



FORECHECK DRILLS

LEGEND

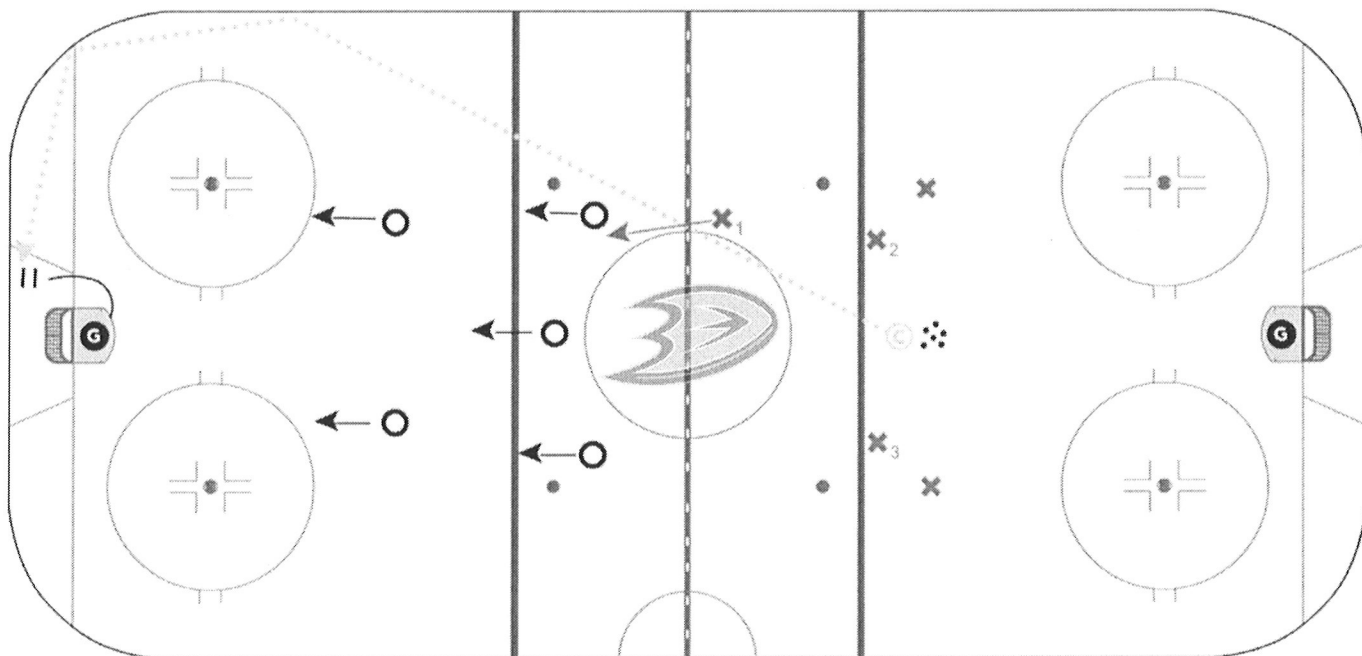
▶▶ Shot	———— Skate
Stop	~~~~ Skate With Puck
▶ Direction	•••• Pass
↘ No Arrowhead	~~~~ Backwards Skating
)) Pivot	~~~~ Backwards Skating With Puck
	Lateral Skating
	— Goalie Padslide
	— Goalie Butterfyslide

1-2-3/1-3-5 FORECHECK

Category: Forecheck

Team: Anaheim Ducks

- Description:**
- The first is the "1-2-3" Forecheck:
 - The forechecking team starts behind their defensive blueline. The team breaking out the puck starts in the neutral zone. A coach will hard rim a puck to the goalie (get the goalie touch/ d-goalie communication in). The forechecking team will forecheck with 1 player.
 - The team breaking out the puck will break out puck to center ice where they will regroup with the forechecking team. The forechecking team will now dump the puck in with the two forwards on the line that haven't gone yet. The original X1 will track back and wait behind the blueline. Once the puck is broken out a second time, the breakout team regroups with the forechecking line, the forechecking line will now dump the puck in with all 3Xs. Once the breakout team is able to break out the puck, the drill is started again by the coach with the next line of forechecking forwards and next unit of 5 to break out puck.
 - Can be adjusted to 1-3-5 instead of 1-2-3 to get the D involved in the offense/more game like. Works on forward routes (and D if you use 5 to forecheck at end) as well as communication with the breakout team.

