

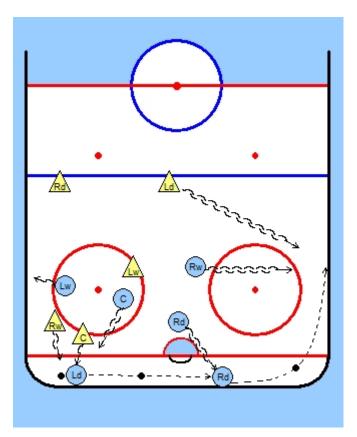


"Aggressive forechecking success is one of the most important apsects of winning hockey given the number of opportunities there are in a game where nobody has the puck after puck dump-ins, missed net shots and rebounds that go into their corners"

OFFENSIVE ZONE – THE AGGRESSIVE 2 – 1 – 2 OVERLOAD FORECHECK

If we think we can win the puck in their zone in the corner because we think we can get to the puck first or because we can create a 50-50 puck, we will commit 2 forwards (in yellow below) to the puck, the first forward will make body contact with their player (usually a defenceman) under his stick, and our second forward will come in and help battle to win the puck. Our third forward will stay around the top of the strong side faceoff circle as a safety defensive player if we lose the puck. If we win the forecheck this high forward will be in an ideal position for a pass in the slot. Our two defencemen will hold the blue line prepared to come up and challenge their wingers who may be receiving a pass if we fail to win the puck, and their defenceman passes D to D and then to their winger at the weak side half wall.

If our 2 forwards who are $\frac{1}{2}$ way to their corner full speed intending to win the puck, see their defenceman is going to get puck possession first and be able to complete the D to D or other pass the 2 - 1 - 1 forecheck should immediately be converted to 1 - 2 - 2 as described elsewhere in this website. No point in having 1 or 2 of our players caught behind their rush up ice.







The key to success here is the speed of our 2 forechecking forwards to take time and space away from their defenceman going to their corner intending to pass D to D. The slower their defenceman goes into the corner, the better for us.

PRACTICE DRILLS:

1. Run 5 on 5 unit drill with "offensive" forwards and their defencemen starting at the red line in a line across the ice with the centre shooting the puck into the defensive zone. The "defensive" forwards and their defencemen are lined up on the defensive zone blue line so when the puck is shot in they have the advantage in getting to the puck and their positions before the "offensive" 5 player unit.

The "offensive" unit forechecks and tries to score, and the defensive unit tries to breakout. Keep score.

Give feedback including whistling the play dead in the middle of it having the players freeze in their positions, and then give feedback.

When the puck is out of the defensive zone or a goal is scored, repeat the drill.

Make sure each unit is wearing different coloured jerseys, and each player in each unit has the same coloured jersey, as we want high speed instant peripheral same team player recognition and it is almost impossible to accomplish this without jersey colour recognition.

Vary the starting positions of the offensive and defensive units and players (closer together or further apart) to reduce or increase the time the defensive defencemen will have to get puck control in their defensive corner or to go D to D behind their net. This will replicate "real" hockey conditions.

If we are teaching breakout or forechecking systems to players who are not familiar with the options, show them the options off ice on a hockey board, and walk them through the options on ice. Then run this drill





with no resistance, then 1 player, then 2 player, then 3 player, and eventually 5 player resistance.

Keep running this drill at every practice so the options chosen both defensive and offensive become second nature depending on offensive and defensive positioning and "time and space".

2. Run 5 on 5 unit drill facing the puck off in the defensive zone with all players in their regular faceoff positions to practice breakouts and forechecking from more of a standstill start – much different from when the puck is shot in.

The "offensive" unit tries to score, and the defensive unit tries to breakout. Keep score.

Give feedback including whistling the play dead in the middle of it having the players freeze in their positions, and then give feedback.

When the puck is out of the defensive zone or a goal is scored, repeat the drill.

Make sure each unit is wearing different coloured jerseys, and each player in each unit has the same coloured jersey, as we want high speed instant peripheral same team player recognition and it is almost impossible to accomplish this without jersey colour recognition.

If we are teaching breakout systems to players who are not familiar with the options, show them the options off ice on a hockey board, and walk them through the options on ice. Then run this drill with no resistance, then 1 player, then 2 player, then 3 player, and eventually 5 player resistance.

Keep running this drill at every practice so the options chosen both defensive and offensive become second nature depending on offensive and defensive positioning and "time and space".