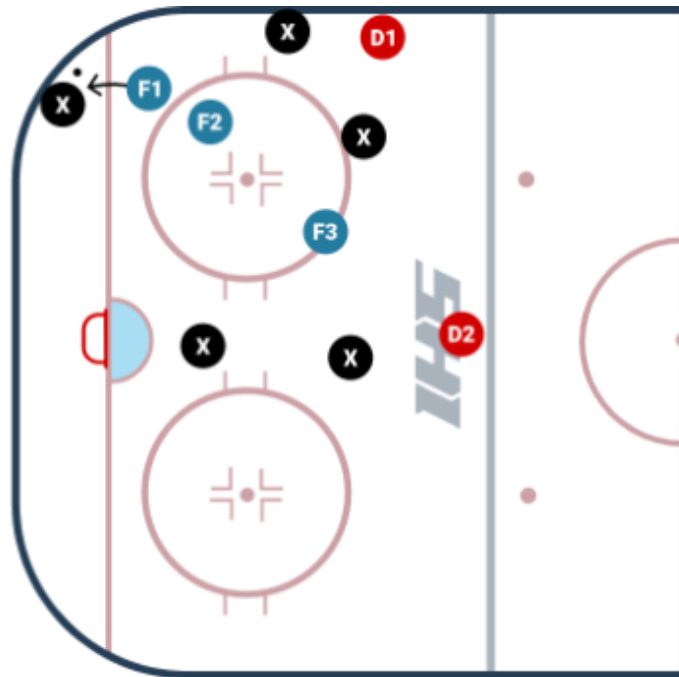


U10 OFFENSE/FORECHECK - ATTACK, SUPPORT, HIGH



Time:

Station:



This is the offensive zone forecheck we want to run

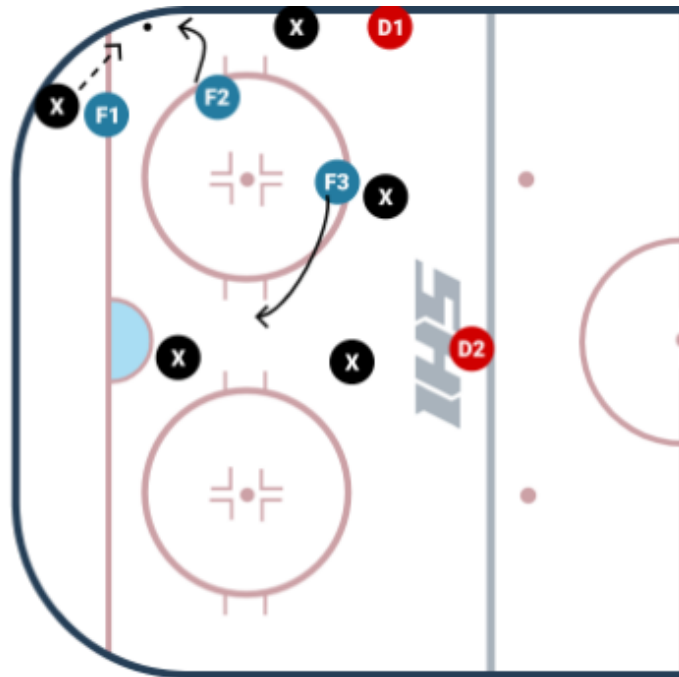
1. F1 - this is the first forward in the zone. This player will apply pressure to the puck trying to force a turnover
2. F2 - Second player will come in and read the play and support to the F1 player. They are looking to jump on a turnover or the next pass
3. F3 - Third player remains high. They will either go back on defense if the other team breaks out or will go to the front of the net for a scoring chance if we win the puck.

