

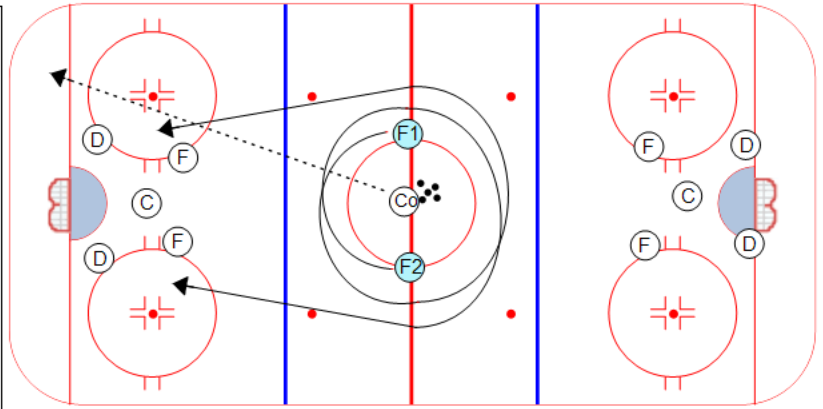
Title : MacDonald Forecheck

Category #1 : Team Systems

Category #2 : Forecheck

Description

1. On whistle, forecheckers take a lap around the center circle
2. As the forecheckers finish their lap, coach dumps the puck in
3. Forecheckers attack, 5-man unit breaks out



Key points :

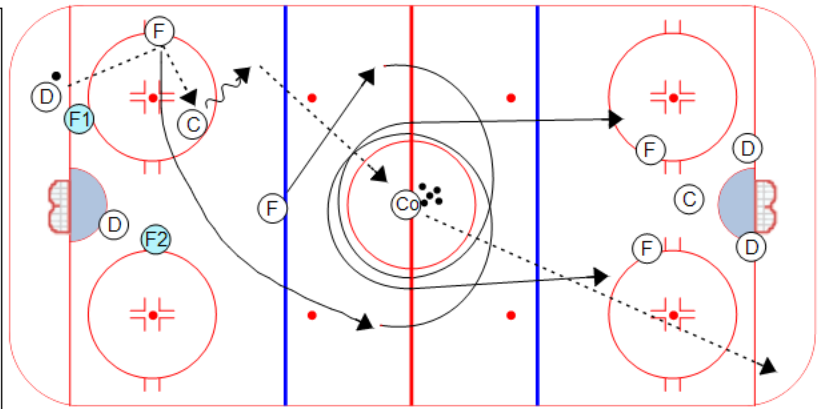
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Description

4. After the breakout occurs, puck is passed back to the coach
5. 2 of the 3 forwards peel out to take a lap around the middle circle, becoming the new forecheckers (forwards must communicate who goes!)
6. As forecheckers finish the turn, coach dumps the puck in for a breakout from the far end
7. New 5-man unit moves into the end that just broke out



Key points :