

Title : Drive with a Cycle

Content elements: _____

Components : _____

Description

Players begin in a good offensive triangle formation as shown above

1 passes to 2 and cuts to the slot

3 moves lower in the slot for a rebound

2 passes to 1 for a shot and goes to the net

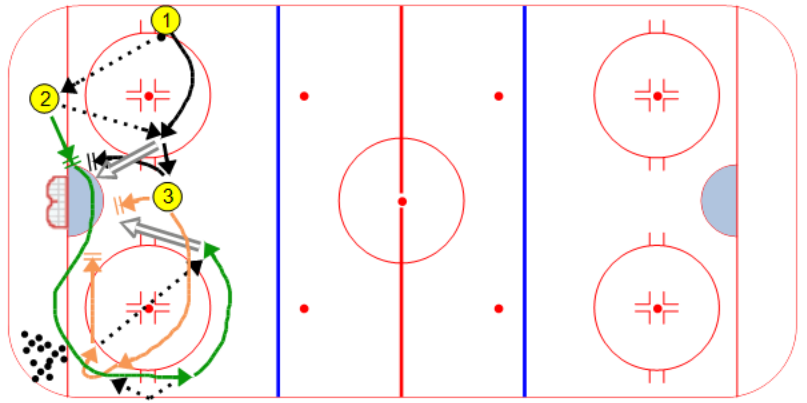
After the shot 2 skates to the corner and picks up a puck
3 skates through the circle to make himself available for a chip
back cycle pass from 2

1 stays in the high slot area as the cycle begins

2 chips puck back to 3 and cycles around the circle to receive a
pass from 3 in the corner

As 2 comes around the circle with the puck to shoot, both 3 and
1 make their way to the net for a rebound

At each section of the drill you should continue to have a good



Key Points :