

B6 Cycle Drills Part One

Description:

Players are in one line above the hash marks.

X1 dumps the puck into a corner, chases the puck, turns up the boards and bumps the puck back.

X2 follows X1 into the corner picks up bump-back and passes to X1, who has skated into the slot.

X1 shoots and then goes back in line.

X3 shoots a puck into the opposite corner.

X2, after passing, skates across into opposite corner, picks up puck shot in by X3, skates up boards and bumps puck back.

X3 loops into corner picks up bump-back by X2 and then passes to X2 who has skated into the slot.

X2 shoots and goes back in line and X4 dumps in corner.

It's continuous from there.

Teaching points are:

Make sure the bump is done correctly so the puck comes off the boards. Don't make the trailer have to dig the puck out.

The shooter should turn and be open to the puck with his stick set to shoot.



