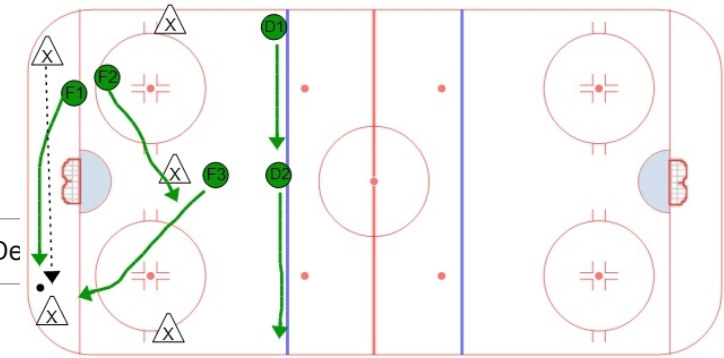
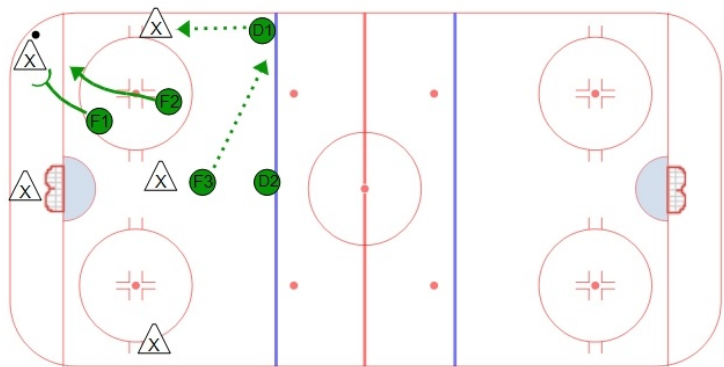
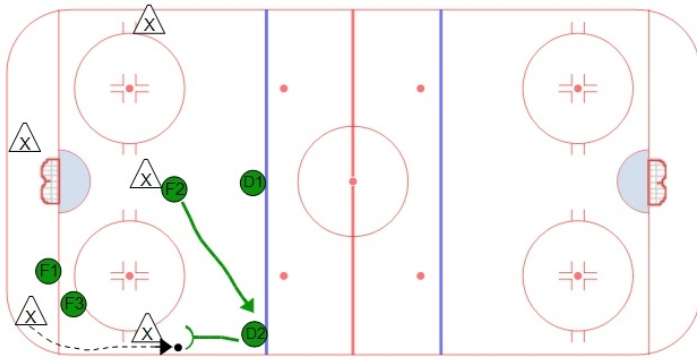


2-1-2 Forecheck (Strong Side Support)



Notes / Coaching Points





The 2-1-2 Forecheck is one of the most common forecheck used. The idea is to always pressure the puck with two players until possession is gained. Here are the keys to executing this strong side 2-1-2 forechecking system:

- F1 & F2 will pressure the puck hard
- F1 needs to create a turnover
- F2 looks for the loose puck
- F3 stays high in the slot in the middle of the ice or slightly on the weak side



If the puck goes up the wall on the strong side:

- D1 pinches down hard on the opponent's winger
- F3 covers D1's position on the blue line
- F2 covers F3's position in high slot
- F1 pressures from behind to help D1

If puck goes to the opposite side:

- F3 pressures puck hard
- F1 continues puck pursuit
- F2 covers for F3 in high slot

Notes / Coaching Points

For age levels that allow checking it is important for the first forechecker to take the body and finish their checks.

For more explanation from NHL hall of famer and former Chicago Blackhawks coach, Denis Savard, check out his [2-1-2 Forechecking video](#).

Description