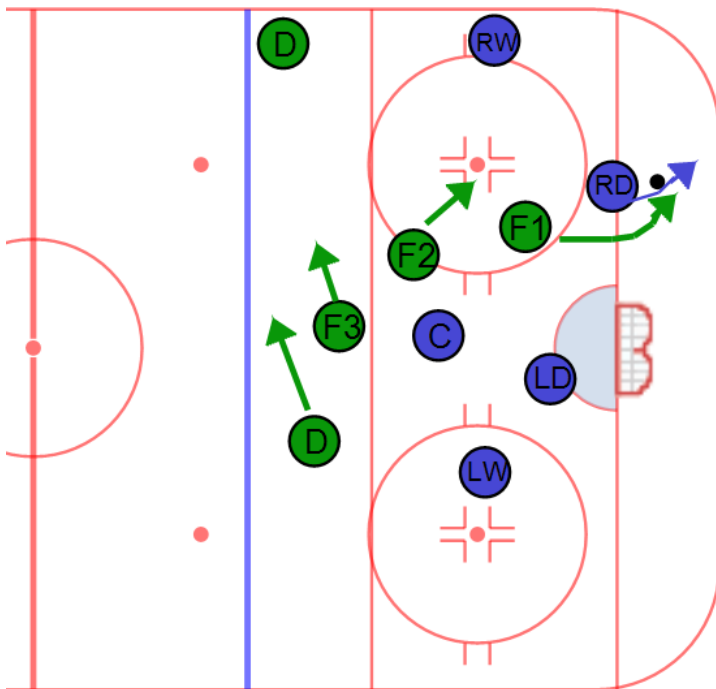




The 2-3 Forecheck

This is a very aggressive forecheck and is used to activate your defensemen to surprise the opposition. The nice thing about this forecheck is that at first it looks like the 1-2-2 forecheck and can catch teams off guard. The difference is that your defensemen have a green light to pinch aggressively all the way down to the strong side hash marks to smash the strong side winger as you will see. Much like the 1-2-2 forecheck the **F1** forward has the very important job of making sure that the opposition breaks the puck up the strong side and is not able to reverse their course.

Let's look at step 1: **2-3 Forecheck Step 1**



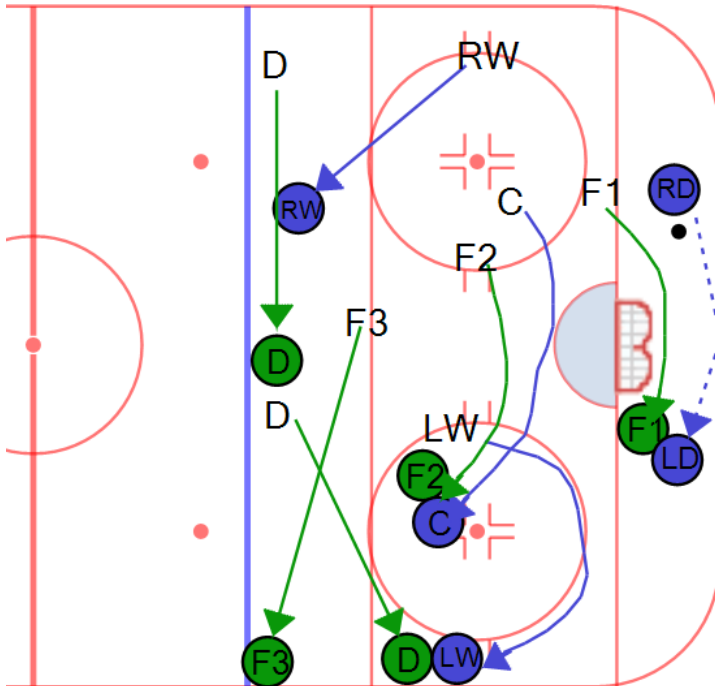
As you can see it is almost identical to how the 1-2-2 forecheck starts out. **F1** gets in on the puck carrier and takes away the reverse by forechecking from the inside out. Once **F1** is successful **F2** will start to lurk in the area by the faceoff dot. **F3** will remain up high by the blue line. He does not join the play unless puck possession has been won by **F1**, you will see why **F3** stays up there in the next step.





