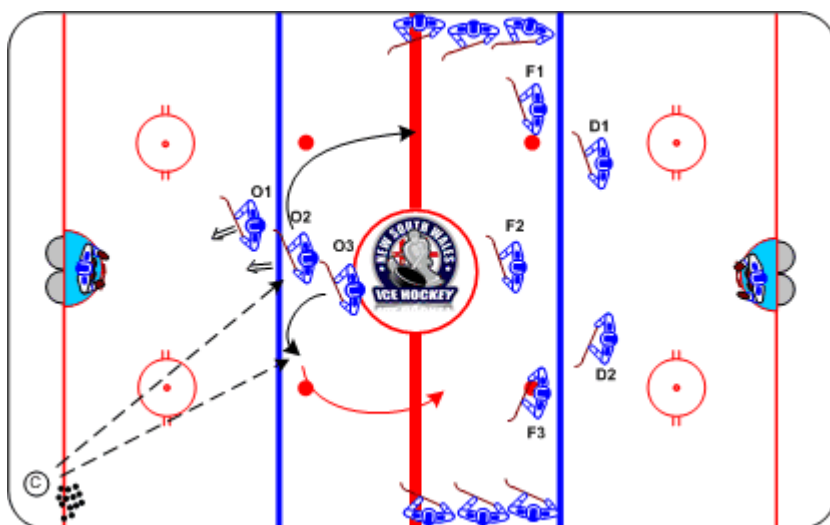




3-on-5 Continuous Forecheck

Duration: 8 mins

- O1, O2 and O3 shoot in puck and forecheck until group gains blue line and rotates out
- O1 shoots on goal, returns to forecheck
- O2 receives pass, shoots, returns to forecheck
- O3 receives pass, shoots in to begin forecheck
- Defense follow up for point shots



Coaching Tips

- Read forecheck on breakout
- Screen and support
- Gain blue line, release to shoot

Execution Tips

- Next line rotates in as previous line shoots
- Players to anticipate turn