



“If the other forechecking options don’t have a probable chance for success under the circumstances we might set up a low trap”

OFFENSIVE ZONE – THE AGGRESSIVE 1 – 2 - 2 FORECHECK - F1 NET FRONT

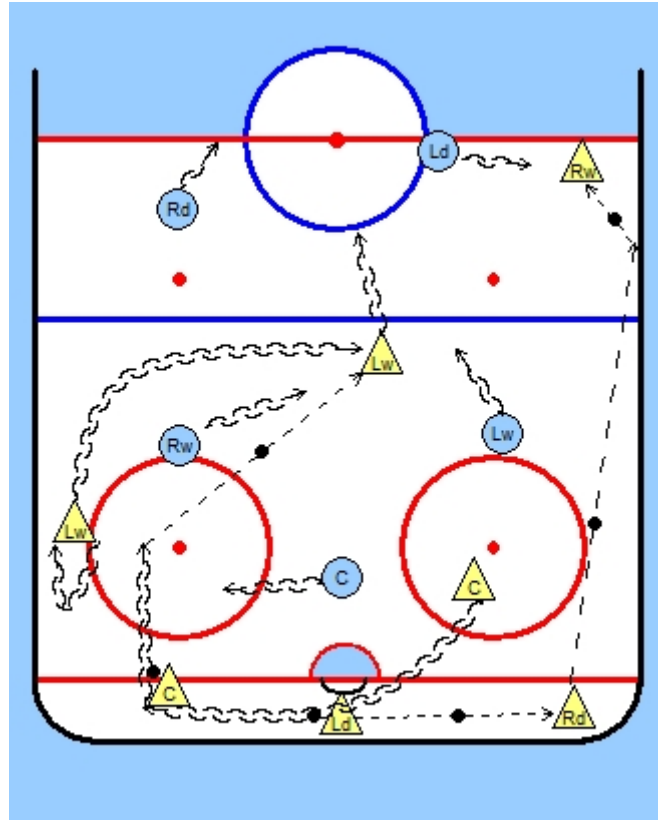
This is a good option as we complete a line change and if the other forechecking options are not likely to be successful.

We send 1 player to position in front of their net a few strides away from their crease as their D sets up behind their net with the puck. If all their forwards are back in their zone, our other 2 forwards are at the top of their faceoff circles and our two defencemen are holding our blue line.

If one or 2 of their forwards post at the red line or our blueline at the boards, our D go back to cover them man to man staying inside them.

Our forward who is net front challenges their D coming out from behind their net with the puck, or challenges their centre swinging behind their net who may do the same, and our wingers pick up their other forwards as they try to move up ice taking away any passing lanes to them.

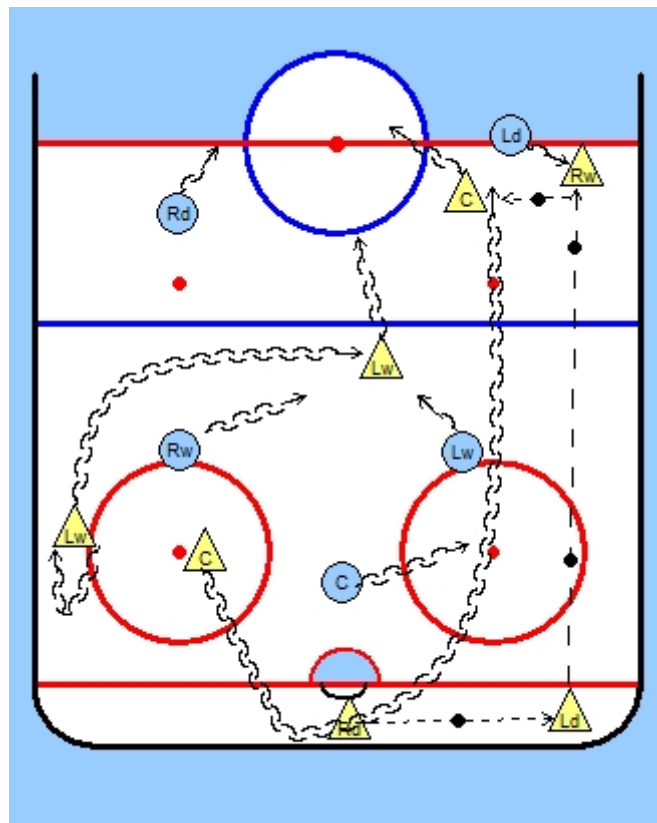
If their D delivers a hard pass to one of their posting forwards at the red line, our D may step in front and intercept this pass but must be aware of another forward coming hard beside their forward at the red line for a chip pass. Most of the time their forward will simply redirect their defenceman’s pass to set up a dump and chase for them.