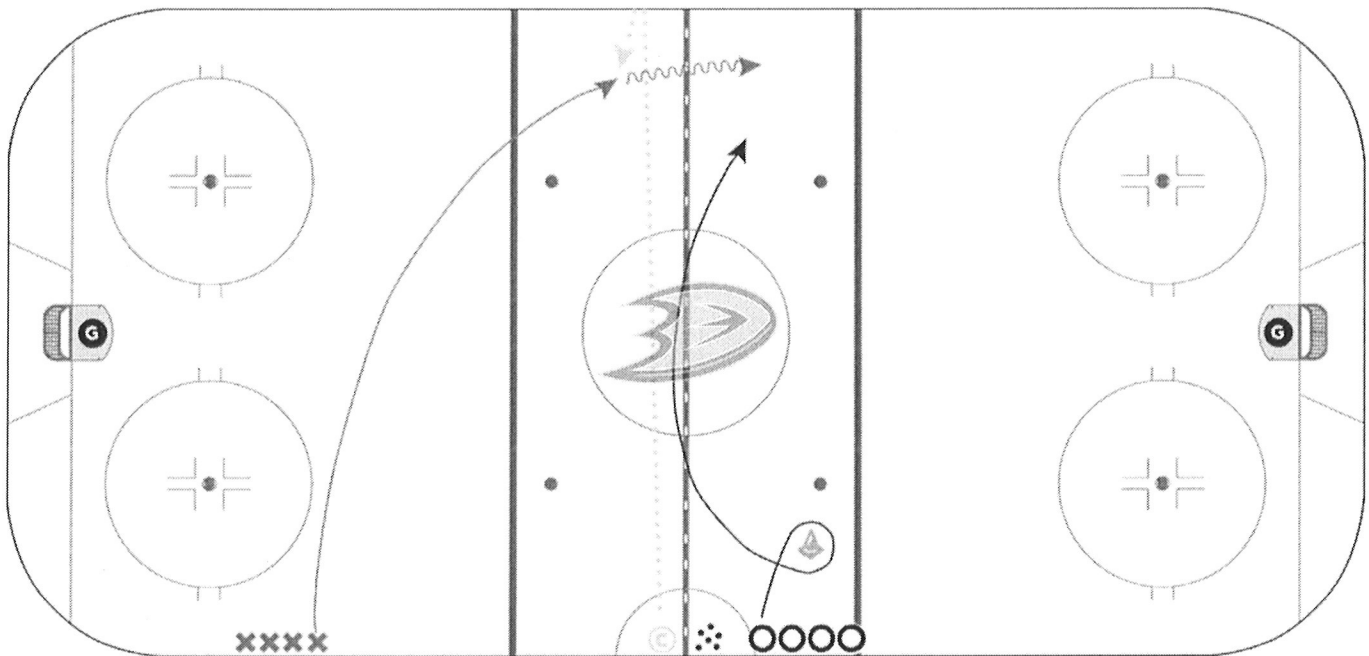


MO ANGLE DRILL

Category: Forecheck

Team: Anaheim Ducks

- Description:**
- Coach will spot a puck on other side of ice and offensive player(s) (the Xs) will pick up puck and attack
 - The defensive player(s) O, have to skate around a cone and then angle off the Xs attacking their net
 - Can release different amounts of players for offense and defense
 - Simple but very effective for working on angles/gaps as well as 1on1 or odd man rush attacks

