



*“Successful forechecking is not just one system fits all situations ... coaches who want the simplicity of one system will not be successful against good opposition who learn to adjust to one system”*

## **OFFENSIVE ZONE – FORE CHECKING – 10+ POSSIBLE REASONS OUR FORECHECKING SYTSTEM IS NOT WORKING WELL**

Many coaches ask this question when they do not see enough puck wins on the forecheck particularly on the dump and chase plays. What are the potential causes?

1. Dump –in location is rim around the net and their goalie is stopping the puck and passing to their open D or W
2. Dump-ins are too hard, bounce off the end boards and are easy for their D to pick up and make a breakout pass before challenged
3. Are putting dump-ins on their goalie and he is stopping the puck and passing it to one of their open players
4. Are not using high dying cross corner or same side corner dump-ins to allow F1 and F2 more time to get to the puck
5. Our F1 and F2 speeds coming in over their blueline are not all out and F1 and F2 are late getting to their D1 who gets puck control before they get there
6. F1 and F2 speeds are all out crossing their blueline but the system design is for F1 to come straight in against their D and F2 to circle in thinking about covering either their D to D pass or supporting F1 against D1 with the result that F2 gets to support F1 too late and D1 beats F1 passing strong side to ½ boards W before F2 gets there
7. Our speeds are all out crossing their blueline but F2 doesn't read there is no likely 50-50 puck for F1 against D1 and fails to immediately cover D2 on their intended D to D pass
8. F1 gets there fast enough to challenge their D1 in one corner but F2 does not cover their D2 on the D to D pass behind their net
9. F1 gets there fast enough to challenge their D1 in one corner and F2 does cover their D2 on the possible D to D pass behind their net but F3 does not cover their W on the half boards and D1 rim passes hard past D2 to such W
10. We have a line change and still try to effect the 2 – 1 – 2 spread or stack forechecking system when it's clear we won't be able to execute it properly
11. When the 2 – 1 – 2 spread or stack forechecking system (see other TIPS on this site) don't work we don't convert it immediately into the 1 – 2 – 2 aggressive or 1- 2 – 2 intermediate forecheck or the 1 – 2 – 2 neutral zone trap

The first thing to do after reviewing the potential causes is to measure the number of successful puck wins on your dump and chase tactic and which players are the most successful F1 and F2's and why? Even measure the time it takes F1 and F2 to get to D1 on 50-50 pucks with a stop watch. The ANALYTICS section of this site has a data form to measure forechecking success for dumps and chase specifically and forechecking generally. Use it for a few games. You may find



your forecheck is great against poorer teams, but not against better teams. Once you determine the reasons why your forecheck is not winning enough pucks, you can create adjustments to fit the skills of your forwards primarily.

You may also find you are dumping and chasing too much instead of keeping puck possession and trying some other puck possession entry plays (see other TIPS on this site)