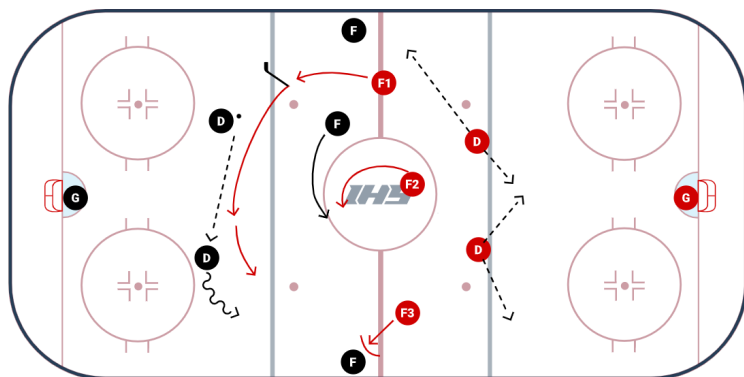


Neutral Zone Forecheck 1-2-2



Notes / Coaching Points



Description

Neutral zone play can often determine the outcome of the game and being able to forecheck properly in the neutral zone will create turnovers which will lead to more time in your offensive zone and less time in the defensive zone. This 1-2-2 forecheck video goes over step by step where your players need to be in order to jam the opposing team through the neutral zone.