



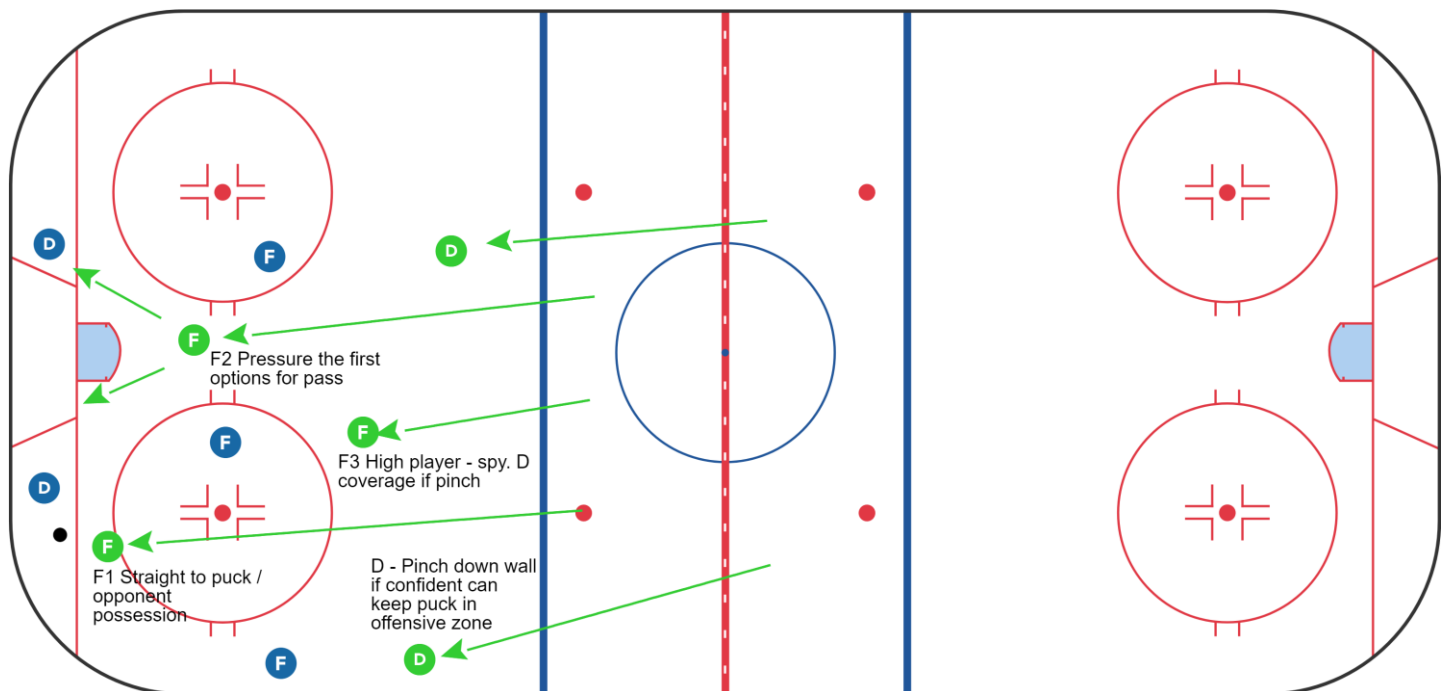
Date: Oct 8 2022

Time: 7:17 pm

Duration: 30 mins

Raiders 2-1-2 Forecheck 1

10 mins



Description

F1 - on the puck / carrier F2 - Take away options
F3 - Protect on high offensive zone D - Pinch, F3 Covers the D

Key Points

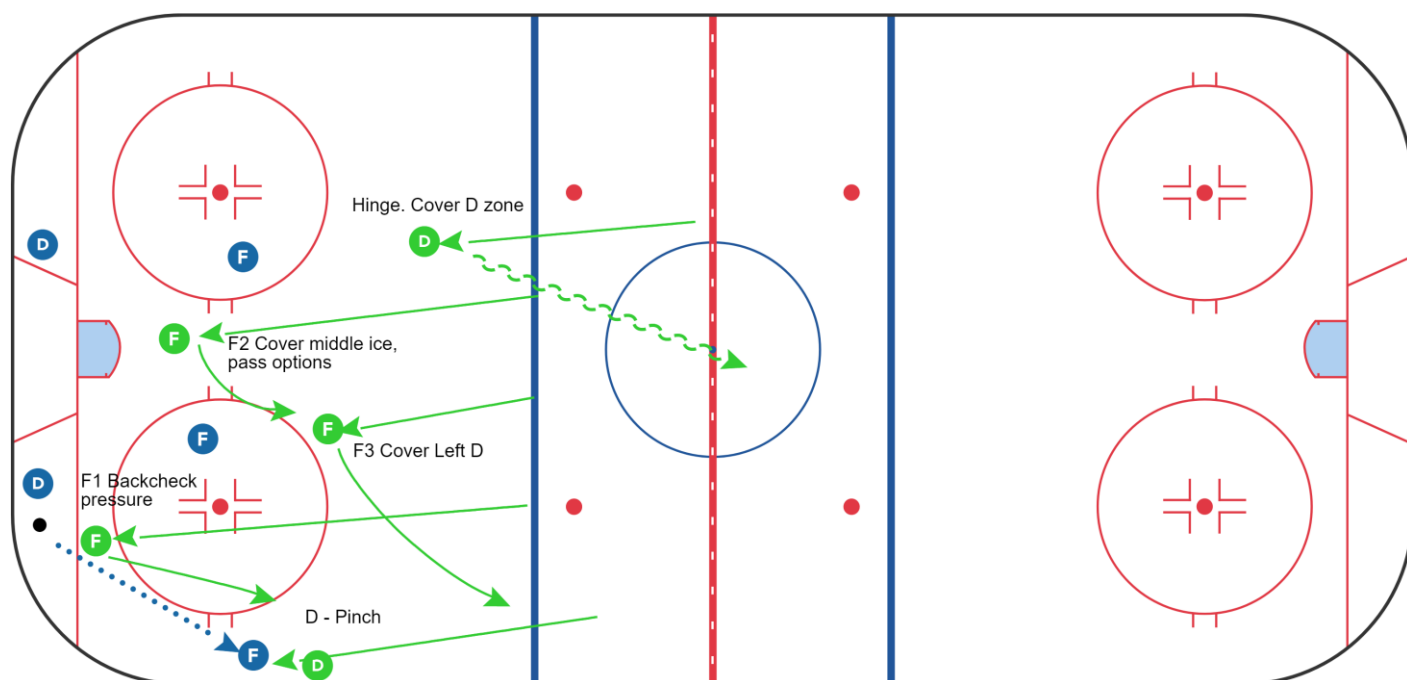
F2 gets in deep offensive zone, pressure on the pass, and react where the puck is going. If F1 misses check F2 Checks the puck carrier. F3 is reading the play. Stay Defensive side, watch for D pinch to cover, and cross ice pass.
D Pinch when appropriate. If D can get to outlet pass option, attack. If not sure, back out of zone.