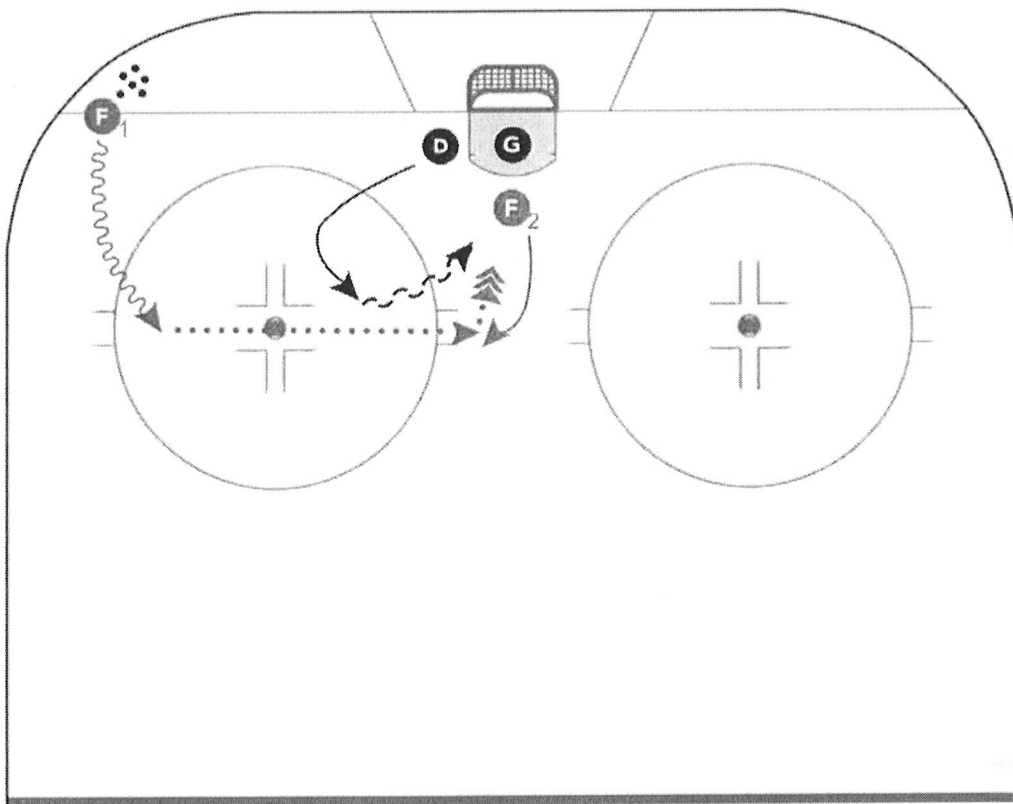


LOW 2 VS 1

Category: Forecheck

Team: Boston Bruins

- Description:**
- 1 F starts in corner, the other starts in front of the net with the D
 - On whistle, **F 1** breaks out of corner and quickly attacks net 2vs1
 - On second whistle, **F 2** goes into corner to get a new puck and attacks 2vs1. **F 1** is now net-front
 - Repeat x4 where each F attacks from corner twice
 - Keep play below the face-off dots

