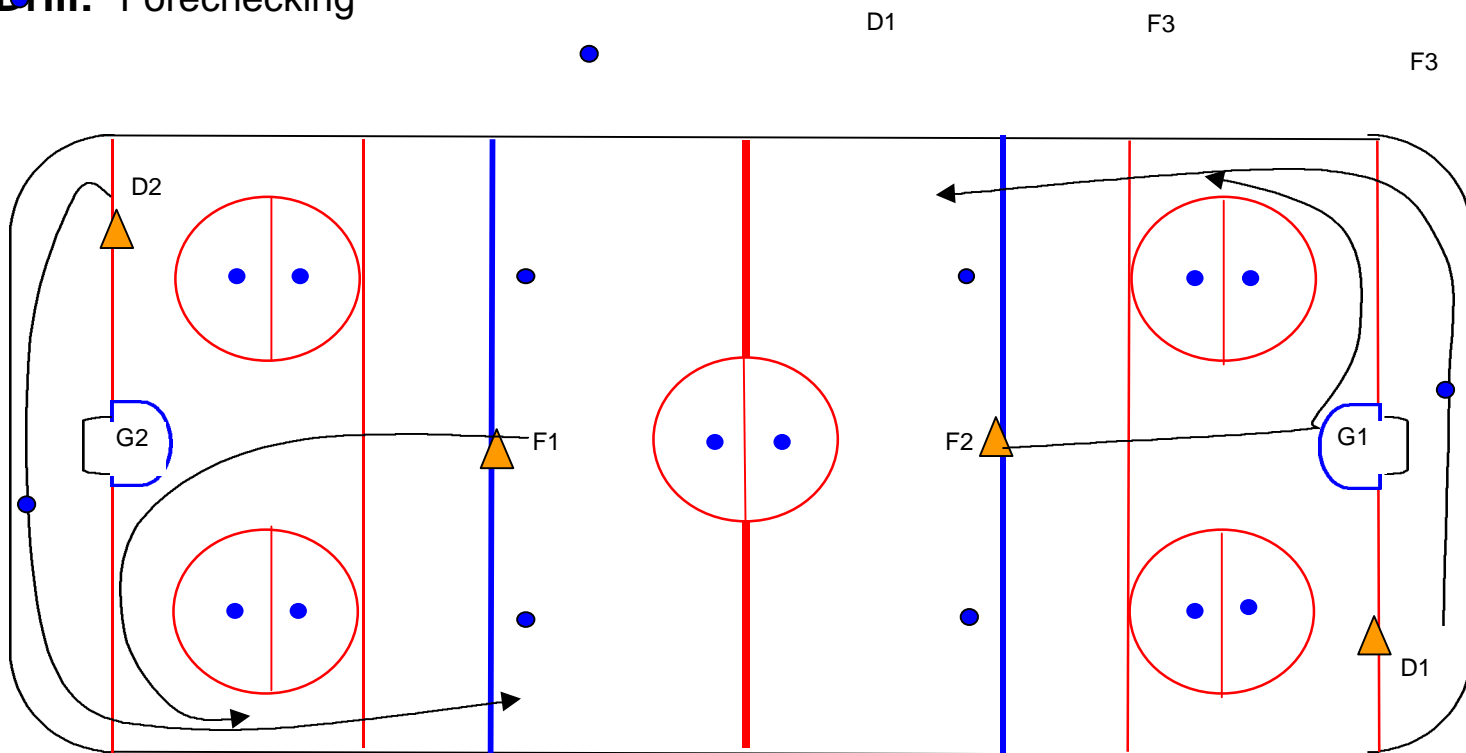


Drill: Forechecking



Goalie has the ring.

On the whistle Defence moves behind the net and receives a pass from the Forward moves towards the net and angles the defence who now HAS TO try and skate up the boards with the ring and carry it over the blueline.. If Forward gets the ring then the Forward will attempt a shot on net. Defence will try and check.