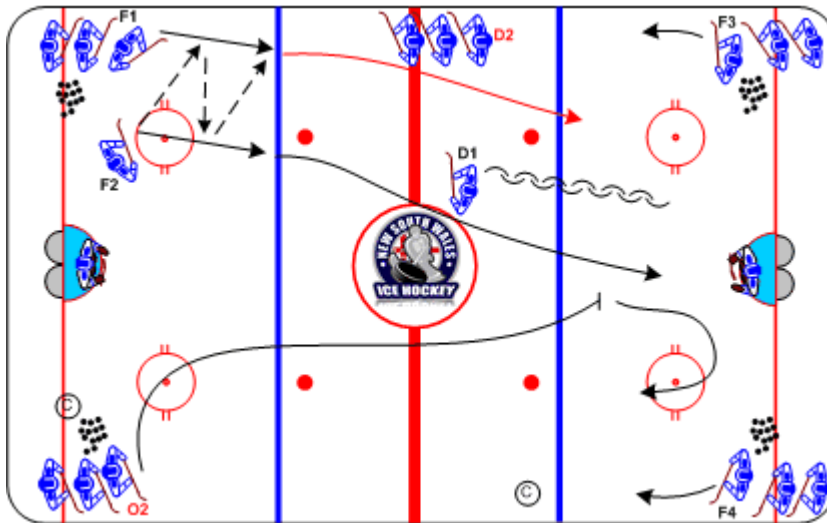




## 2-on-2 Backcheck

Duration: 8 mins

- **F1** and **F2** begin 2-on-1 vs **D1**
- **O2** backchecks, attempts to create 2-on-2
- On whistle, **O2** chooses **F3** or **F4** and joins offense
- Opposite-side Forward becomes backchecker



### Coaching Tips

- Read the rush
- Defensive forward "tracks back"
- Gain defensive side position on backcheck

### Execution Tips

- Both lines need pucks for offense