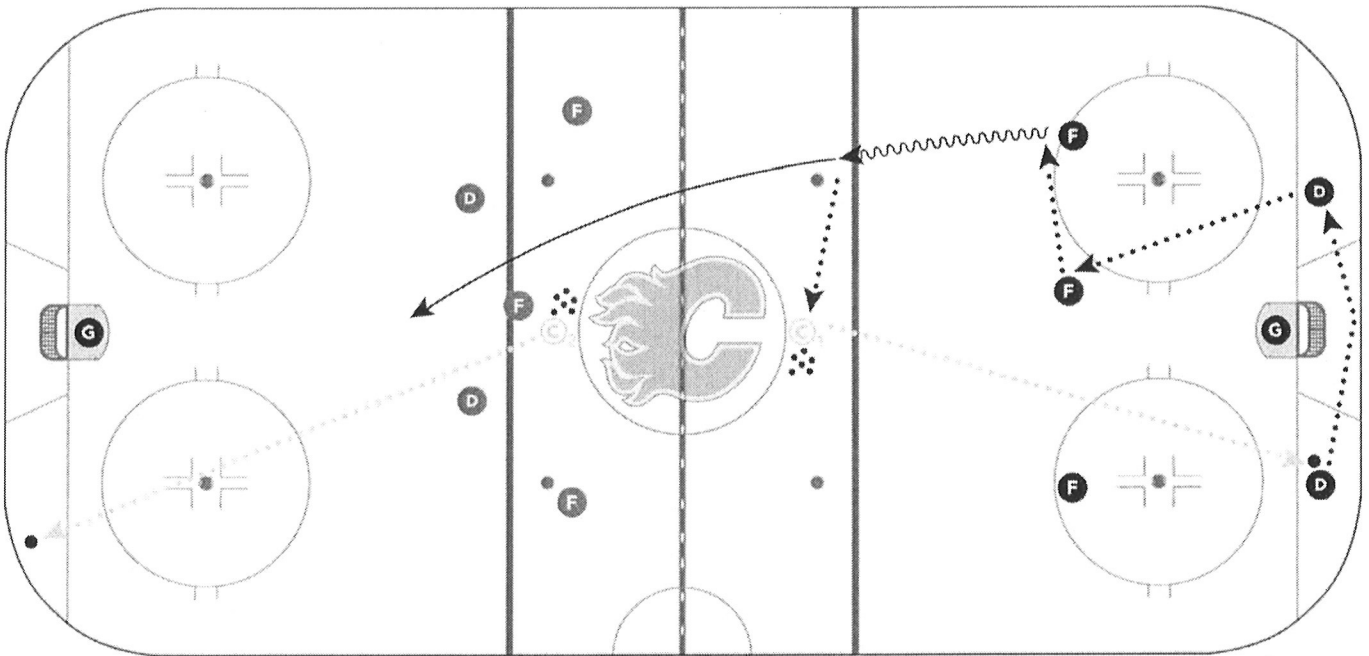


HUNTER FC

Category: Forecheck

Team: Calgary Flames

- Description:**
- Coach dumps puck for **Black** line to break out then pass back to coach — at that time coach in opposite end dumps in puck for **Red** line to break out
 - 1 forward from the **Black** line will carry on and forecheck the **Red** line
 - Progress to adding 2, then 3 forecheckers
 - Challenge your D to stay up so they have to make break out plays under strong forecheck pressure

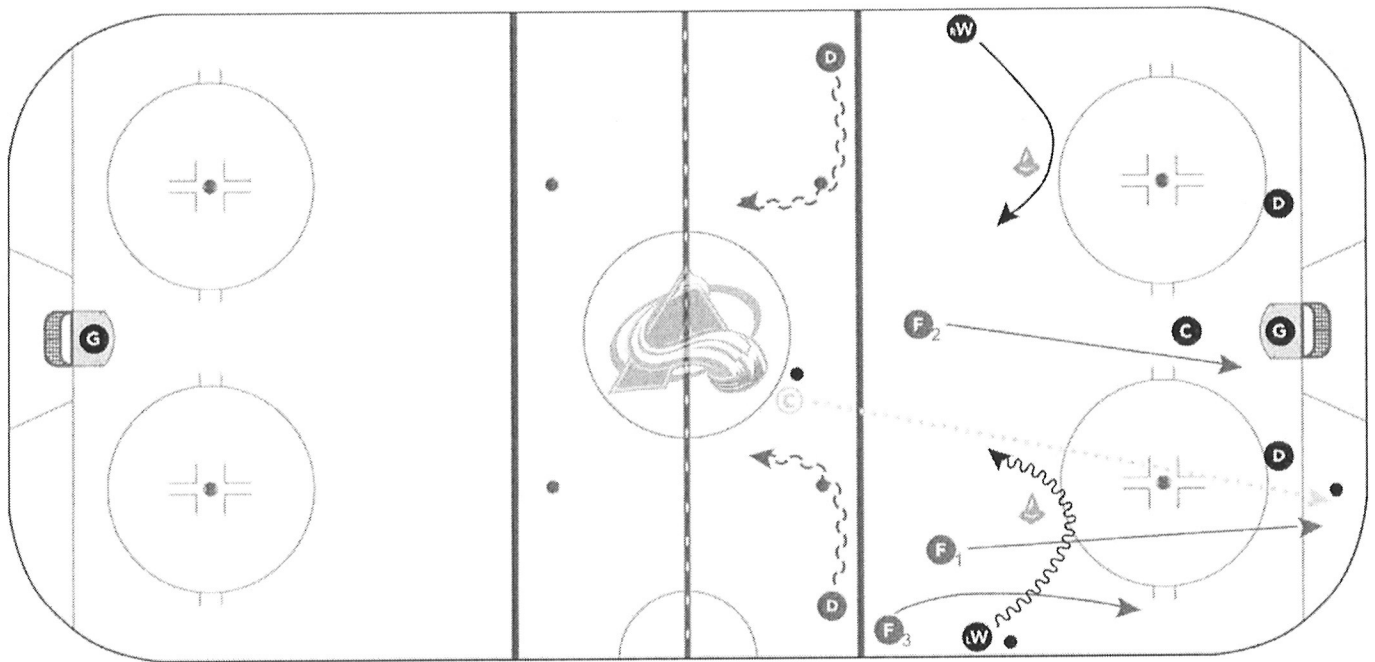


SHORT FORECHECK / ADZC

Category: Forecheck

Team: Colorado Avalanche

- Description:**
- On whistle, coach dumps a puck in the corner
 - **F** 1 and **F** 2 forecheck hard with **F** 3 managing their depth (Forecheck against 2 **D** and **C**)
 - Second whistle activates the Wingers with **LW** skating with puck under cone and attacking 2 **D** waiting to accept the rush
 - Low **C** and 2 **D** join rush, while the 3 **F**s track back for ADZC (play puck out 5 v 5)



