



SVHA 2-1-2 Forecheck

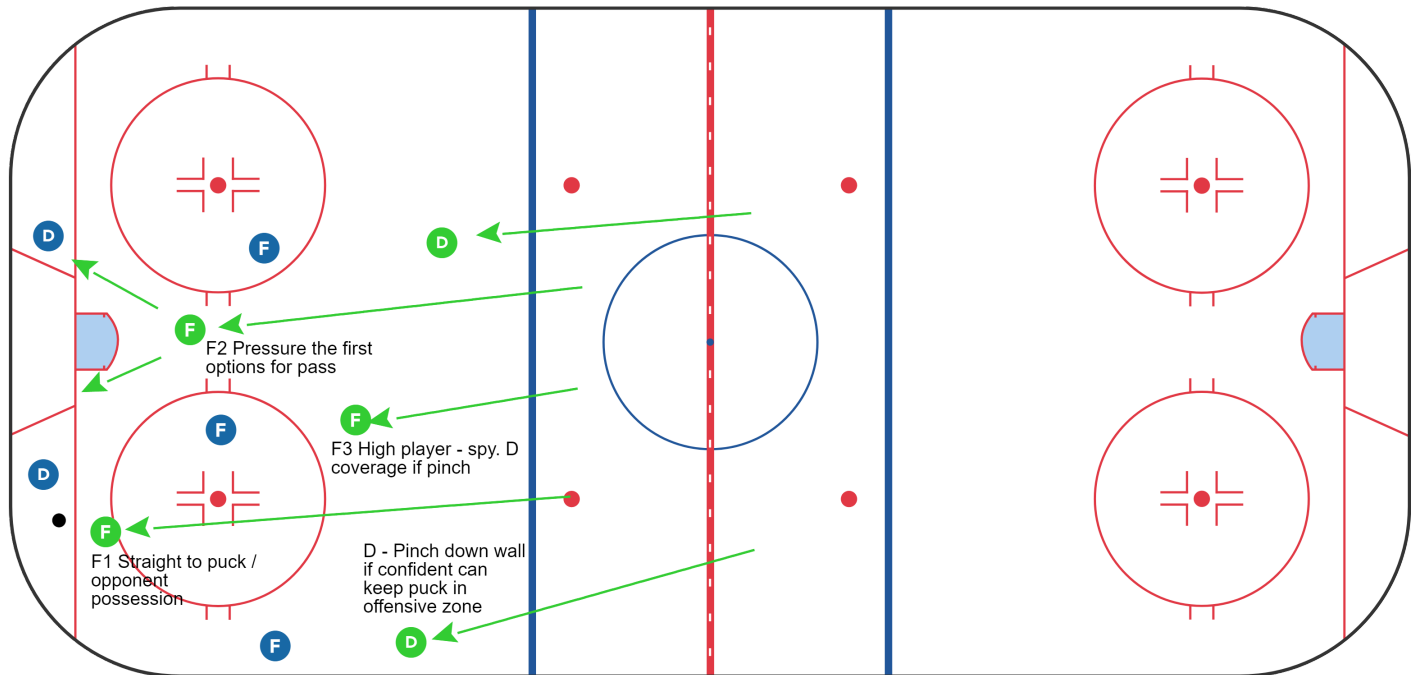
Date: Oct 8 2022

Time: 7:17 pm

Duration: 30 mins

SVHA 2-1-2 Forecheck 1

10 mins

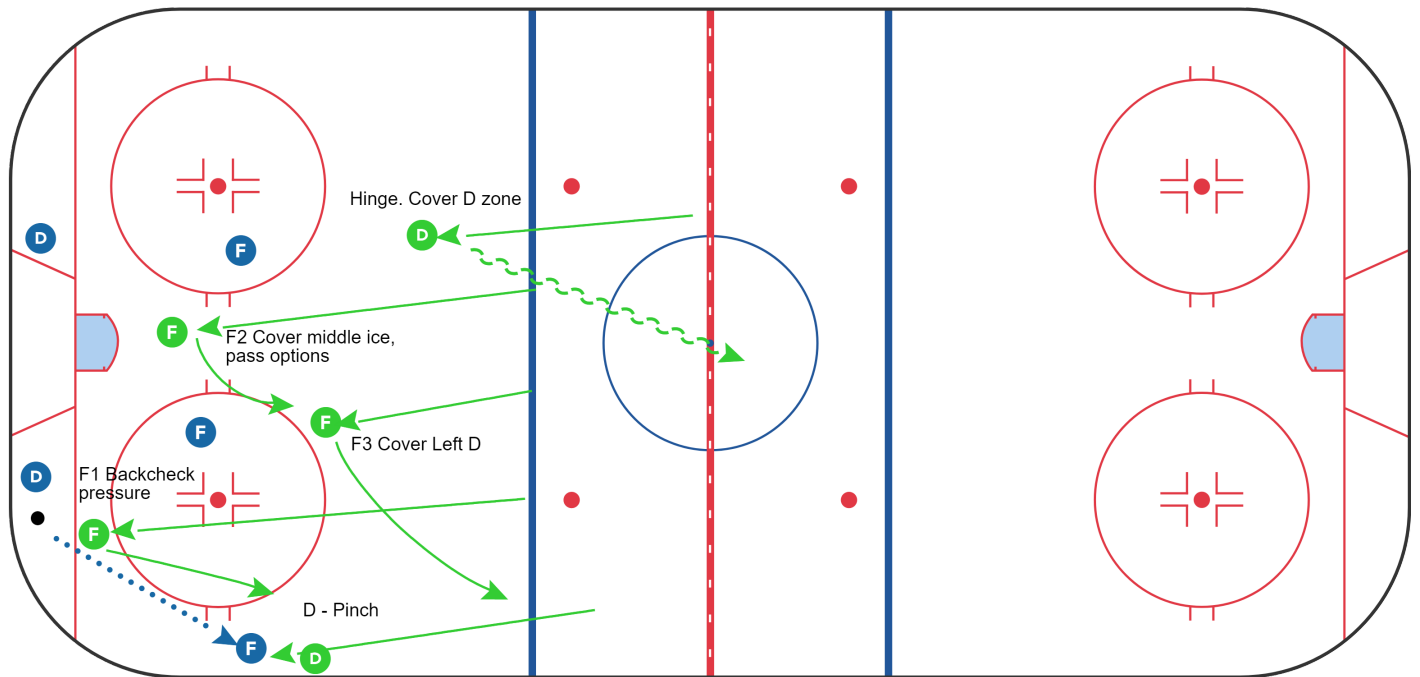


Description

- F1 - on the puck / carrier
- F2 - Take away options
- F3 - Protect up high offensive zone
- D - Pinch, F3 Covers the D

Key Points

- F2 gets in deep offensive zone, pressure on the pass, and react where the puck is going. If F1 misses check, F2 Checks the puck carrier.
- F3 is reading the play. Stay Defensive side, watch for D pinch to cover, and cross ice pass.
