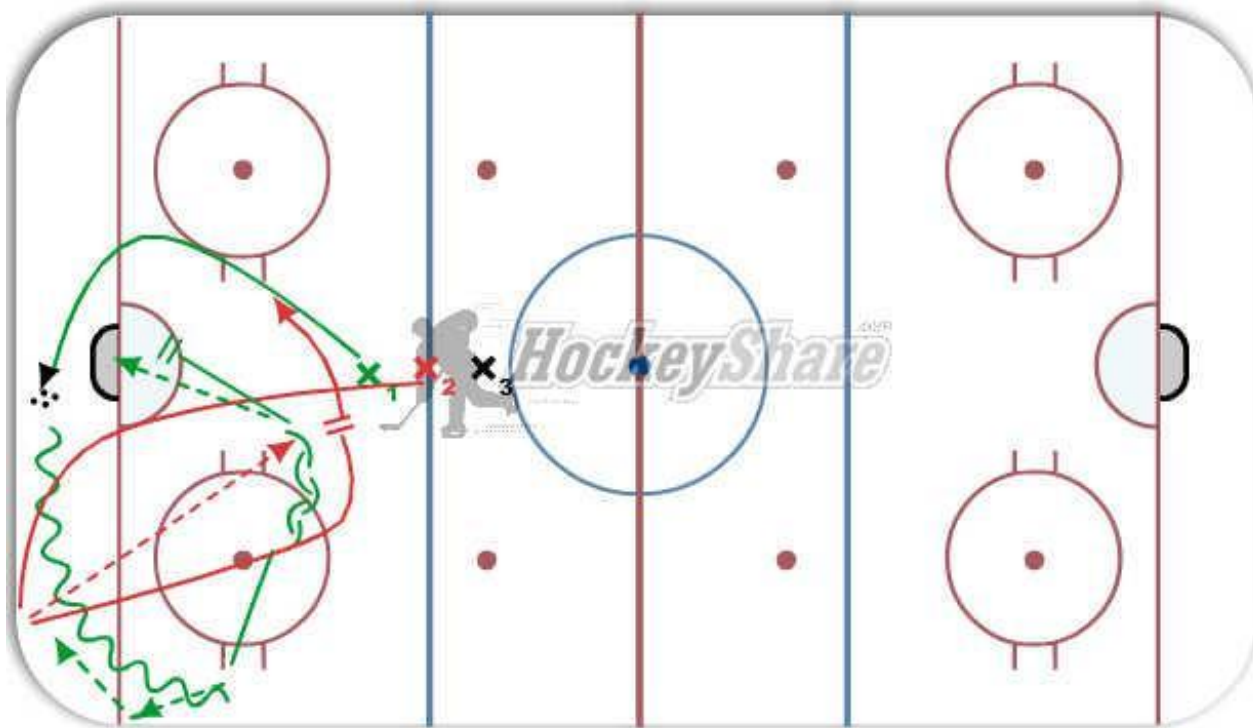


## Cycle One Time Relay



### Description

Run cycle of Both ends of the ice. 2 times one in each corner 2 Team Competition

Place enough pucks behind net to give each player 2 turns

X1 starts drill by picking up puck behind net

Skates up Boardsbanks off boards to X2 who has come down to support.

X1 then goes to slot and sets up for shot

X2 passes to X1 who takes shot and drives for rebound.

X2 supports X1 in High slot then starts cycle over again by going behind net for puck (takes X1 position)

X3 becomes support (takes X2 position).

Team with Most Points wins Competition (Coach Counts)

3 points goal

2 point on net

0 Points miss net

-1 per missed pass

**Tags:** Develop Timing and Repetition on a Cycle Give and Go Game Situation