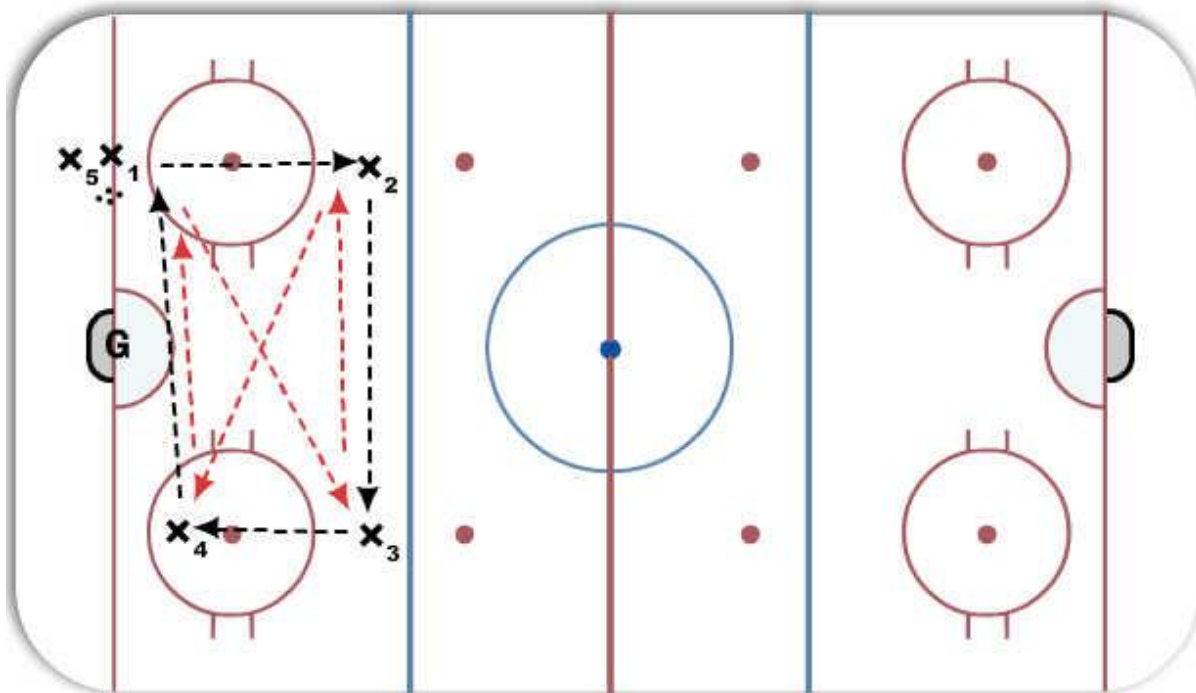


Box passing drill



Description

Progression 1 - X1 passes to X2 and then follows his pass. X2 passes to X3, X3 passes to X4, X4 passes to X5. All players follow their pass. X4 goes to back of line.

Progression 2 - X1 passes to X3. X3 passes to X2, X2 passes to X4. X4 passes to X5. All players follow their pass.

Progression 3 - Add a goalie. X1 passes to X3. X3 passes to X2, X2 passes to X4. X4 shoots on goalie. X5 starts with new puck

Progression 4 - Add 2 defenders. Offensive players must make 2 passes before they can shoot. Offensive players focus on deception to force defender one way and pass to another offensive player. Defenders try and take away passing lanes and force offense into bad decisions.
<https://m.youtube.com/watch?v=Bo-p-66qOMU>

Key Points: