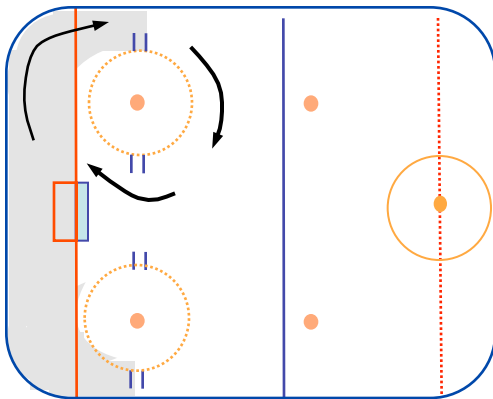


**"CYCLING"** - What are the individual actions in this collective action ?

The "CYCLING", is an offense tactical circulation that allows a collective control (as a team) of the puck with the intention to progress the offense to the net

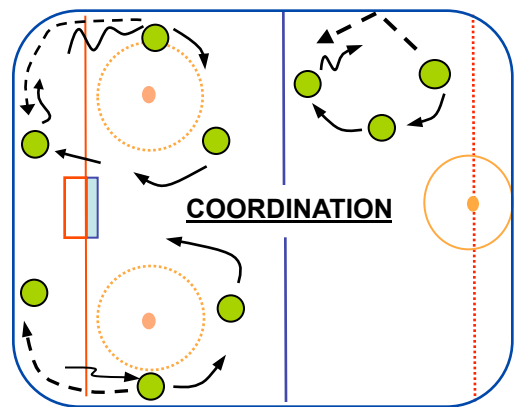


**"CYCLING" → notions**

Tactical traffic in circular movement with a goal of a collective control of the puck in the offensive zone in order to create a scoring chance.

**Cycling** is initiated by the puck carrier. If the puck carrier moves clockwise, his partners will do the same. Then non-puck carriers need to be alert and read the play developing since they need to take the place left open by his partner in the same direction. It is a coordination exercise, action-reaction.

The circular movement of the 2-3 players comes with a coordinated passing play with the intention of creating an opening to the net while moving a defenseman away from the puck.



**"CYCLING"**

Learning  
3 Players coordination  
for: 20-30 seconds

. Use 2 corners of the rink and center ice.

**OBJECTIVE** : Synchronize players movements.

. Group of 3 players: **Circular movement only, no shot on net**  
Backhand passing using the board.

. Stay calm – proceed slow at the beginning to adjust your speed.  
It is a wheel that is turning and the distance between each player need to be equal.

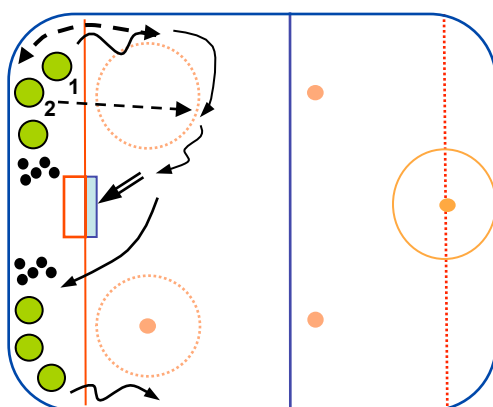
. As soon as it goes too fast, **WE STOP AND START ALL OVER AGAIN.**

. **VERBALLY COMMUNICATE BETWEEN PLAYERS :**

**'I am behind, I am here' - 'I got it, I got it!'**

**Variante** : At center ice, change the rotation direction and in the corner, group alternate corners

**Key points** : Fast backhand pass –**Cannot have 2 players in the same space** – Synchronize and space between players. Heads up looking to get information in order to adjust your speed or make wider turns or adjust the space and have rythm as you move.  
**COORDINATION IS KEY !**



**"CYCLING" 2 PLAYERS**

Learning - " FLOW DRILL "

**This drill can be use to warm up the goalie and also to refine and synchronize the cycling movement.**

. With 2 groups one in each corner with pucks (as illustrated)  
. The drill is done alternating with two players from corner to corner.  
. The drill is continuous "flow drill" or at the coach's whistle

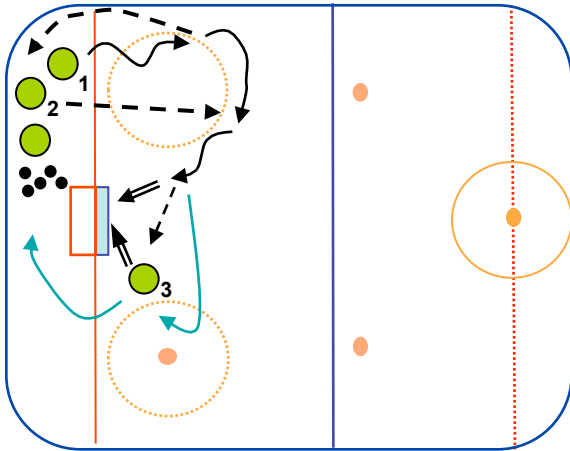
. O1 along the board, hard backhand pass by the board to O2  
→ O1 adjust his speed and his displacement **by looking at O2** to make sure he controls the puck.

