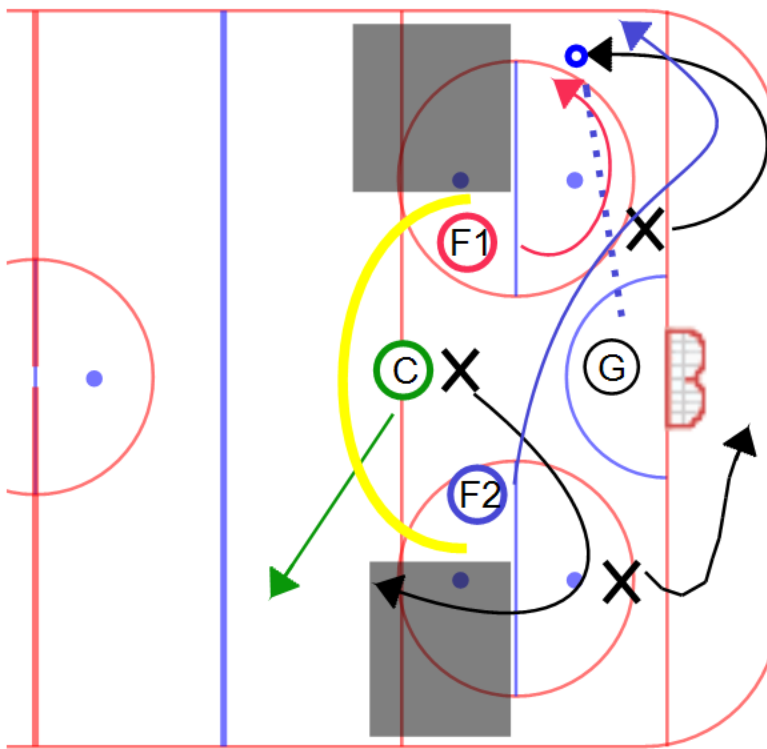


Category #1 :

Title : 2 on forechecking - overview

Category #2 :

Content elements: _____ Components : _____



Key Points :

Description

F1, C, F2 start in an 'umbrella' shape, preventing the goalie from passing high in the zone (shaded areas). Force a pass low or behind the net.

F1 (whoever is closest to the ring-carrier) channels the ring-carrier to the boards. F2 (further from the ring) comes in from the other side so that the ring-carrier has nowhere to go.

The C backs up, looking to find the first player leaving the zone and marks them all the way back. Sometimes it will be one of the defense, most often it will be the centre. It's important for the C to look in both directions for the player breaking up the ice. Backing up early can help prevent an odd-player rush.

F1 and F2 follow the ring. If there is a support pass, they do the same thing to the ring carrier: the closest forward channels, and the second one in goes to the opposite side.

Once the ring gets past the forecheckers, they both chase the ring-carrier until they cross the ringette line and the forwards can't go in. Only when the opponent has control of the ring inside your ringette line should the forwards go for a line change.

Success looks like:

- 1. freezing the ring (move it or lose it) or recovering the ring
- 2. forcing a pass from an outside lane