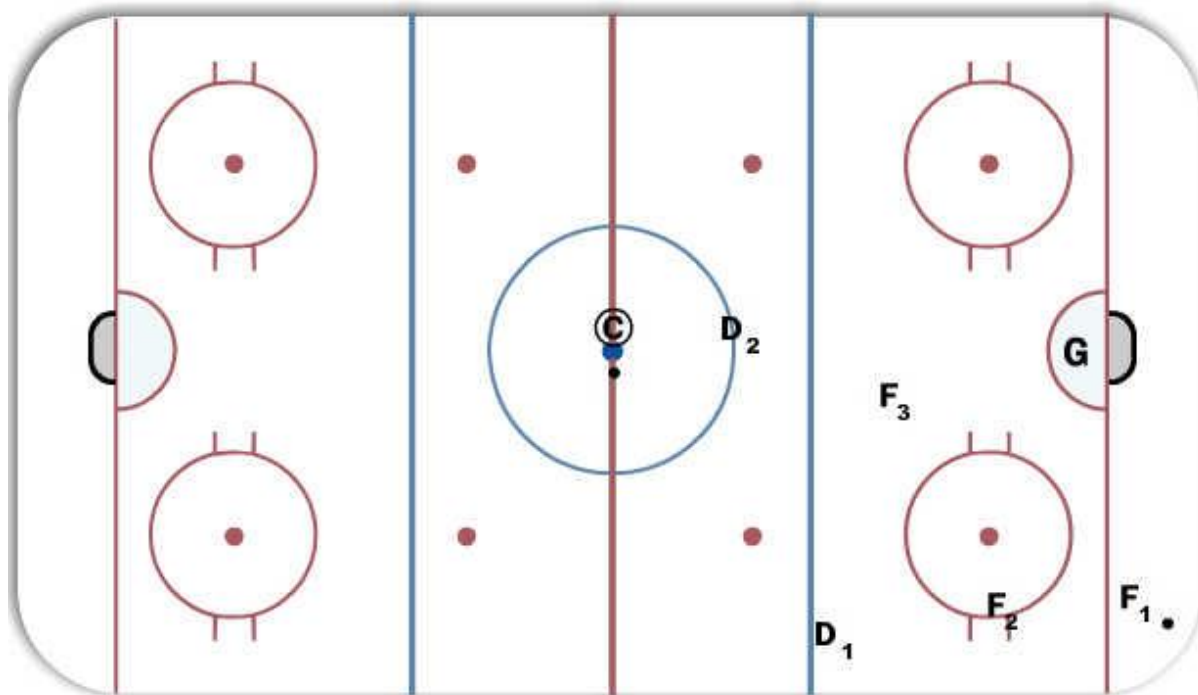


## Offensive Zone Forecheck



### Description

Coach initiates a controlled dump into the corner. Forwards skate to fore-check positions. F1 to hunt down the puck and defender. F2 ensures that a quick pass to the wall is cut off. F3 reads where the play develops and reacts accordingly. D1 to hold inside the blue line and closes the gap when required. D2 hinges to ensure there is no stretch pass.

**Key Points:** F1 - Hunter, F2 - Seals the wall, F3 - Reads & reacts, Communicate

### Notes

This is a progression drill to reinforce roles and responsibilities. The explanation of roles is done off ice. The puck can be moved to the opposite corner and roles explained. F3 now becomes F1, F2 stays as F2 and F1 takes over as F3. Dmen change roles.