

Title : Cycling Progression Drills

Category #1 :

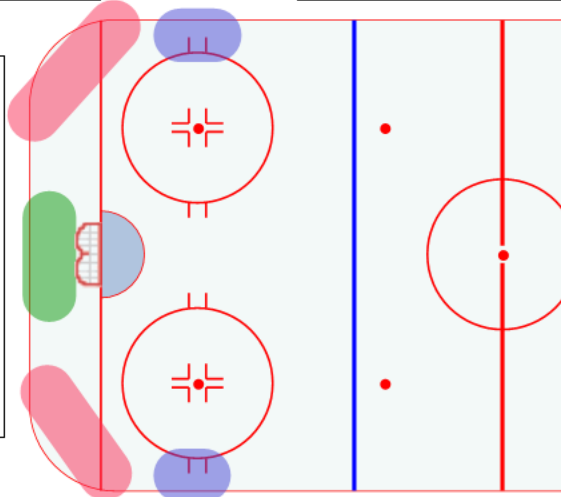
Category #2 :

Description

Dead Zones

The corners of the rink in the offensive zone can be called dead zones because the defense won't have a player there to defend a play. This allows an offensive player to play a pass back into the dead zone to create a scoring opportunity by receiving a pass from a teammate while going hard to the net.

Some coaches consider the area along the wall by the hash marks and behind the net to be a dead zone as well and will work cycle plays off that area also.



Key points:

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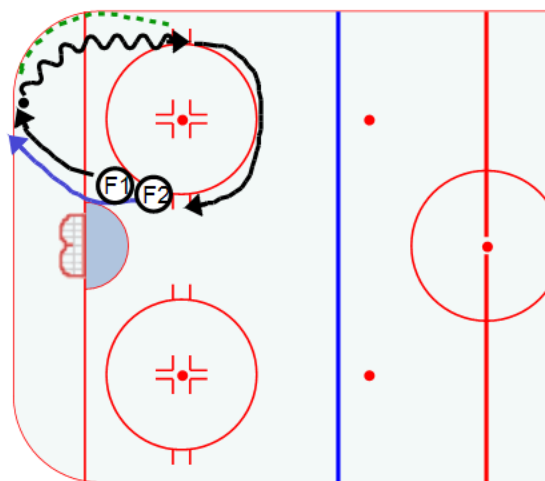
Category #2 :

Description

Cycling Progression Drill #1

Have the players line up in the area between the crease and the circle. F1 starts the drill by skating to the puck and moving up the wall with it. When he reaches the hash mark he must indirect pass the puck back into the dead zone. F2 must wait for the pass to be made before leaving to retrieve it. F2 then skates up the wall and makes an indirect pass back to the dead zone. The drill continues with F3 & F4 and so on. After the player makes his pass he goes to the back of the line.

Make sure the pass goes all the way back to the flat area of the boards and doesn't get hung up in the corner. Continue the drill until each player can make a successful pass. Change sides after a few minutes.



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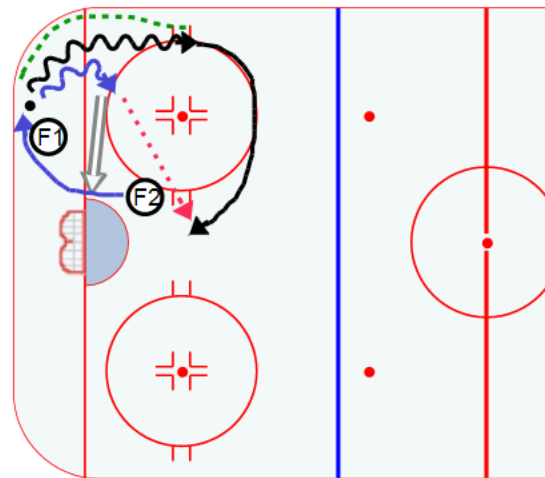
Category #2 :

Description

Cycle Progression Drill #2

In this drill the players start the same as in drill #1 (I've placed F1 at the puck to start for clarity). F1 skates to the puck and goes up the wall. F2 must stay in front as the net presence and not leave until the pass is made. F1 makes an indirect pass back to the dead zone and F2 skates in hard to retrieve the puck. F1 skates hard through the top of the circle and into scoring position in the slot. F2 steps out and either makes a pass to F1 or shoots on net and F1 looks for the rebound.

NOTE: F2 must stay as the net presence because in a game F1 may come off the wall and shoot, so F2 needs to wait for the pass to happen.



