

Cycling the Puck

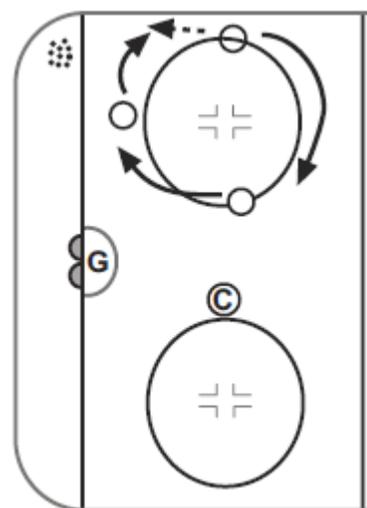
Cycling is a tactic that supports the concept of puck possession by using quiet zones of the ice. The emphasis of offensive cycling is keeping players in motion. When introducing Cycling in practice, begin with two players and no defenders. Add a third player – either a forward or defenseman – depending if you are working on the Low or High Cycle. Once the attacking team has mastered the play with no defenders, coaches can apply passive pressure and then finally add defenders to create a game-like, competitive drill situation. Timing and reading the play are keys to understanding and implementing this tactic and players will love to keep possession of the puck!

Low Cycle

In the low cycle, the player with the puck, using good puck protection techniques, spot passes the puck off the boards. The forward in front of the net reads the cycle and jumps down to pick up the spot while the high forward rotates to position in front of the net. Ideally the cycle confuses the defensive coverage and a lane to the net opens up.

DRILL | 3-MAN CYCLE

- 3 Players in corner work on cycling the puck back down the boards.
- On signal from Coach, players make pass to net front for shot.
- Add defenders to create a competitive, game-like situation.



High Cycle or Scissor Play

Here as the puck carrier moves the puck along the boards the defenseman at the point activates, skating between the puck carrier and the boards. As they meet the puck carrying forward leaves the puck for the defenseman then attempts to take the opposing defender with him, creating space for the puck carrying defenseman to move into or pass.

DRILL | DOWN THE WALL CYCLE

- 2 lines near blue line.
- Middle line shoots on net, then skates to corner to retrieve puck.
- Line closest to boards skates down wall, to pick up cycle pass from first forward, who then goes to the net for a return pass and shot on goal.

