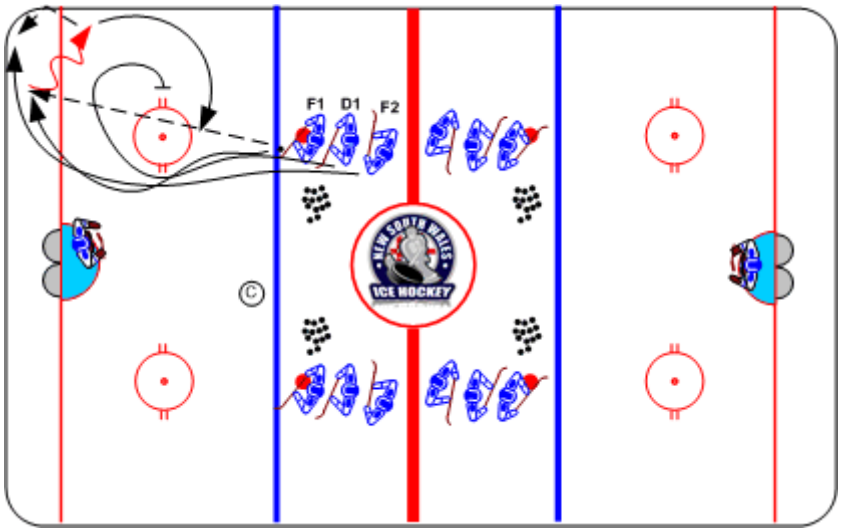
Introduction to the Cycle

Duration: 7 mins

- **F1** dumps puck into the corner, **D1** defends against the 2-on-1
- **F2** follows to the corner through the low slot and calls for the cycle (or low puck)
- **F1** dumps the puck to the quiet zone on the board side and then rotates to the net
- **F2** passes to **F1** for quick shot



Coaching Tips

- Support
- Communication
- Timing
- Puck in the protected position

Execution Tips

- Alternate sides
- **F2** must call for cycle
- **F1** makes pass prior to the hash marks