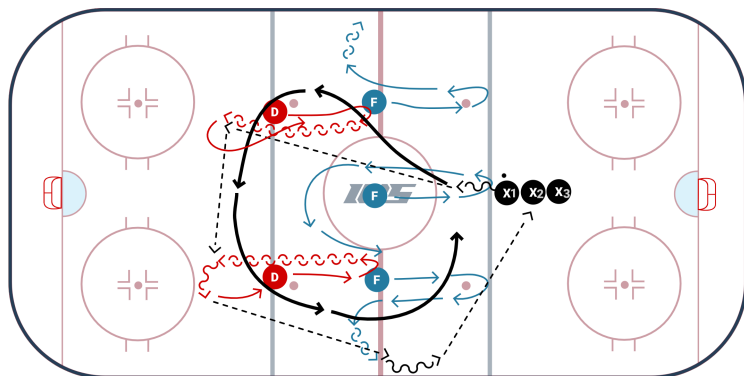


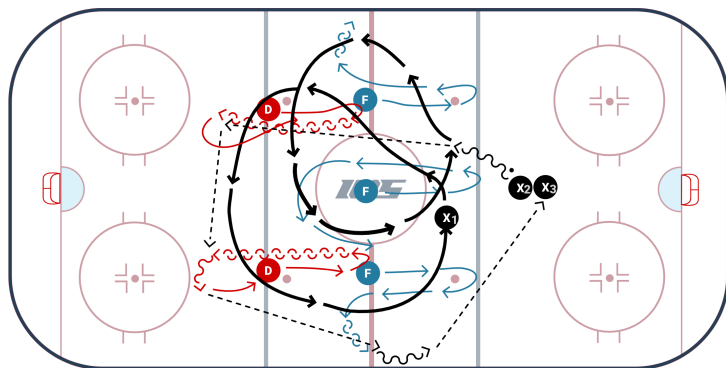
3 Swing Neutral Zone Forecheck Drill

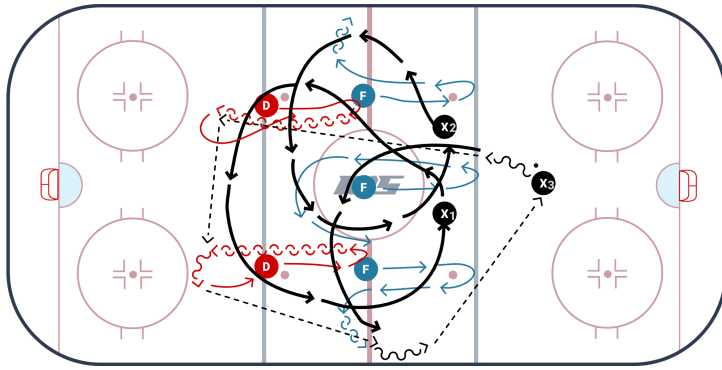


Notes / Coaching Points

Description







This is a great neutral zone forechecking drill. Each player has a specific responsibility and the drill works through their progression one at a time. After the progressions the offensive team attempts to break through the forecheck and attack the zone.