

B6 Cycle Drills Part 2

Description:

Players are in 2 lines above the hash marks.

X1 dumps the puck into the corner, skates in and picks the puck up.

X2 skates behind X1 and acts as a decoy for a low cycle.

X1 skates up the boards toward the defenseman D and bumps the puck off the boards.

X1 moves to provide a "pick" on the coach "C" who is acting as a defender.

D moves around the pick and into the circle where he can either shoot or pass to X2 who has moved into the slot.

Key Points:

X1 needs to set a screen for the D without interfering with the defender.

D needs to read the play and move quickly down the boards utilizing the screen.

X2 should turn and be open to the puck with his stick set to shoot

