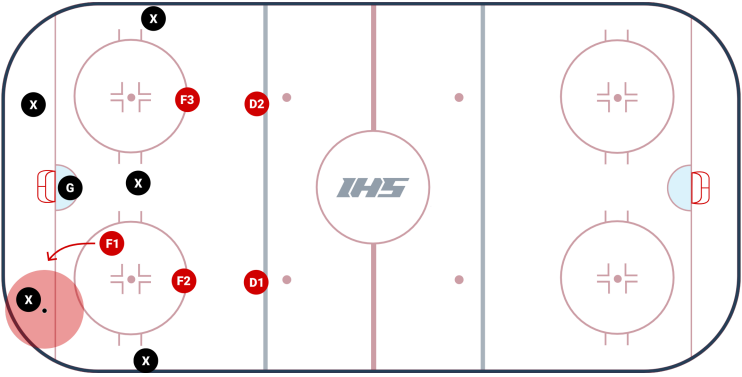


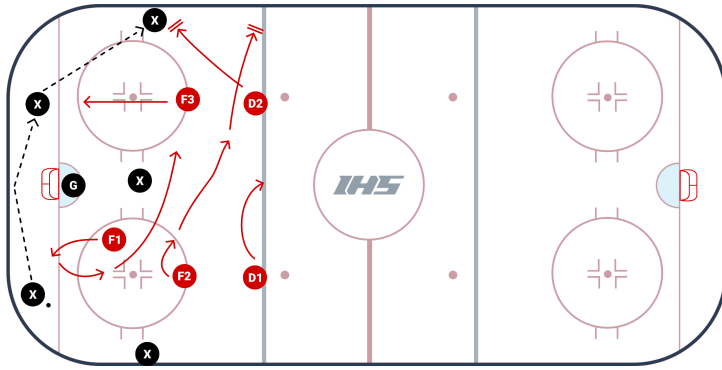
1-2-2 Forecheck Explained



Notes / Coaching Points

Description





The 1-2-2 forecheck is very effective and is used by most top-level and pro teams. The set-up makes it very difficult for the opposing team to break out of the zone as all passing lanes are closed off, forcing the opposing team to create uncomfortable outlets. This could be an effective forecheck for your team to run at certain times throughout the game.