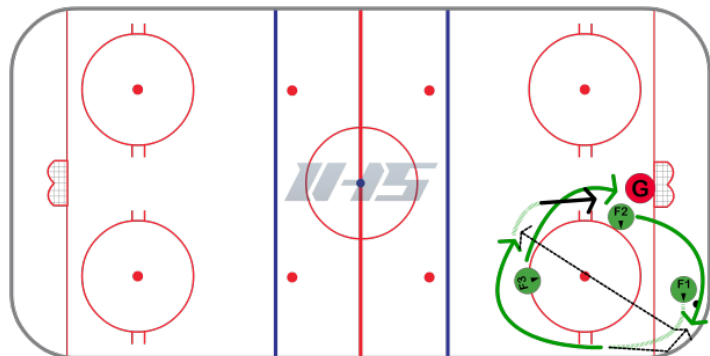


Cycling in Offensive Zone - Basic Option #1



Notes / Coaching Points



Description

This animation diagrams the basic concept of cycling in the offensive zone. This is a good one for young hockey players to watch. This option shows a simple rotation in one direction. The idea is that players maintain a good triangle shape and rotate positions. Once the players have established puck possession there should always be a player high in the slot, a player in front of the net, and the puck carrier protecting the puck up the wall. Once this is established:

- puck carrier protects the puck as they move up the wall
- player in front of the net goes to the corner to support puck carrier
- puck carrier plays the puck off the wall back towards the corner
- player in the slot goes to the front of the net
- puck carrier that plays the puck goes to the high slot ready for a pass
- this rotation can continue until a scoring chance is achieved