

Title : 2-1-2 Forecheck

Category #1 :

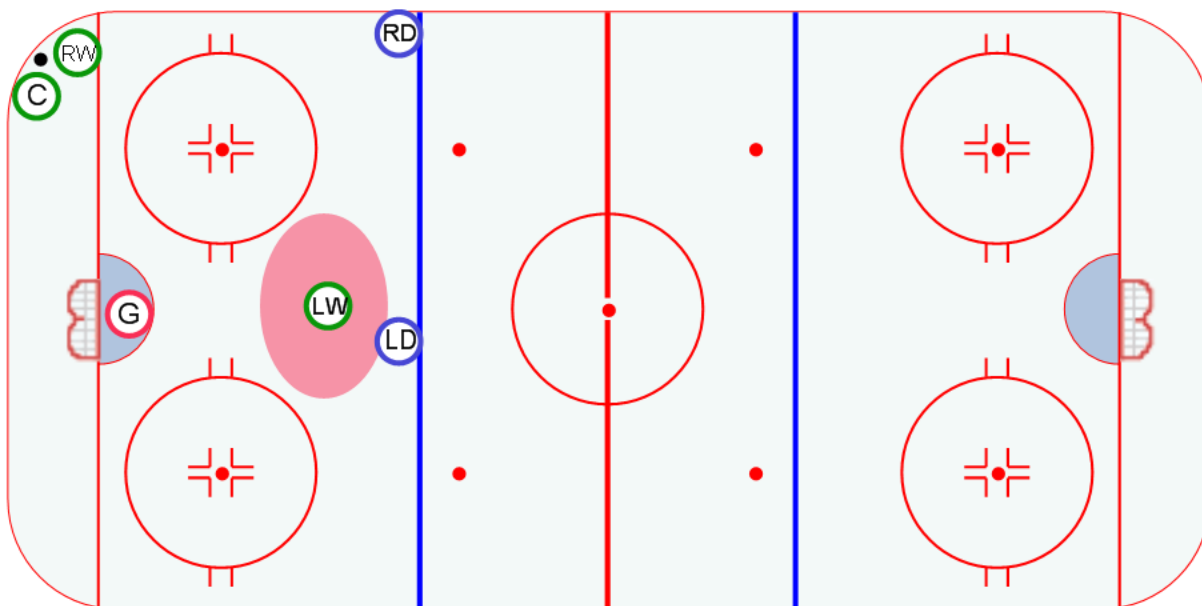
Systems

Category #2 :

Forechecking

Content elements:

Components :



Key Points :

Description

The 2-1-2 Forecheck is one of the most common forecheck used. The idea is to always pressure the puck with two players until possession is gained. The third player needs to remain in the high slot for two reasons. First, it is harder for opponents defense to cover the high slot area. Second, if the opponents gain possession of the puck and break out, then the player in the high slot is in good position to help the defense and prevent an odd-man rush. In this diagram, the weak side wing has positioned themselves in the high slot while the center and strong side wing have moved into the corner to try and get control of the puck. For age groups that allow checking, ideally the first man in takes the body and the second player goes for the loose puck.