40 BEAT THE BOX

PURPOSE

- To practice focusing on shooting and scoring under extreme pressure in front of the net

EQUIPMENT None

TIME 3-4 minutes

PROCEDURE — Half-Ice Drill

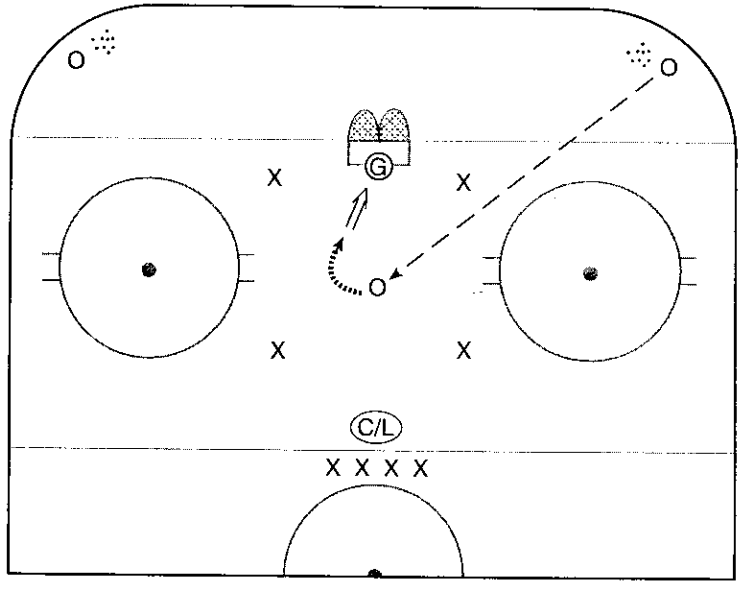
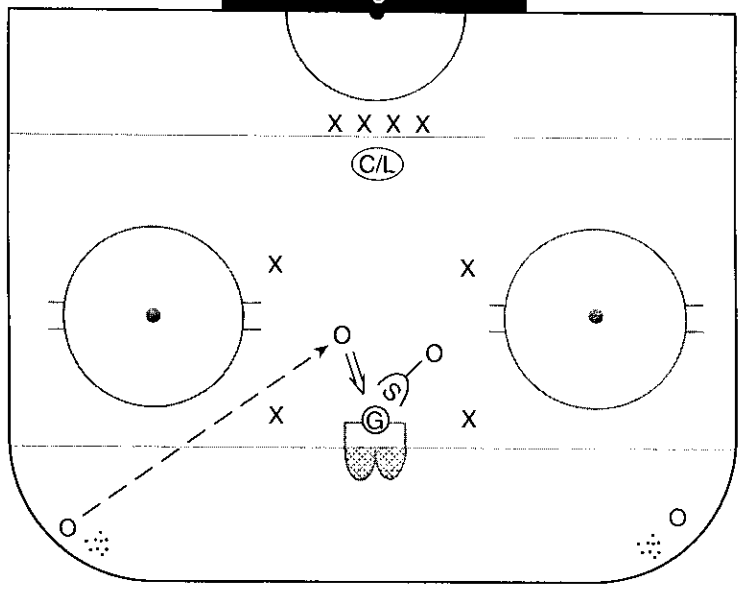
1. One player will be the shooter with four defenders who form a box or square around the shooter in front of the net.
2. Pucks are with a designated passer in each corner; one of the passers will attempt to pass the puck whenever the shooter calls for it.
3. The shooter rotates in and out of the box but may call for a pass only when inside the box, with defenders attempting to force the player by making stick or body contact.
4. Shots can only be taken when the shooter is inside the box.

KEY POINTS

- Passing players must wait for the shooter to call before passing, which reinforces communication between players.
- Shooter has the option of which passer to call.
- Whichever defender the shooter is skating toward while moving through the box is allowed to meet the shooter and make contact. Defenders will not do a lot of skating but will instead hold their position.

DRILL PROGRESSIONS

- Force shooter to stay within the box for the last 10 seconds of the drill.
- Add another attacker in front of the net who acts as a screen and goes for any rebounds (see diagram).



Drill Progression