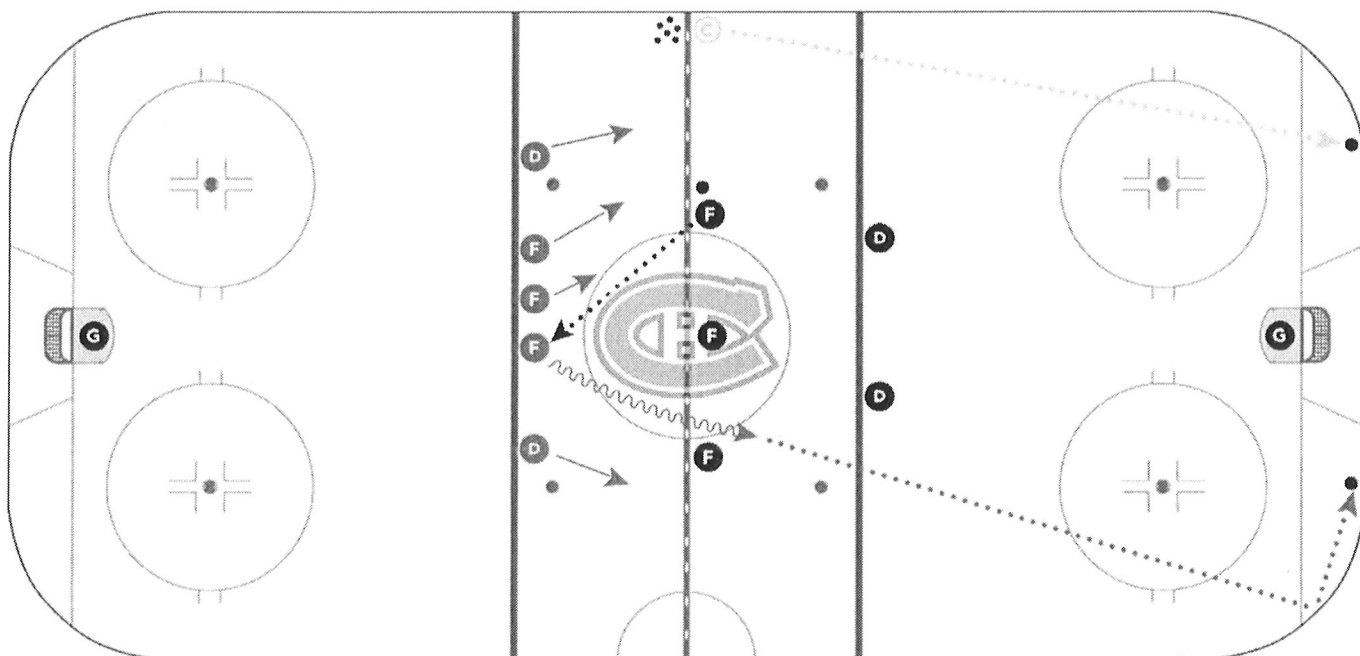
CANADIENS FORECHECK

Category: Forecheck

Team: Montreal Canadiens

Description:

- Coach dumps in puck for a **Black** team regroup, a quick breakout or a control breakout
- After they exit the zone, they pass the puck to the **Red** team that will gain the red line, chip in, rim and forecheck 5 vs 5

