



FORECHECK (2-3)

F1-Hurry-1st in pressures puck carrier to ½ of the rink and pursues him.

Objective-Try to force a bad decision and a turnover, and finish the check

F2-Read-Pick up loose puck after check from F1..

Objective-Control and look for turnover.

F3-Read and lock the middle--be ready to attack on turnover

D1-Hold the zone until opposition gains the hash marks with possession and control. Keep loose pucks in zone

D2-Protect the middle of the ice and watch far-side winger. Back out of zone once puck gains hash (opponents' breakout).