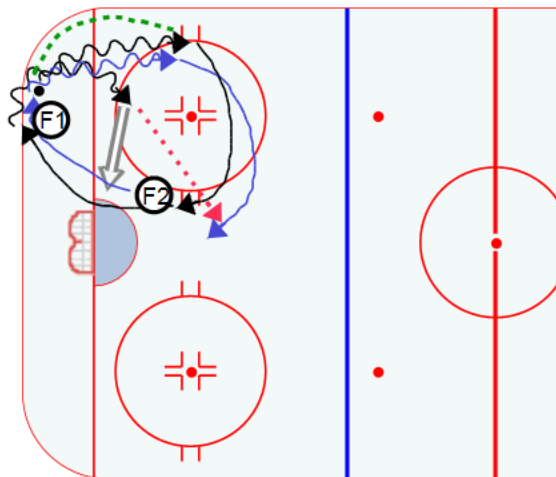
Key points:

Description

Cycle Progression Drill #3

Same as the above drill but this time two passes are made. It is a little confusing when you see all the lines in the diagram, but when F2 picks up the first pass he skates up the wall and makes a second indirect pass back to the dead zone where F1 retrieves the puck. F2 comes hard around the circle and into the scoring area while F1 steps out and either passes to F2 or shoots.

NOTE: When F1 comes around the circle he must wait as the net presence until F2 makes the pass back. We don't want this drill to be a merry-go-round event.



Good pass to the flat zone	Net Presence
Patience	

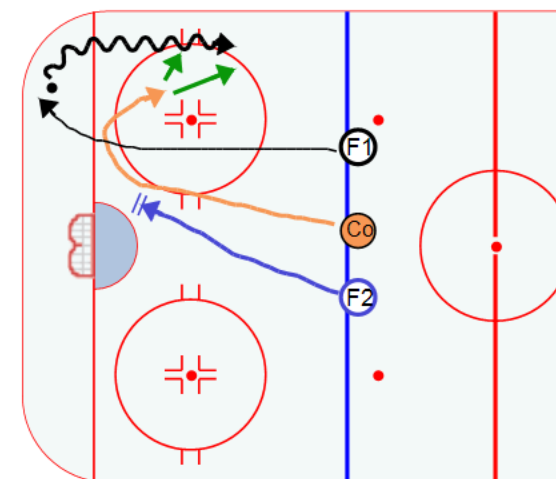
Key points:

Description

Cycle Progression Drill #4 (Pressure)

Coach dumps a puck into the corner. F1 skates hard to retrieve it. F2 skates to the net presence position. The coach applies light pressure to F1. F1 must read the pressure from the coach and decide if the right play is to drop the puck back to the dead zone or accelerate around the top of the circle and look for a shot. The coach applies either front side or back side pressure on F1 to make him read the pressure and decide where to go with the puck.

Once again, F2 MUST stay as the net presence player in case F1 comes around the circle and shoots. If F1 drops the puck back then F2 skates to the puck and steps out to pass or shoot.



Read Pressure	Read Pressure
Read Pressure	Read Pressure!

Key points:

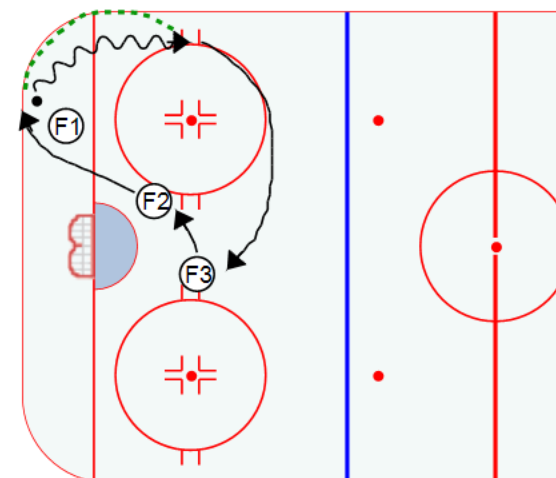
Description

Cycle Progression Drill #6 (3 Man Cycle)

This drill is designed to just get your players familiar with moving the puck back to the dead zone and then exchanging places with a teammate. It's simple but effective and a good learning tool.

F1 passes back to the dead zone and once again F2 must wait for the pass to happen before moving. F2 retrieves the puck. F3 moves to the net presence position and F1 accelerates around the circle into the scoring area in the slot. The drill continues with each player working the cycle from each position a few times.

Make sure the player coming to the middle accelerates hard.