- D Pinch when appropriate. If D can get to outlet pass option, attack. If not sure, back out of zone.



Description

Outlet pass to right side.

F1 - Backcheck.

F2 - Peel back, cover middle ice pass options.

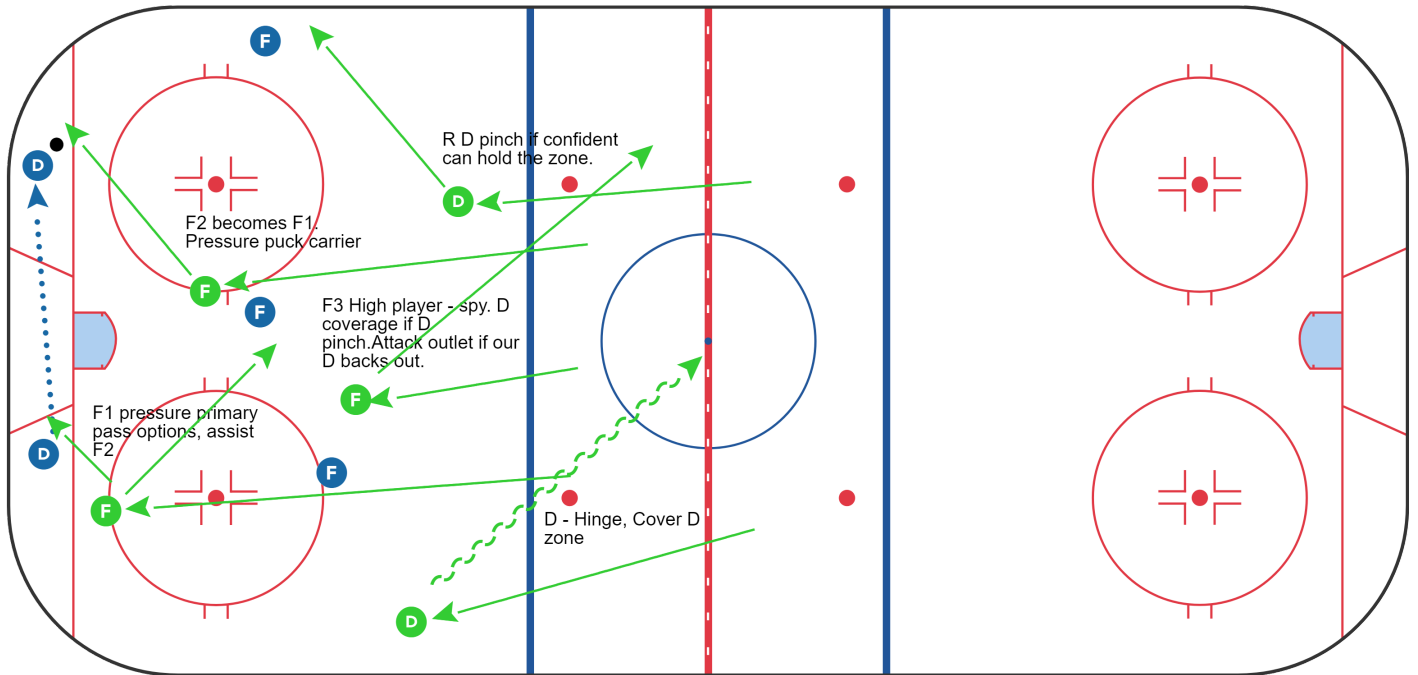
F3 Covers D pinch. If D backed out, pressure the outlet.

Key Points

Backcheck

Sticks in passing lanes.

Defensive hinge.



Description

If Opponent breaks out weak side, roles change.

Key Points

D Hinge.

If D pinch, F3 Covers.

If D back out, F3 pressures puck at outlet pass.

Sticks in lanes.