If **F1** is unable to contain the puck carrier and he is allowed to reverse the play, you adjust accordingly as though you were playing a 1-2-2 forecheck.

Let's look at step: If Reverse Happens

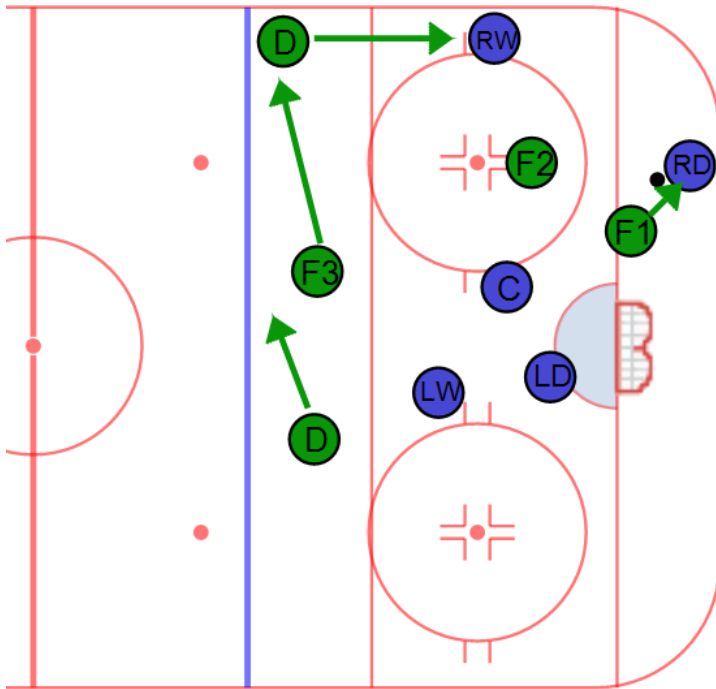


As you can see **F1** will follow the puck behind the net, **F2** comes in front to take the pass lane from **C**. **D** will auto pinch and **F3** comes over to cover for **D** and other **D** slides across.





Let's look at step 2: 2-3 Forecheck Step 2



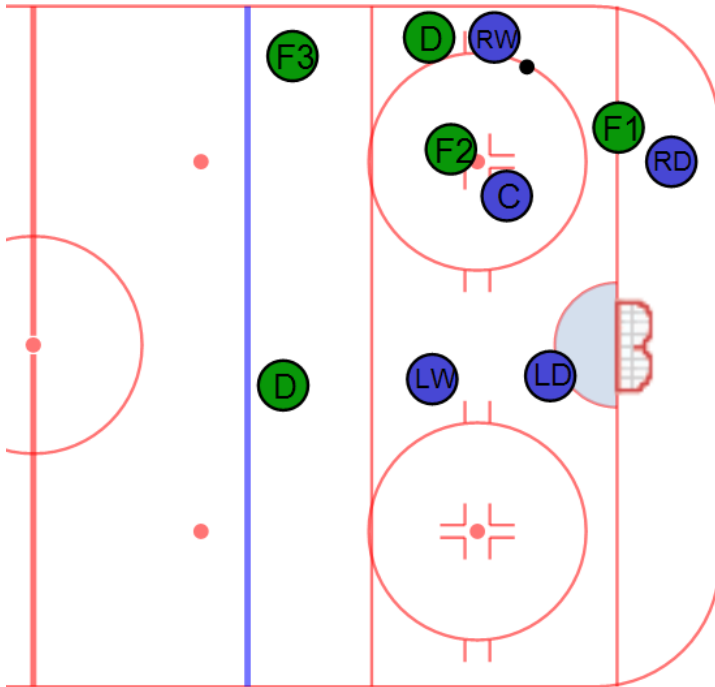
As you see in step 2, **F1** has forced the puck carrier up the strong side boards and now has limited his options. Instead of **F2** cheating and taking away the winger, he remains around the face off dot to cover the centre that will be cutting through. The next part is what makes the 2-3 forecheck so aggressive and unique.

