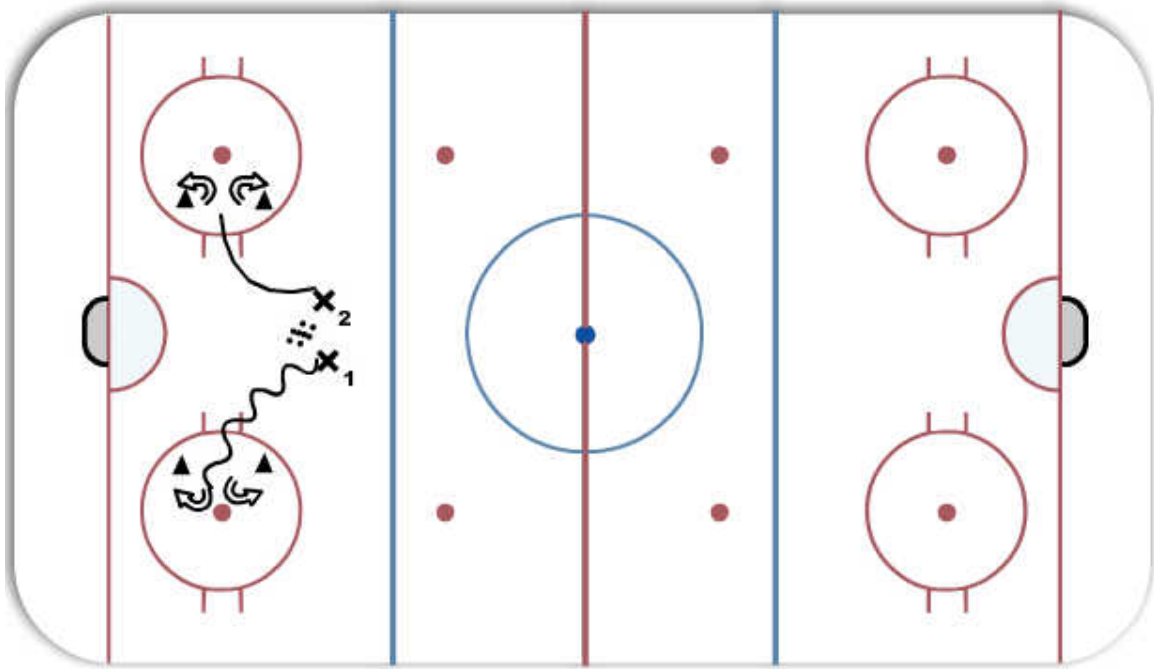




THE BOX



Drill Description:

X1 starts with pucks at center high slot. Four cones form a box in the slot. Both X1 and X2 go at the same time, one with puck. Shooters must go between the cones and choose to roll high or low. If both go high it creates a high to high pass for shot. If X1 goes low and X2 goes high, you have a low to high feed. If both go low, then a low to low feed. And if X1 goes high and X2 goes low, a high to low, backdoor feed.

Key Points:

- *LOOK! Know what the player without the puck is doing.
- *Early Eyes, look first and see the release.
- *For low to high, be aggressive.
- *For high to low use motion or conservative depth.
- *For low to low shuffle into motion and go post to post.