

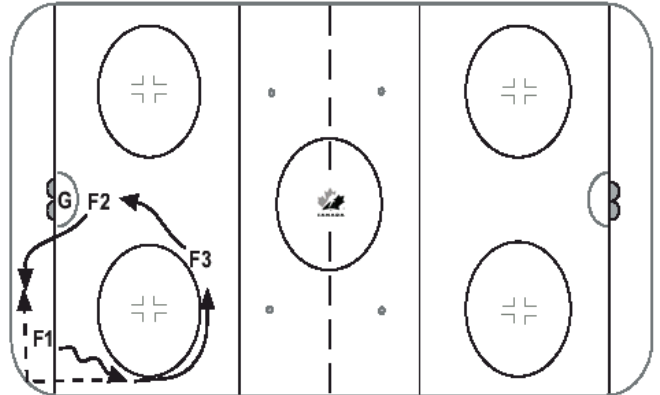
**Offensive Tactics**

**Wide Cycling**

By Terry Bangen

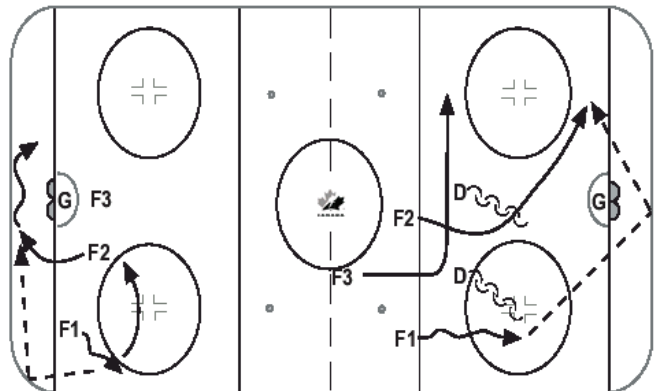
**Single Side**

- ◆ Cycle puck to quiet zone vs checking pressure
- ◆ Objective is to maintain possession
- ◆ Cycle pass from puck protection position
- ◆ Spot puck off boards for ease of retrieval
- ◆ Net F retrieves, high forward rotates to net upon possession, passer rotates to high F position



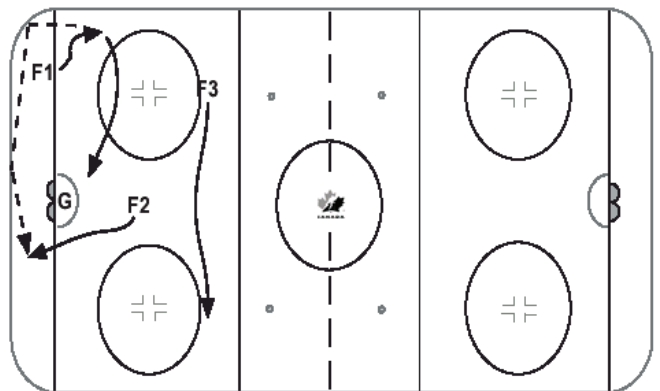
**Double Side and Change Point of Attack**

- ◆ Spread cycle – use both sides of net (width of ice)
- ◆ Can initiate cycle by changing point of attack vs. defensive overplay on rush
- ◆ Use back of net. Keep puck and feet moving. Be willing to commit 3 F's low to maintain possession
- ◆ Incorporate picks/screens
- ◆ If a lane opens, take the puck to the net



**Cycle with 2 F's**

- ◆ Low 2 F's cycle wide
- ◆ F3 maintains high F position behind puck



Tactic – Wide Cycling

Individual

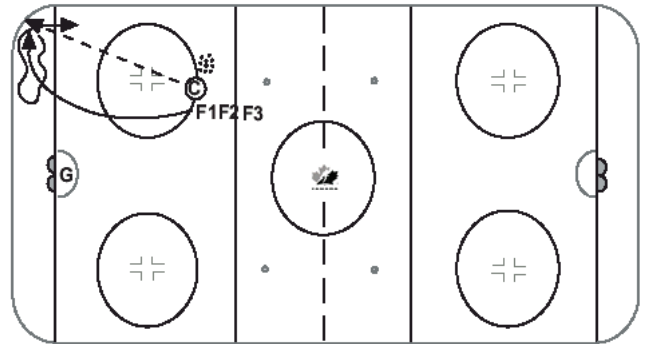
Team

Step 1 – Identify Key Teaching Points

Rotate puck in quiet zone to maintain possession. Puck protection. Exchange positions on possession.

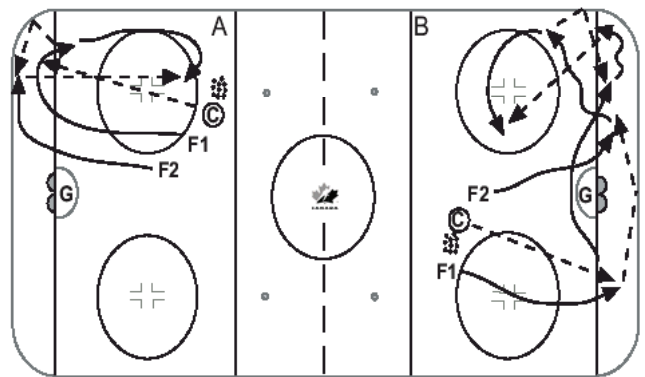
**Drill to Reinforce Technical Skills Used to Execute Tactic**

- ◆ Coach spots puck in corner for player to retrieve and execute puck protection maneuvers along boards – tight turns, stops and starts, use feet to move puck etc.
- ◆ Introduce a passive checker for puck carrier to react to (turn away from checking pressure on hips), soft shoulder/revolving door etc. techniques



**Tactical Drill which Practices Tactic Repetitively**

- ◆ Coach spots puck in corner for F1 to retrieve, cycle up and pass down off boards.
- ◆ F2 jumps to puck on pass (do not anticipate and leave early)
- ◆ F1 saves ice – F2 passes to F1 at top of circle for shot.
- ◆ Alternate sides
- ◆ Option B (Wide Cycle)



**Efficient Drill which Practices Tactic Under Game Conditions**

- ◆ Coach spots puck for 3 on 3 down low.
- ◆ Whistle control
- ◆ Whistle and new puck on goals, clears or to initiate play elsewhere in the zone

