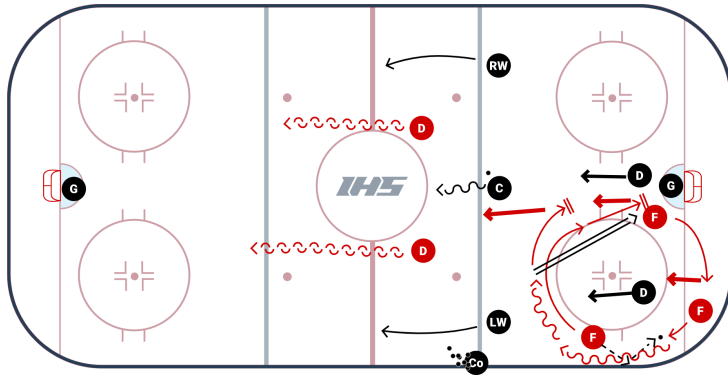


Cycle to Backcheck Drill



Notes / Coaching Points

Description



This is a drill that Denis recommends at least once a week if you have the ice-time that allows for it. The drill starts with 3 forwards cycling in the offensive zone against 2 defensemen while another line of forwards is waiting at the top of the ice. Let the players cycle down low for a little bit to see if they can generate a scoring opportunity and then blow the whistle when you think it is fit. At this point the line of forwards start up ice on a 3 on 2, and the forwards who were cycling are going to back-check into the other zone and the defenseman they were playing against are going to try to join the rush. Essentially it will turn into a 5 on 5 at the opposite end of where the forwards started cycling. This is a great drill because it involves, cycling, defending the cycle, back-checking, d-men joining the rush and ultimately ends up in a 5 on 5 situation.