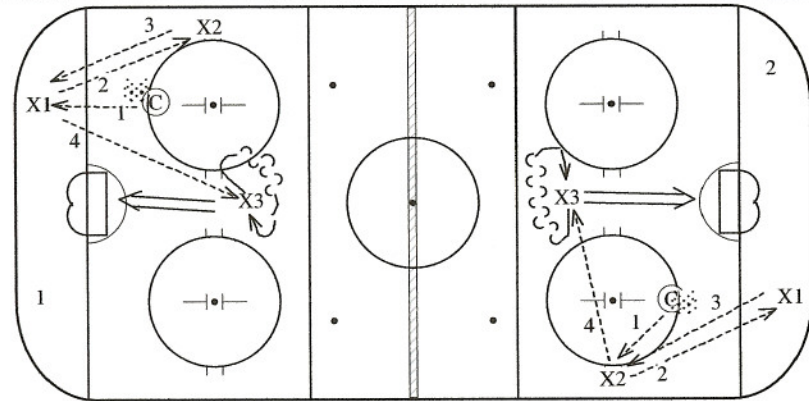


Cycling

Cycling:

X1 skates in, takes a shot on net, and goes to the corner to pick up another puck. X2 follows and also takes a shot on net. X1 then skates up the boards and chips the puck off the boards back down into the corner before cutting around the circle for a pass. X2 also goes into the corner, picks up the chip from X1 and then passes back to X1 as he cuts around the circle. X2 then cuts higher than X1 did, receives a pass from the C in the opposite corner and takes his second shot on net.



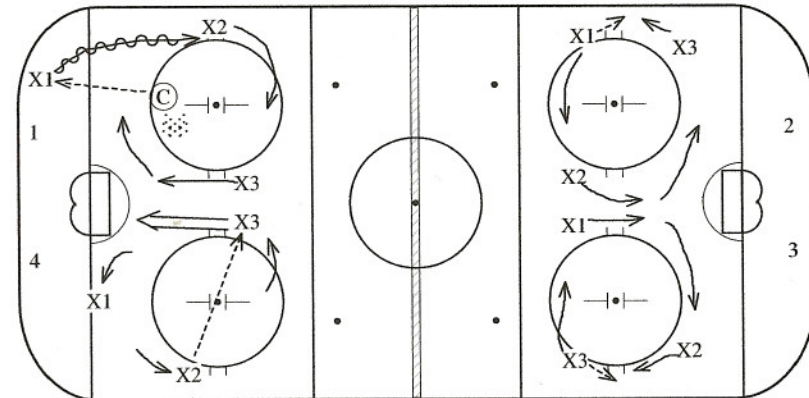
Triangle Slot Shooting (TSS)

Passing Sequence 1:

- A) C to X1
- B) X1 to X2
- C) X2 back to X1
- D) X1 to a moving X3
- E) X3 shoots, goes for the rebound

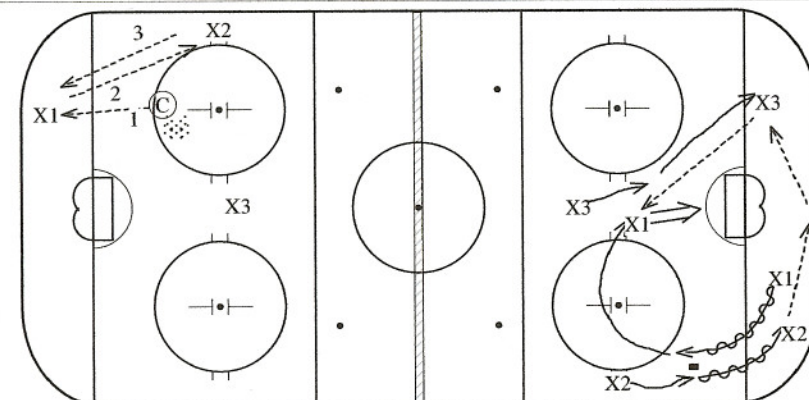
Passing Sequence 2:

- A) C to X2
- B) X2 to X1
- C) X1 back to X2
- D) X2 to a moving X3
- E) X3 shoots, goes for the rebound



TSS Cycle

- 1) C passes to X1 who moves up the boards. X3 moves to the net sees no pass coming so he supports low. X2 moves to the slot for a potential pass from X1.
- 2) X1 can't move the puck to the slot or take it to the net so he drops it for X3. X3 picks up the puck and moves up the boards looking to pass to X1, who's moved to the slot, or take the puck to the net himself.
- 3) X3 can't do either so he drops off to X2. X1 moves to the net but is covered so X2 passes to X3 who has moved to the slot area. X3 shoots.



TSS Reverse Cycle

- 1) As per sequence 1, C passes to X1 passes to X2 passes back to X1.
- 2) After getting the puck back from X2, X1 moves up the boards and leaves a drop pass for X2 moving down. X3 starts to move towards the net anticipating a pass from X1. After the drop pass to X2, X3 moves below the goal line to support X2 as a passing option. X1 moves to the slot for a possible pass from X2. With no passing lane to X1, X2 moves the puck to X3 with a bank pass behind the net. X3 then passes to X1 in the slot.