. O1 get free, stick on the ice, O2 passes to O1 and shoots on net.

. Keep the same going from the other corner, alternating.

**Key points** : quality of the backhand pass by the board – read the play- heads up (take information in) - quality of the space between the players → Adjust your speed by lifting your head and taking information – **verbal and visual communication** – **Stick on the ice to create a target**

**"CYCLING"** - What are the individual actions in this collective action



**"CYCLING" – use of the 3<sup>rd</sup> player**

Defenseman can work at center ice.  
Place O3 in front of the net and the other players in the corner.

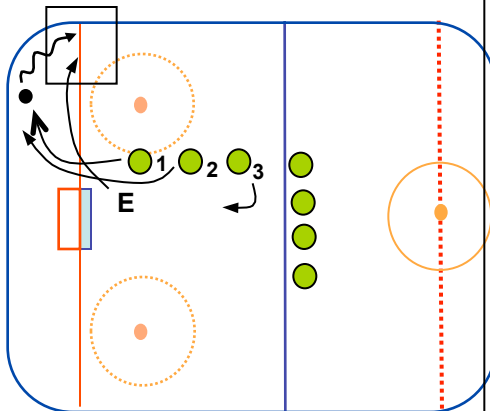
**Drill :**

- . O1 proceeds along the ramp with a puck and makes a hard backhand pass by the board to O2.
- . O1 gets a pass from O2 as he skates around at the top of the circle
- . O1 has 2 choices : shoots on net or pass to O3. Players must take their rebound
- . O1 takes O3 place in front
- . O2 becomes O1 and O3 at the back of the line in the corner

Change corner half way during the exercise

**Key points :** Heads up, adjust your speed with your 2 partners – STAY CALM – quality of positioning – quality of passes – O3 always keeps his stick on the ice for the tip -

**Practicing off-ice with a Soccer ball**



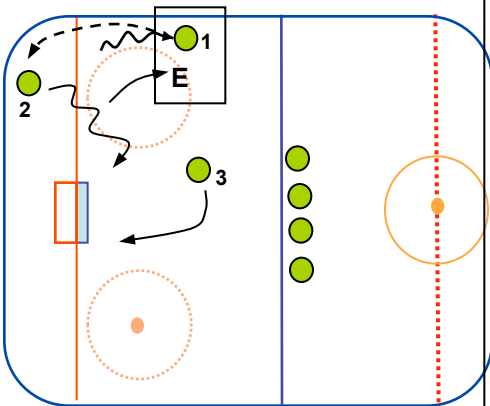
**"CYCLING" CHARGING THE NET**

**3vs1**

→ Players must recognize when the opening to the net is created and when he needs to use the opening towards the net.

- . Create a 3 player column near the slot.
- . One coach becomes a defense
- . Coach voluntarily creates the opening by pursuing O1 all the way to the top of the circle to create an opening for O2.
- . At the whistle, O1 takes a puck in the corner and is pressured by the coach.
- . O2 skates in Cycling mode by verbally telling O1 that he is behind.
- . O3 get free in front of the net to receive a pass by O1 →
- . READ THE PLAY – CHOICE OF THE PLAY – ANTICIPATION

The goal of the cycling is to create an opening to the net. Focus on the reaction of the players vis-à-vis the opening created.



- For the exercise, Coach stays with O1 (frees up access to the net for O2)
- . O1 answers O2 calls for the cycling play and uses the board for a hard backhand pass in the corner.
- . O3 is clearly free in the top slot.
- . O2 see to obstacles in front of him and goes to the net.
- . **OPTIONS for O2 :**
- 1) pass to O3 that moved on the other side of the goalie OR
- 2) O2 challenges the goalie.

. Make sure all players did the drill 5 -8 times each.

. Change corner half way during the exercise ou change corner at the next practice

**Variante :**

You can use a defenseman instead of a coach or 2 defensemen on a 3 vs 2.

**Key points :** Heads up, Quickly acknowledge an opening to the net and charge immediately – READ → REACT – quality of positioning – in synch quality between the players – passing quality.