

Title 01- Pressure on Carrier

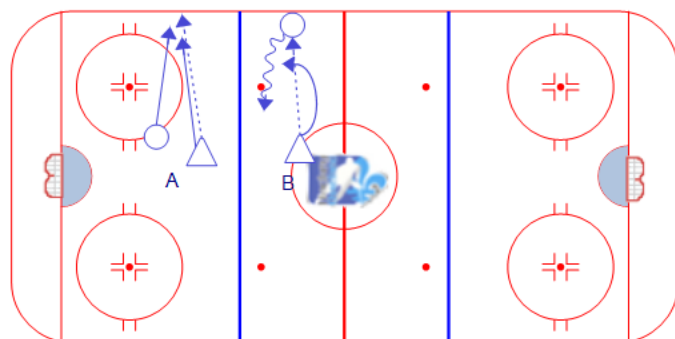
Type Individual Defensive Tactic

Role(s)

Forechecker

Description

Form groups of two around the rink. In each group, there is one forward (carrier) and one defense (forechecker). The forechecker tries to prevent the carrier to move toward the center: A) the forward does not control the puck (chase situation), then, B) the carrier fully controls the puck. Reverse the roles for each sequence.



Key points

Rule 1: - Pressure or restrain; move quickly toward the opponent if he is not in control of the puck (pressure); - move more slowly toward the opponent if he is in perfect control of the puck (restrain); - knees bent.

Options