

C3 - 5 on 2 Forecheck - 4 Attack

Key Points:

Overload the strong side with one player on the weak side for a one-timer or to change sides.

Description:

Forecheck

1. Overload on the strong side.
2. Three F's on the left side and RD on weak side.
3. C, RW and RD overload right side, LW on weak side.
4. RD and LW must read and drop back if turnover is possible.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090823163946686>

