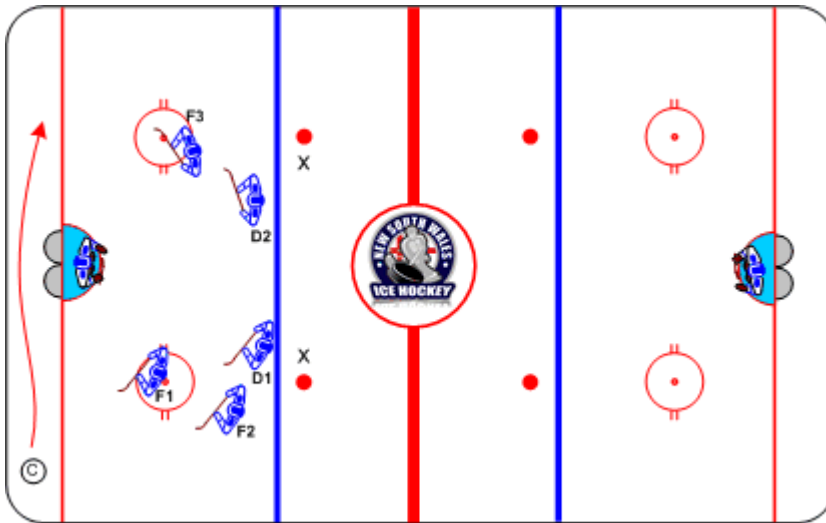




## Forecheck Walk-Through 5-on-0

Duration: 8 mins

- © carries the puck and assumes a position within the zone
- On whistle, the unit of 5 assumes feedback position
- On the next whistle, the unit tags up around the pylons, forechecks © (who moves to the opposite corner)
- Repeat 3 times before changing groups



### Coaching Tips

- Angling
- Reading
- Tracking

### Execution Tips

- © provides feedback before "tag-up" whistle