**RHA FORECHECK**

Hockey is a game of constant flow. In order to be successful on the forecheck all players must be able to ‘read and act’. There are times to be aggressive and times to be passive. A ***combination forecheck*** allows the players to act as F1, F2 and F3. F1 is the player on the puck carrier. F2 will pressure the D to D pass. F3 will support high in the middle. It is effective at creating turnovers and creating scoring chances from turnovers. For our forecheck to be successful all of the players on the ice must play with the **5 Rules to Defensive Hockey- 1) Play the Man 2) Attack without Hesitation 3) Work in twos 4) Constant Pressure 5) Rotation.**

**Aggressive 1-1-3 – whenever the opposition does not have full control of the puck or their time and space is limited**

**F1** tries to put *inside-out* pressure on the puck carrier. Force

 him to turn up the boards, this limits his passingoptions and

steers him into the oncoming **F2** on the strong side. If we are

 in proper position we will limit the puck carrier’sability to make

 a good outlet pass. By forcing him to the outside *quickly* we take

 away his time and space and he is more likely to turn over the puck.

**It is very IMPORTANT to have your stick on the ice to block the passing lanes.**

**D1** must watch the board winger and be ready to PINCH DOWN on him

if the pass gets passed the strong side forecheck. He must also

be aware of the attempt to clear the zone using the glass. **F3**

slides to **D1** position to protect blueline. **D2** maintains position in the

middle along the blue line to defend any breakout up the middle.

**F3** should be patient, He is in an ideal spot for a turnover and

 Turning it into a scoring chance. When a turnover comes from the strong side

they should look for a shot on goal. NOTE- If the puck reverses

side a rotation must occur and the two closest players become F1/F2.

The player furthest away get above the puck and becomes F3.

**If the forecheck is unsuccessful all players must work to get above the puck and backcheck with a purpose**

**PLEASE DRAW OUR FORECHECK**