Raiders 2-1-2 Forecheck 2

10 mins



Description

Outlet pass to right side. F1 - Backcheck.
F2 - Peel back, cover middle ice pass options.
F3 Covers D pinch. If D backed out, pressure the outlet.

Key Points

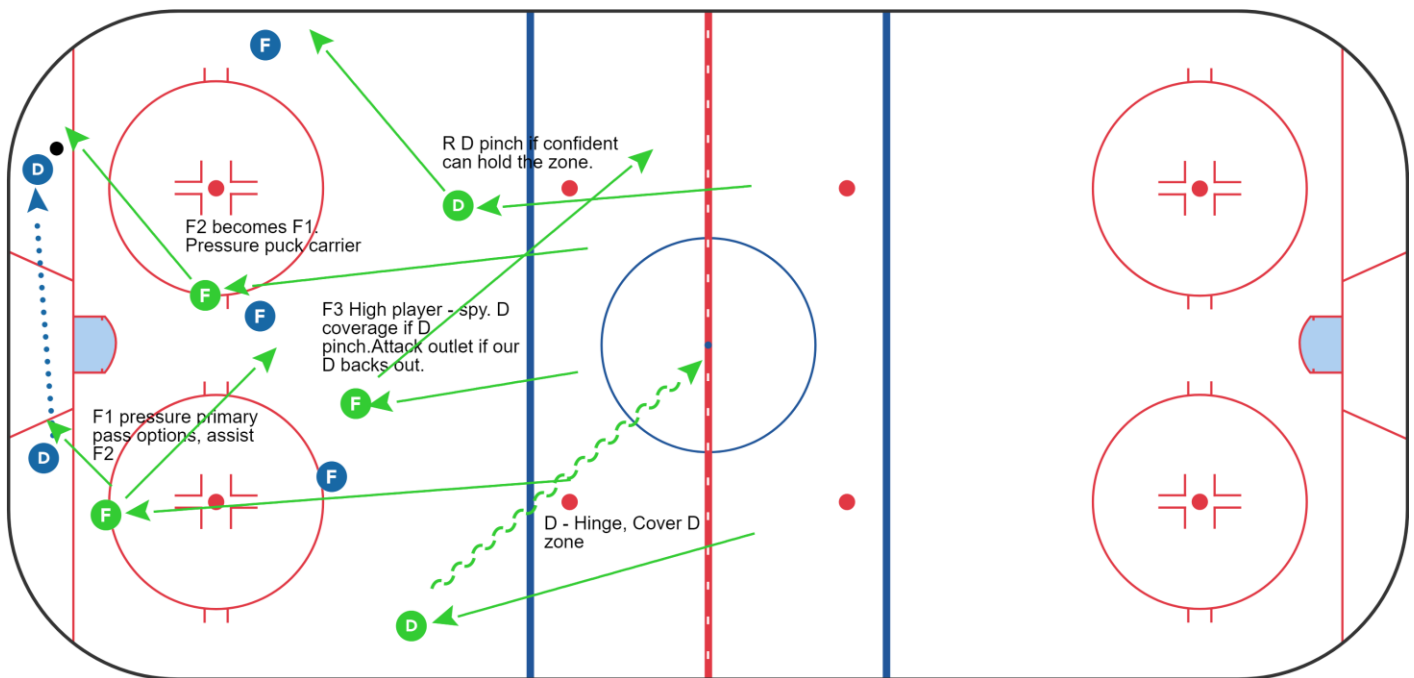
Backcheck
Sticks in passing lanes. Defensive hinge.





Raiders 2-1-2 Forecheck 3

10 mins



Description

If opponent breaks out weak side, roles change.

Key Points

- D Hinge.
- If D pinch, F3 Covers.
- If D back out, F3 pressures puck at outlet pass. Sticks in lanes.