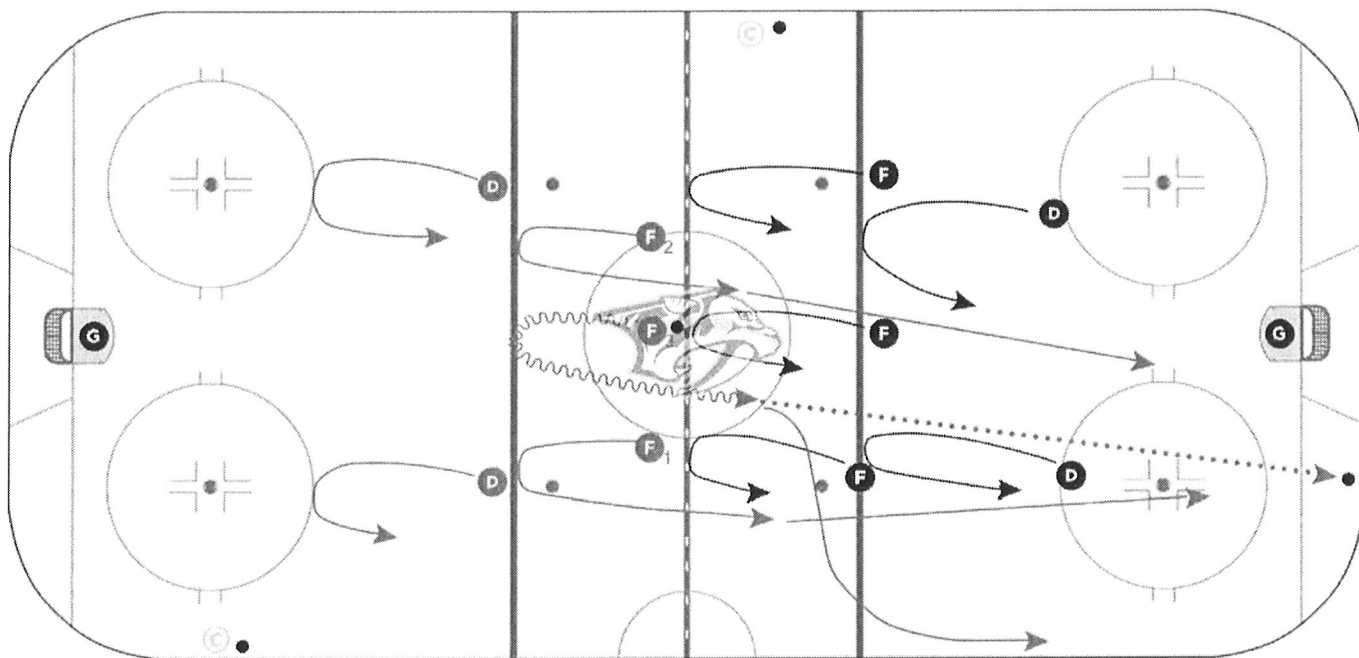


GAIN A LINE FC, INTO DZC, INTO NZFC

Category: Forecheck

Team: Nashville Predators

- Description:**
- Everyone must gain a line, then red center dumps puck and forecheck. Black must try to breakout puck
 - On whistle, coach spots a puck and everyone gets into proper dz coverage position and then 5v5 play it out on whistle
 - 2nd coach spots puck at tops of circles and on whistle during the 5v5 DZC players must sprint out of zone, red regroups & black gets into proper NZ Forecheck

