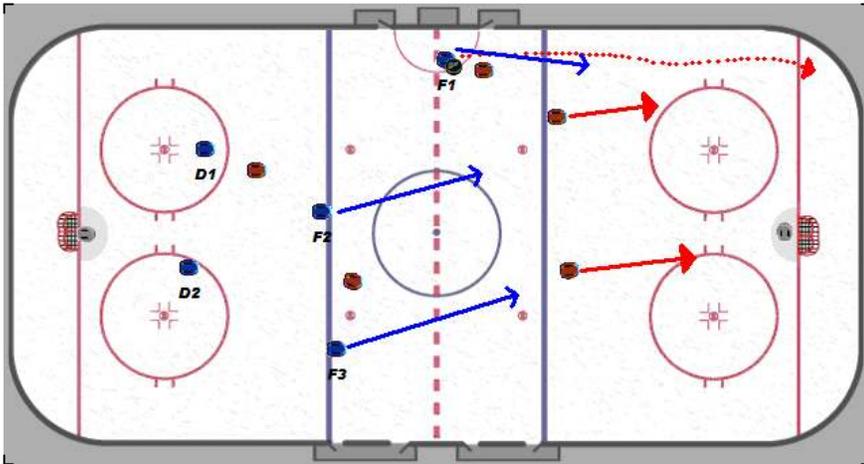


Nielsen_Playbook

1-2-2 Offensive Zone Forecheck

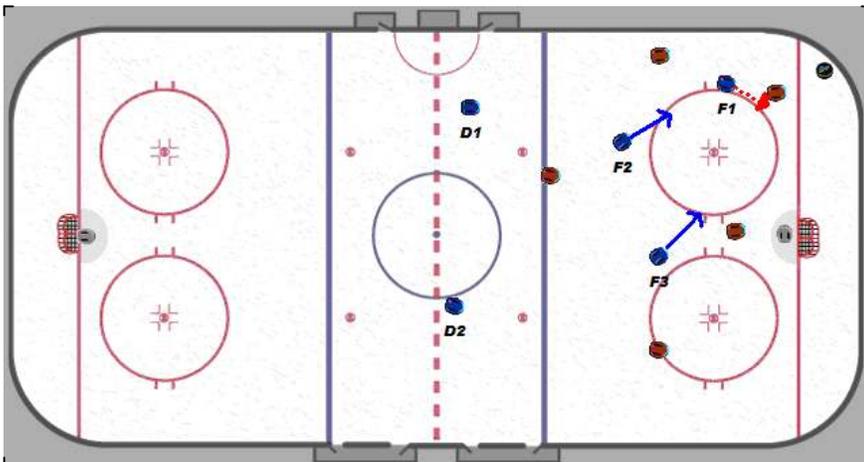
The concept to this defensive system is to force the defenseman to make a quick decision while under pressuer. If we get into position properly and don't allow open passing lanes we can create turnovers in the offensive zone that can lead to scoring chances.



In this situation when you are under pressure, you should dump the puck into the corner.

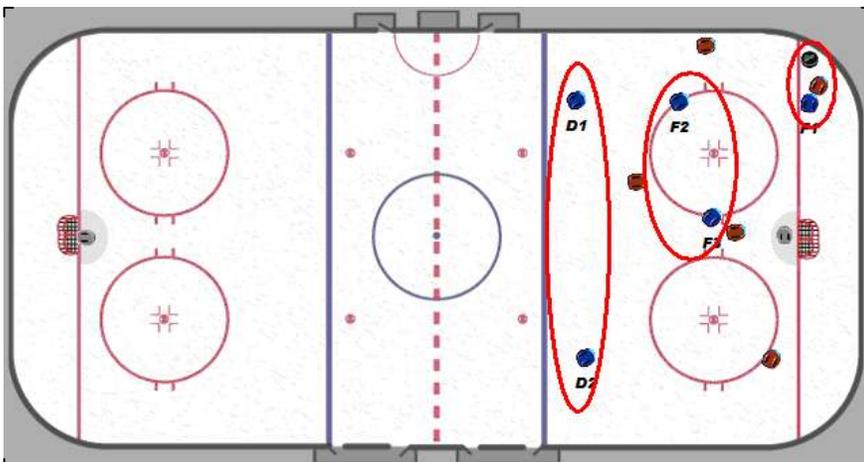
Be sure that the puck stays in the corner, we don't want the goaltender to play the puck or for the puck to wrap around to the far side.

Once you dump the puck it is your responsibility to put hard pressure on the defenseman going back to get the puck.



Try to put inside out pressure on the defenseman to force him to turn up the boards. This limits his passing lanes and forces him into the incoming forward on the strongside.

It is very IMPORTANT to make sure that your stick is on the ice to block the passing lanes.