OR, their RD sets up behind our net with the puck and their centre swings behind their net the other way without the puck, (see diagram below), and

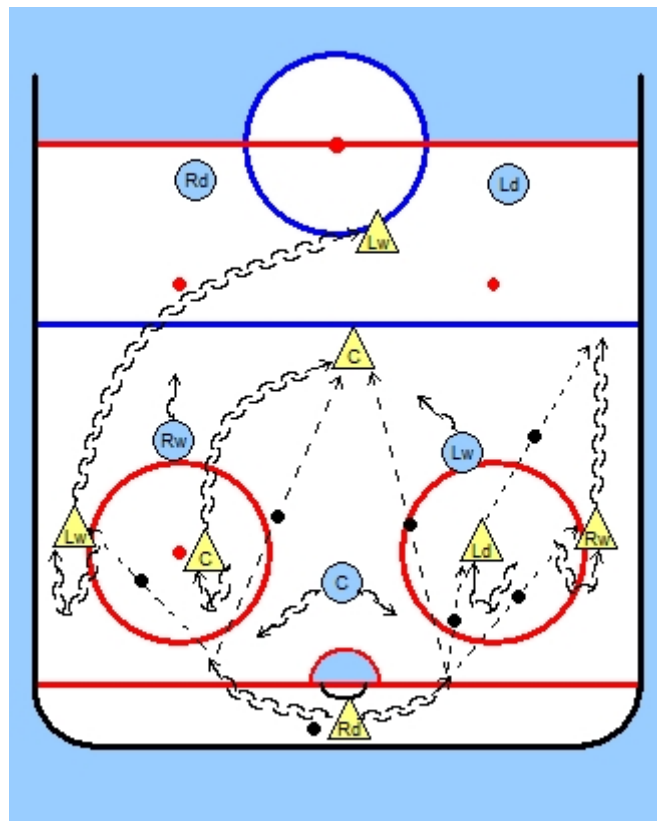
- Their centre skates up ice hard to a stride or two beside their right winger posted just under the red line ready for a chip pass
- Their D behind their net passes to their left D in their corner
- Their left D passes hard to their RW and their RW chips across to their centre coming hard and fast. This creates a 2 on 1 our LD
- Our LD must hold his position here to prevent a 2 on 1 chip past him
- Their LW cuts across ice in our zone and hard up the middle to hold our LD on the weak side





OR, if their D sets up behind their net and they double swing on both sides (left side their LW and centre, and right side their RW and LD), they will try with speed to drive holes in our low or intermediate trap as we move up ice (see diagram below). Movements and Options:

- Their LW is wide left and comes down to their goal line and swings up ice tight to the boards. Around their blueline their LW posts hard and fast to the middle in between our 2 D ahead of their centre drawing our RW back
- Their centre comes down low to their goal line and swings up ice just inside their faceoff dot to their blueline then cuts across their blueline below their LW, also drawing our RW back
- Their RW comes down low to their goal line and swings up ice hard and fast and skates right at our RD pushing him back and pulling our LW back somewhat
- Their LD who has switched sides swings up ice from his corner position after their RW has started up ice and cleared the way, and stays close to the boards
- Their RD behind our net steps sideways from behind their net and passes to their LD or their centre depending on which side to do this is best with our centre net front
- If their LD gets the pass he can in turn pass to their centre or their LW splitting their D whoever is open





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.

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