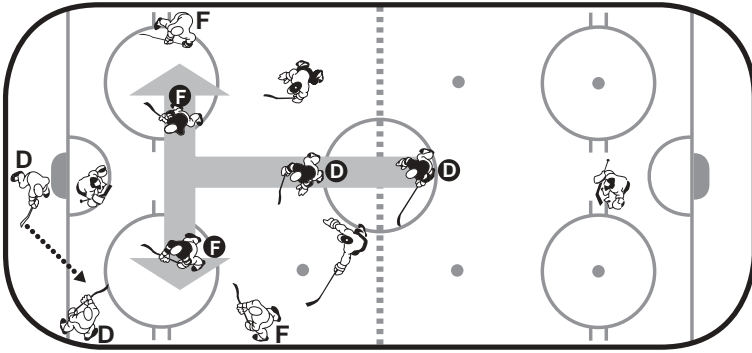


FORECHECKING DRILLS

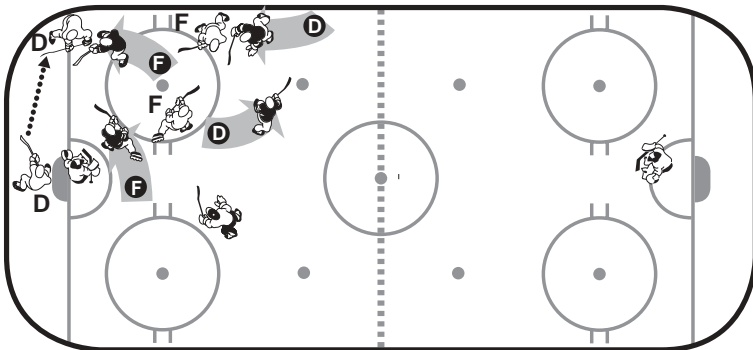
Drill #67 — T-FORMATION

The T-formation is the original set up. Place your players in this formation and have them read and react on the forecheck. One team breaks out and the other forechecks. The defensive team tries to hem the offensive team in their own zone, and the offensive team tries to get the puck out and maintain possession.



Drill #68 — OVERLOAD PINCH

The coach dumps the puck in and the forecheckers overload the strong side with the defense pinching along the boards. If the offensive team reverses the play, the defensive team rotates over with the left defense pinching in.



Drill #69 — MAN-ON-MAN

The coach dumps the puck in. Each forechecker picks a man and stays on him aggressively. This is a very aggressive forecheck, it is designed to hem a team in and not let them use their speed. Every player must keep their assigned player in check especially if there is no clearing rule.