1-2-2

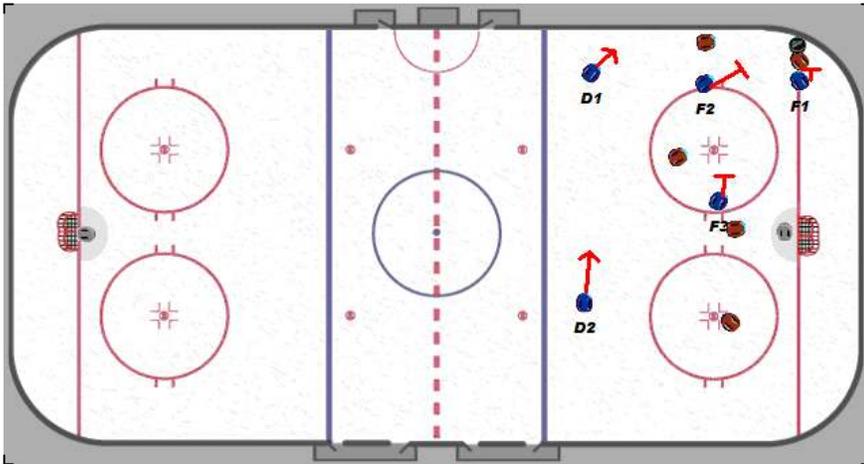
If we are in the proper position we will limit the ability of the defenseman to make an outlet pass.

By forcing the defenseman to the outside we take away time and space for him to maneuver.

Nielsen_Playbook

1-2-2 Offensive Zone Forecheck

The concept to this defensive system is to force the defenseman to make a quick decision while under pressuer. If we get into position properly and don't allow open passing lanes we can create turnovers in the offensive zone that can lead to scoring chances.

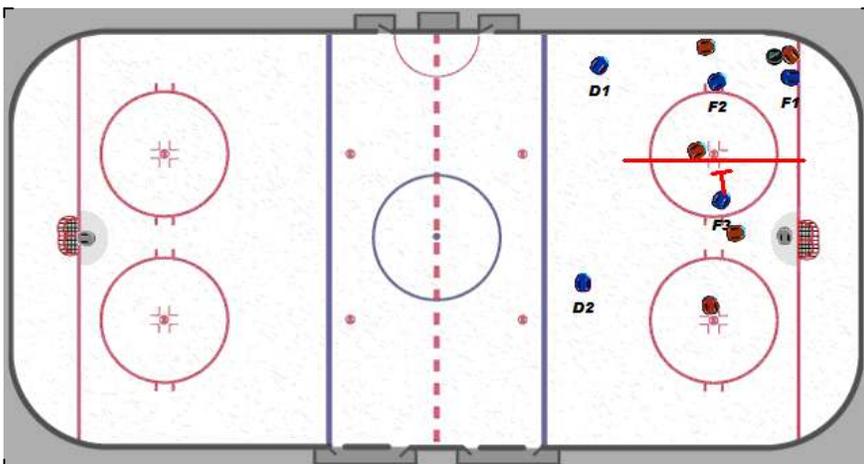


The strongside defenseman must watch the board wing and be prepared to defend him if he gets past the strongside forechecking forward.

He must also be available to take away the high off the glass dump that the puck carrier may use to clear the zone.

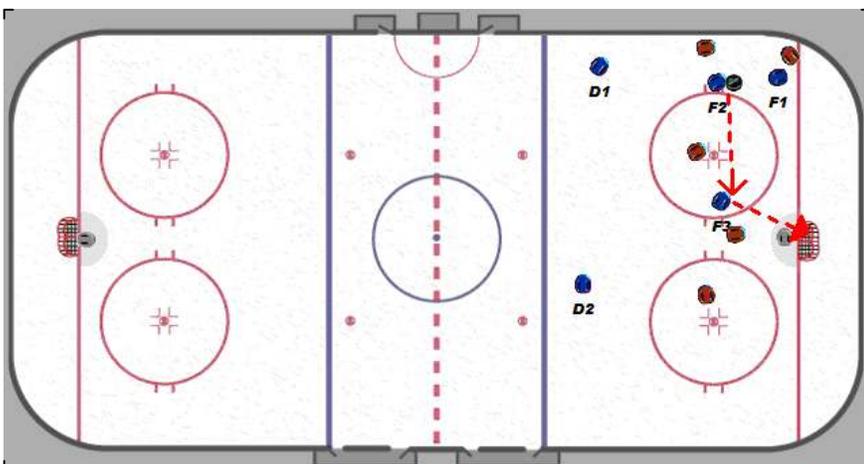
The weakside forward should maintain position in the middle of the ice to take away that pass.

The weakside defenseman should stay high and to the middle of the ice to defend against any potential breakout.



The weakside forward should not get too far to the strongside. The face-off dot should be your marker not to cross. If you get too far over you leave the middle of the ice open for a reversal.

Also the weakside forward should stay in the middle of the ice in the case of a turnover, where he will be for a good scoring opportunity.



When the turnover comes the strongside forward should look to the middle of the ice for the weakside forward in the slot area.

NOTE:

If the opponent breaks free on the forecheck the forwards **MUST** backcheck hard to help the defensemen who will be outnumbered 3-2.