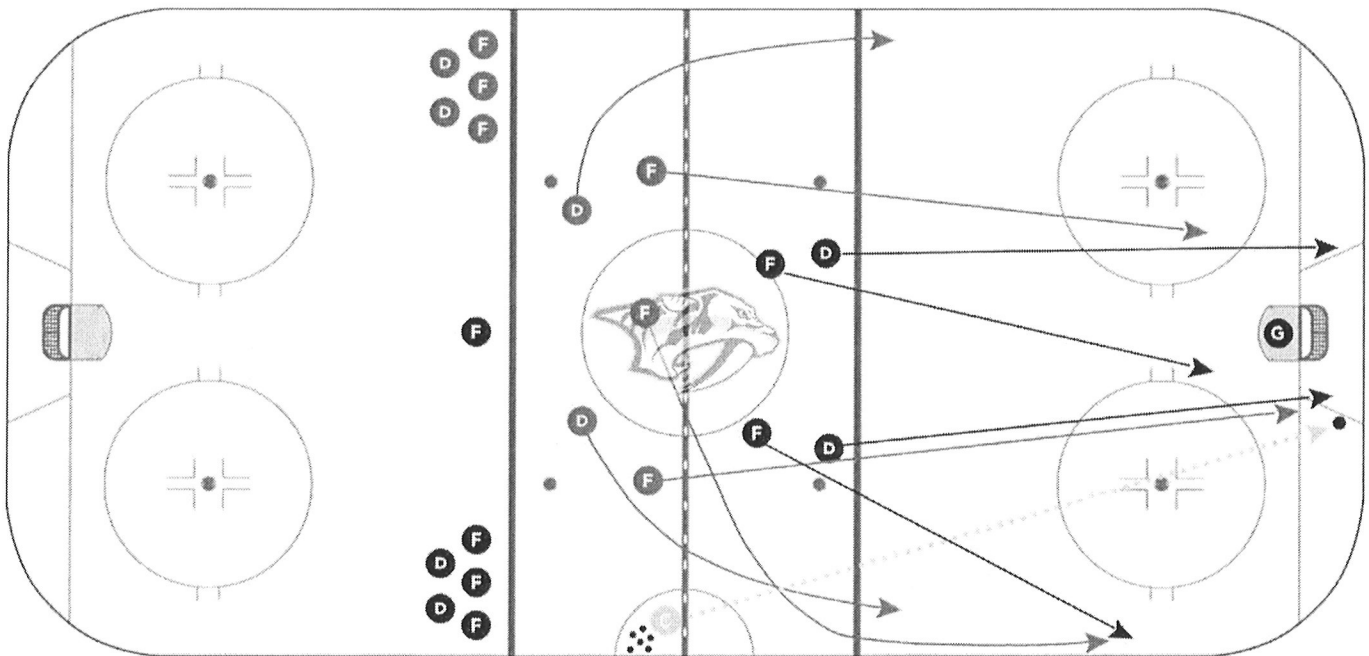


5 VS 4 FORECHECK

Category: Forecheck

Team: Nashville Predators

- Description:**
- 5 red players & 4 black players are moving in neutral zone
 - On coach whistle/dumped puck. 4 black players must try to skate puck out of the zone vs the 5 red forecheckers who are executing proper forecheck routes/sort outs vs black breakout
 - Let it play out for 20-30 seconds or until black skates puck out
 - Black then forechecks, red defends

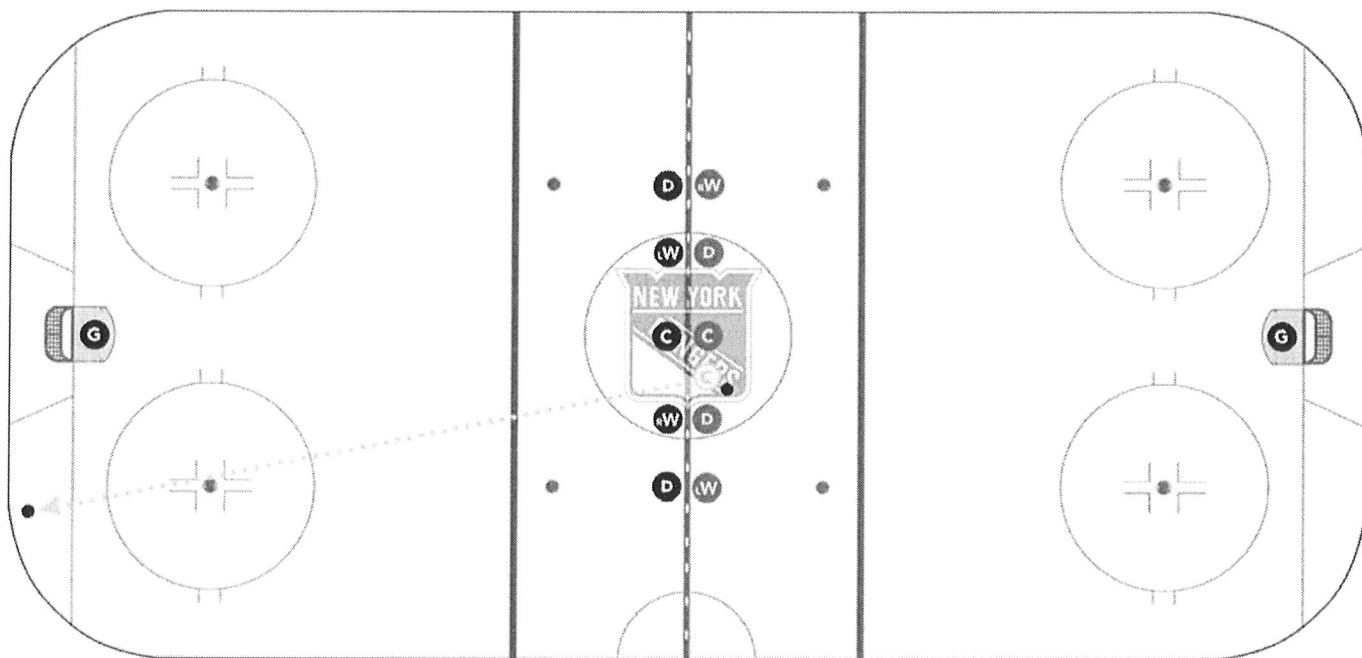


10 ON THE LINE — 5 VS 5

Category: Forecheck

Team: New York Rangers

- Description:**
- **F**s line up vs **D**, **C** on **C**
 - Coach spots puck in either zone
 - One line breaking out vs one line forechecking
 - Play out until whistle

