

COACHES PLAYBOOK

Cycling A Fun Way To Create Offensive Chances

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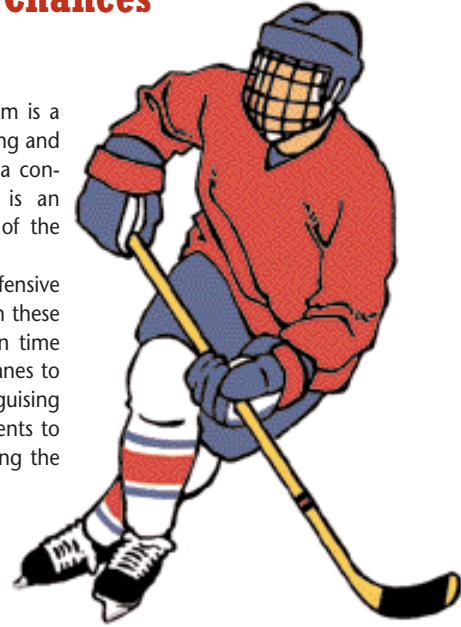
Cycling has been around the hockey world a long time without gaining much notice or having a tactical name. This tactic was used by many old time players who had good skating and puck handling skills along with good hockey sense that helped them create outstanding scoring chances.

The tactic started to be identified as unique in the late 1970s when it was called "playing in the dead zones, soft zones, or along offensive perimeter boards." Eventually it adopted the name of cycling because of its elements: crossover skating while carrying the puck around the circles, using board passing, give-and-go passing and switching positions to confuse the defenders in common reoccurring situations along the boards.

Cycling is not a system. A system is a preconceived, controlling, compelling and disciplined way of play. Cycling is a conceptual spontaneous tactic that is an action as part of a plan, a piece of the whole.

It is a supportive interaction of offensive players who have learned options in these situations along the boards to gain time and space, create open gaps and lanes to the net. It is a camouflage of disguising your attack by drawing the opponents to the boards and away from defending the slot and goal.

Cycling can be a frontal, lateral or rear attack, depending on the puck carrier's route to the net. It could be likened to a basketball weave.



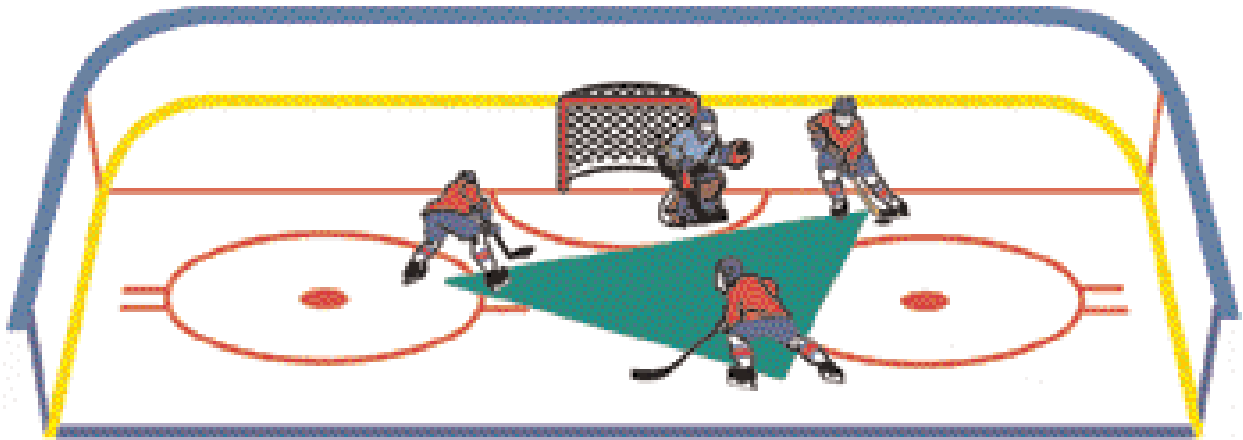
Cycling

1. It is creative, fun, entertaining, rink rat-style hockey
2. Can be taught to Squirt players and up
3. Players must have good control of inside and outside edges
4. Players must be able to execute:

- Crossovers
- Push-unders
- Control turns
- Escapes
- Mohawks
- Handle the puck with eyes up

Rules of Cycling

- Use cycling to create openings, shots, rebounds and tips
- Create time and space
- Do not get hypnotized by the flow – take the opening when it presents itself and go hard to the net
- Camouflage your tactics
- Be disciplined – go to the net – on every chance you create
- Keep the triangle
- Keep skates moving – protect yourself against the boards
- Only two players below the faceoff dot and keep the third player high
- Bump pass must be angled off the boards to reach the deep corner or behind the net
- Read the flow



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Why Teach Cycling Options

1. Fun
2. Creativity
3. Develop supportive interaction
4. Flow
5. Expand hockey initiatives
6. Double your offensive options by having as many behind the net options as in front
7. Power play concepts in six-on-six situations
8. Refine power play situations by trying options in six-on-six hockey
9. Teach your players to use the 7th player (the boards)



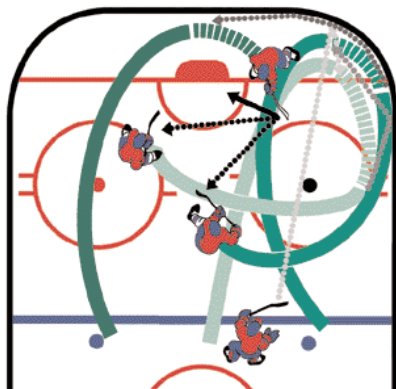
Beginner Cycling Drills

Drill #1

Three skaters start in the corner. First player carries puck and bump passes off the boards once he reaches the outside hash mark. He goes to the far goalpost. The next skater picks up the loose puck and bump passes to third skater before skating to high slot. Third player picks up pass and cuts to net where he can shoot or pass.

Drill #2

Line up across blueline with a coach positioned at the blueline. Puck is dumped into the corner. The first player skates retrieves puck and makes bump pass off boards. He moves to the goalpost. Second player follows the play, and passes to third player before skating to high slot. Third player picks up puck behind the net. He has the option to pass to either teammate or skate out from behind the net and take a shot.



Intermediate Cycling Drill

Drill #1

Fundamental movement of cycling with a line of three skaters, skate the circle so that each player bumps and receives the bump pass on the left circle and the right circle. Do the two circle rotation once, then do it twice so it will be a four circle skate.

Drill #2

Practice the same but bump the puck low in the corner so the puck stops behind the net. All three separately skate the cycle, then bump the puck back behind the net. Skate both circles to complete the drill.



Advanced Cycling Drill

Drill #1

One bump pass and double walkout. The first player bumps and then loops high. The second player picks up the bump, skates out and passes behind the net. The third player picks up the pass behind the net and skates out.

Drill #2

Cycle one bump – three passes – use defense. First player bumps, second player picks up the bump and passes to the defense. Defenseman passes to the third player through, who passes to the first player, second player, defenseman or shoots.

