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 [ X ]

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 on 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