U10 OFFENSE/FORECHECK - ATTACK, SUPPORT, HIGH - OPTION 1 - PUCK UP THE BOARDS



Time:

Station:



Scenario 1 - Puck is pushed up the boards after F1 has applied pressure

1. F2 goes from support to attack
2. If F2 wins - F3 crashes the net and goes on offense
3. F1 stays in the corner for a return pass

Other notes D1 is support for F2

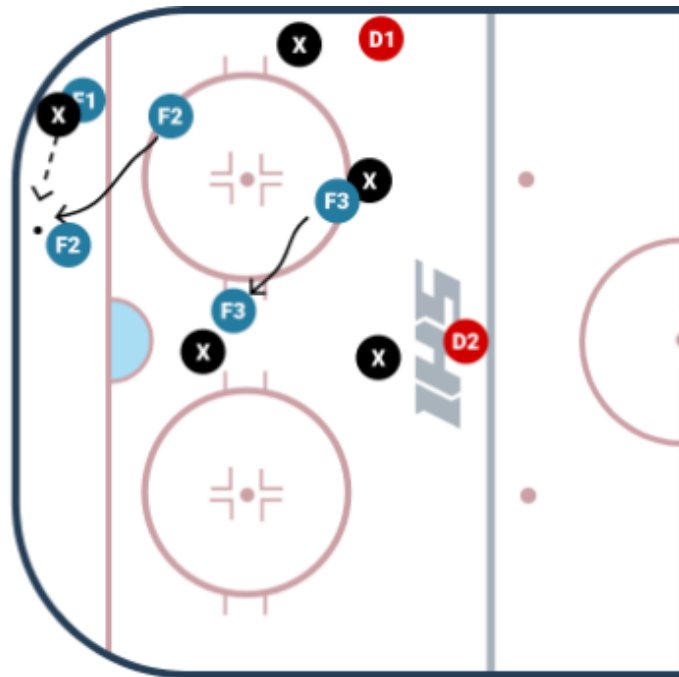
1. F3 is looking to go back and cover for D1
2. D2 stays high to be first player back on defense



U10 OFFENSE/FORECHECK - ATTACK, SUPPORT, HIGH - OPTION 2 - PUCK PUSHED BEHIND THE NET

Time:

Station:



Attack Support High Scenario 2

The puck is pushed behind the net

F2 - goes to the attack role

F3 - Crashes the net for a shot

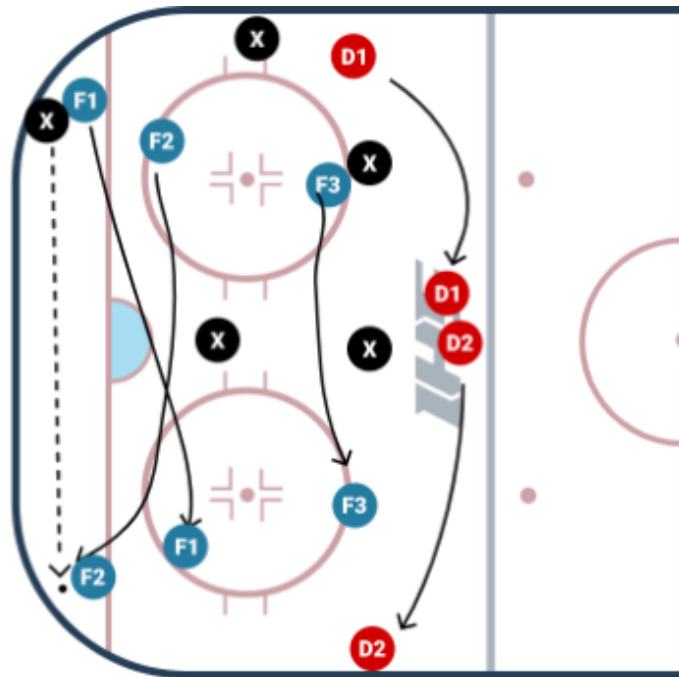
F1 - Either stays in the corner for an outlet pass or is going back on defense if the puck a 50/50 play



U10 OFFENSE/FORECHECK - ATTACK, SUPPORT, HIGH - OPTION 3 - PUCK PUSHED INTO THE OTHER CORNER

Time:

Station:



In this scenario

The puck is thrown in the other corner

F1 - becomes support

F2 - goes on the attack

F3 - stays high until we take over possession

Notes:

Defense slides over, D1 is now the safety valve