Skate hard	Good pass to flat zone
Occupy teammates area	Accelerate into scoring zone

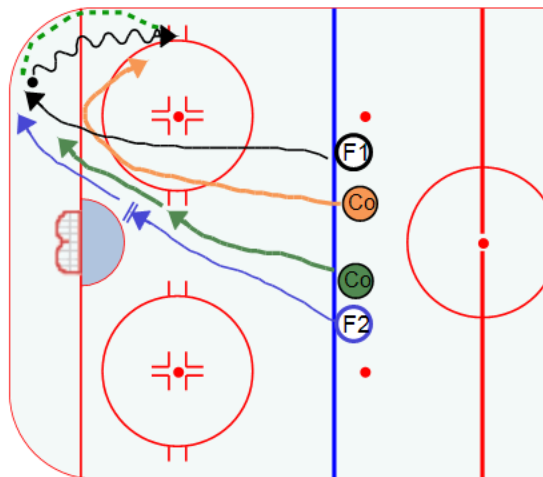
Key points:

Description

Cycle Progression Drill #7 (Double Pressure)

In this drill two coaches apply pressure to the players working the cycle. The coach dumps the puck into the corner and F1 retrieves it. F2 goes to the net presence position and waits. Both coaches apply light pressure to force the players to read the pressure and make the right decision with the puck.

F1 can pass to the dead zone or accelerate around the circle to shoot. F2 must read the play and wait for F1 to make a decision before leaving the net presence position.



Key points:

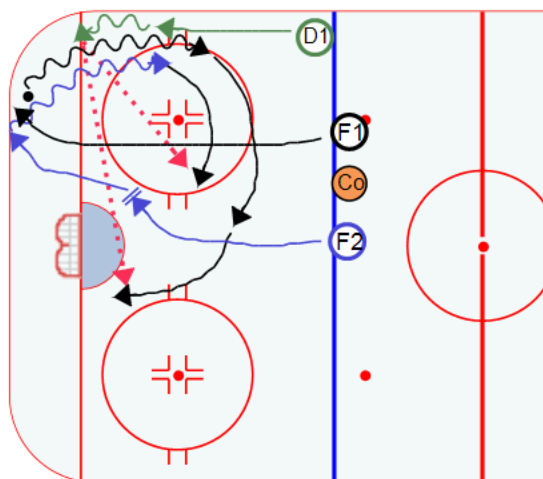
Read Pressure	Patience
Good pass to flat zone	Net Presence

Description

Cycle Drill Progression Drill #8 (High Cycle)

Again the diagram has a lot of lines but it's just the basic 2 man cycle and then we activate the defenseman. F1 starts the cycle by passing to the dead zone. F2 picks up the puck and moves up the wall. D1 skates hard down the wall and F2 exchanges the puck with him. F1 works hard to the far post. F2 works hard to the scoring area. D1 skates down the wall and looks to pass to F1 or F2 for a scoring chance.

NOTE: The coach can apply pressure if he wants to.



Key points:

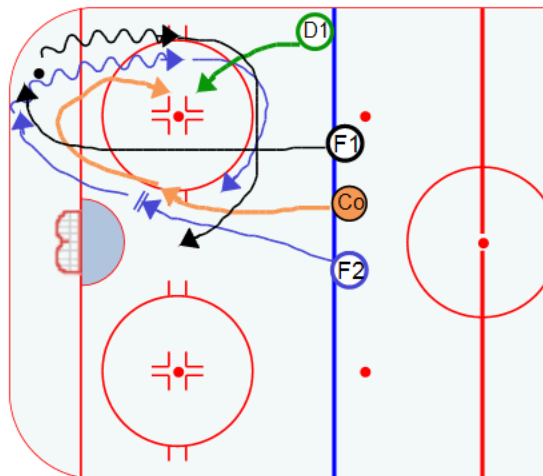
Read the D	Patience
Good pass to flat zone	Net Presence

Description

Cycle Progression Drill #9 (Activate D)

This is the same as the last drill, but this time when F2 comes up the wall, D1 steps in and creates an obstacle for the defender (coach) to work against allowing F2 to go behind D1 and create some space for a shot on net.

D1 is allowed to occupy space he owns as long as he doesn't move to interfere with the defending player. F2 must read D1 coming inside instead of going out to the wall and know he is going to act as an obstacle instead of working the high cycle. Once players get used to each other this is a very effective play if performed properly.



Key points:

Read the D	Net Presence
Patience	

Description

Cycle Progression Drill #10 (Underneath)

This is a drill you can add to work on moving the puck behind the net. F1 starts with the puck and wraps a pass around the boards to F2. F1 accelerates around the near cone and all the way out and around the far cone. F2 skates behind the net and makes an indirect pass behind the net, then accelerates around the near cone. F3 times his departure from the line until F2 is behind the net. F3 then skates hard to pick up the loose puck and comes around the net for three options. He can pass to either F1 or F2, or he can shoot on goal while F1 and F2 look for a rebound.

Key points:

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