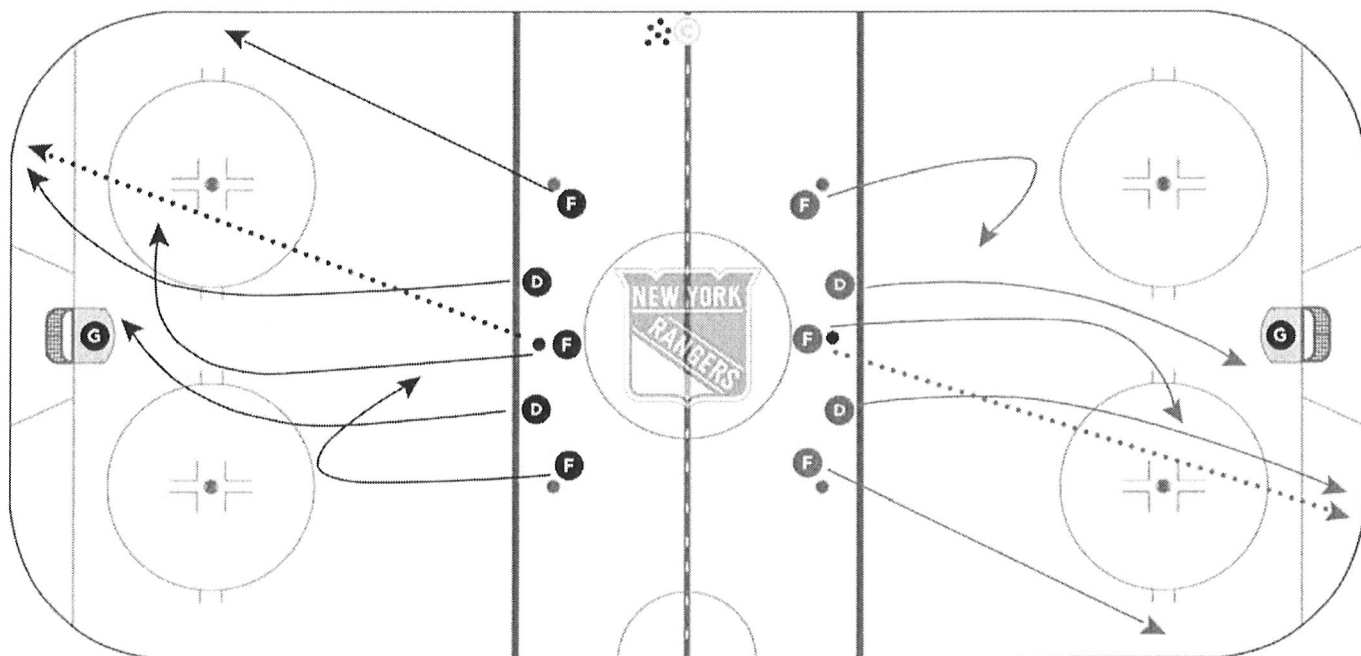


CRASH FROM DOUBLE BO

Category: Forecheck

Team: New York Rangers

- Description:**
- Xs & Os breakout at the same time
 - When pucks get back in NZ, coach will spot puck in one end where that team breaks out vs other teams forecheck pressure
 - Play out until whistle



3/4 ICE — CATCH THE COACHES

Category: Forecheck

Team: Ottawa Senators

- Description:**
- 3/4 ice, 5 skaters spot puck to for offensive zone forecheck vs 2 or 3 coaches
 - Group of 5 players force a turnover and attack the net
 - After play, reload hard back to end for 2nd puck, transition back up ice and spot to coaches --> NZFC
 - MIDDLE 1st
 - F1 HUNT!!
 - 2nd LAYER CHECKING
 - D LAYER GAPS
 - Turn puck over and attack net