Once **F3** reads that the puck is coming up the strong side boards he will yell "Go, go, go!" to the strong side defenseman who will auto pinch in hard on the strong side winger. Having **F3** yell "go, go, go" to his teammate just so that it makes it easier on the defenseman and give him more confidence that the pinch is proper at that time (the defenseman should know it's his time to go but it never hurts to communicate on the ice). While the strong side defenseman is aggressively pinching, **F3** starts to slide over and take his place on the strong side blue line.





Let's look at step 3: 2-3 Forecheck Step 2



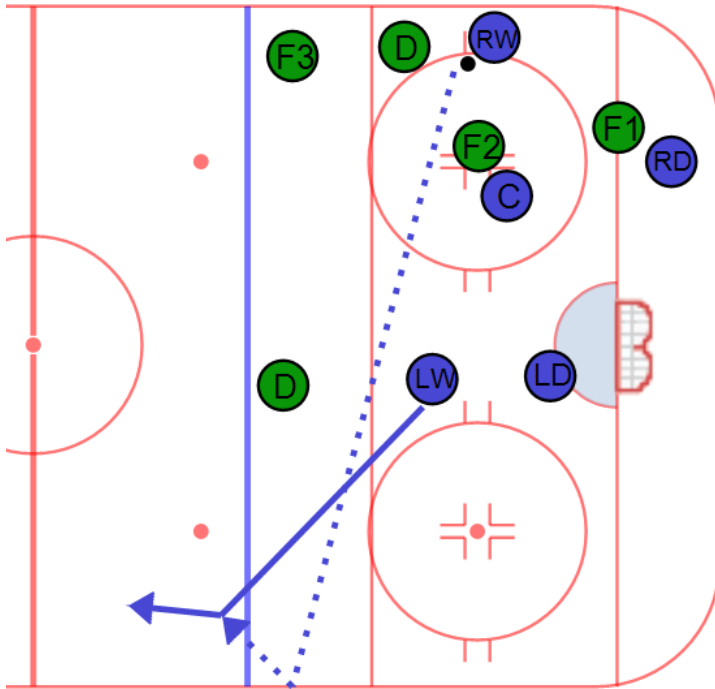
While the pinch is in full affect, **F1** trails the play slightly to take away any potential return pass the winger may give back to his defenseman to reverse the play. **F2** is in position to take away the center breakout thus leaving the winger with little options. Compounding the wingers problems is having a defenseman pinching in hard on him ready to take the body. More times than not the defenseman pinching causes that winger to panic, and he will just try and chip the puck by to avoid being plastered. This is perfect as **F3** is there on the blue line ready and waiting for this to happen. **F3** should have enough time to quickly take a few strides off the boards and towards the net to let a shot rip. **F2** should read this and get to the front of the net to provide a screen.

Once the initial pinch is complete it is important for that defenseman to get back to his normal position and allow **F3** to join the play as a normal forward to try and sustain offensive pressure IE: cycling etc.





If we don't do our jobs: 2-3 Forecheck Will Fail



Like any forecheck there are ways to beat it. With the 2-3 forecheck it takes a little bit of guts to do so but if successfully executed a few times it might cause the other team to pull their defenseman back. If the puck does get to the winger in time before the hard pinch comes from the defenseman, he can fire it as hard as he can off the far boards to have it ricochet behind the weak side (normally flat footed) defenseman. At this time his teammate winger will start flying the zone and this can result in a breakaway or a 1 on 1 with tons of ice to work with. It's a ballsy approach for sure but if you catch the other team sleeping a few times they will probably abandon the super aggressive approach for fear of getting burned.

As you can see the 2-3 forecheck uses a little bit of deception and aggressiveness to impose physicality on the other team's wingers.

If F3 doesn't stay high or D doesn't auto pinch THIS WILL FAIL EVERYTIME!!!!

