

# NHLCA FEATURE DRILL

OCTOBER 15, 2023

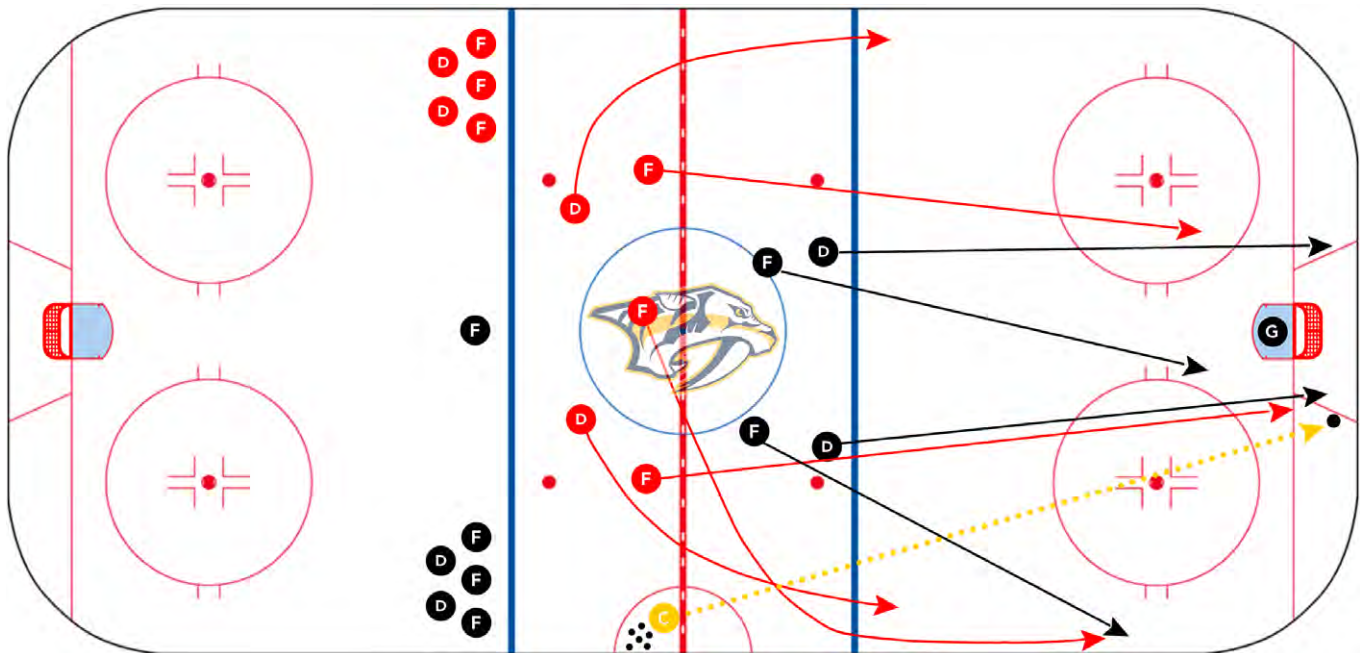
## 5 VS 4 FORECHECK

**Category:** Forecheck

**Team:** Nashville Predators

**Description:**

- 5 red players & 4 black players are moving in neutral zone
- On coach whistle/dumped puck. 4 black players must try to skate puck out of the zone vs the 5 red forecheckers who are executing proper forecheck routes/sort outs vs black breakout
- Let it play out for 20-30 seconds or until black skates puck out
- Black then forechecks, red defends



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