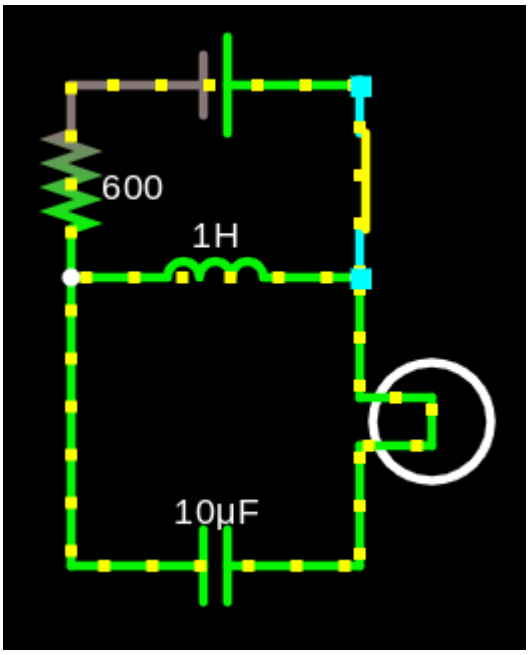
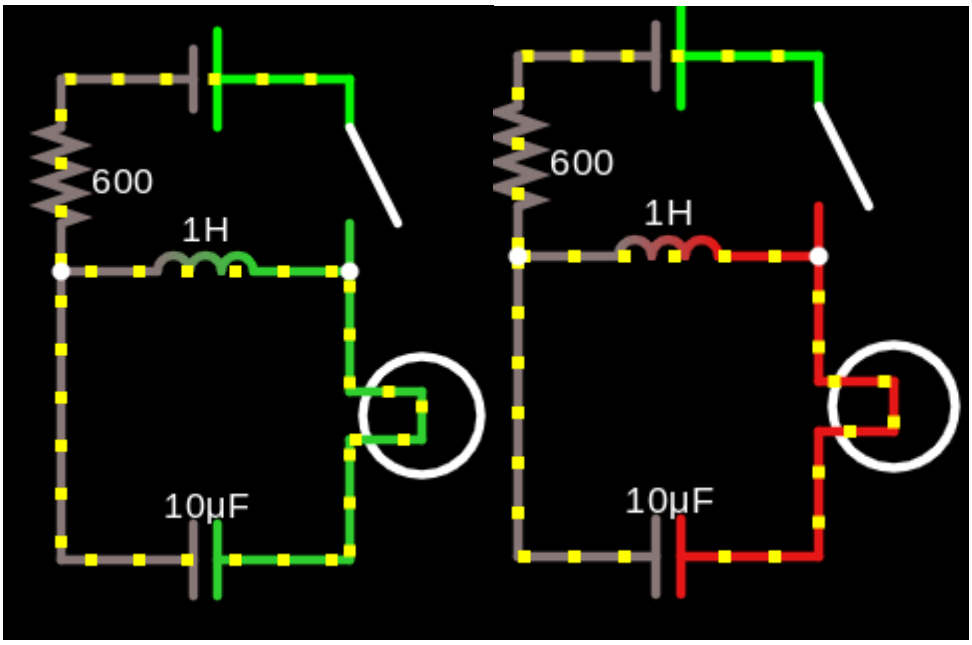


At first here the electricity is flowing from the battery to the switch to the inductor to the resistor. The switch can open and close to do different things. The inductor can store electricity and will spike the voltage in order to try and keep the current the same. The resistor just resists and stops some electricity.



When you open the switch the inductor releases electricity to keep the current the same by spiking the voltage. The capacitor is the opposite of the inductor however. It wants to keep the voltage the same and it does that by spiking the current. When you do what I did above it makes the inductor and capacitor fight which is why the electrons flow back and forth. (The green indicates positive voltage and the red indicates negative voltage so when it is green it is flowing one way and when it is red it is flowing the other way.)