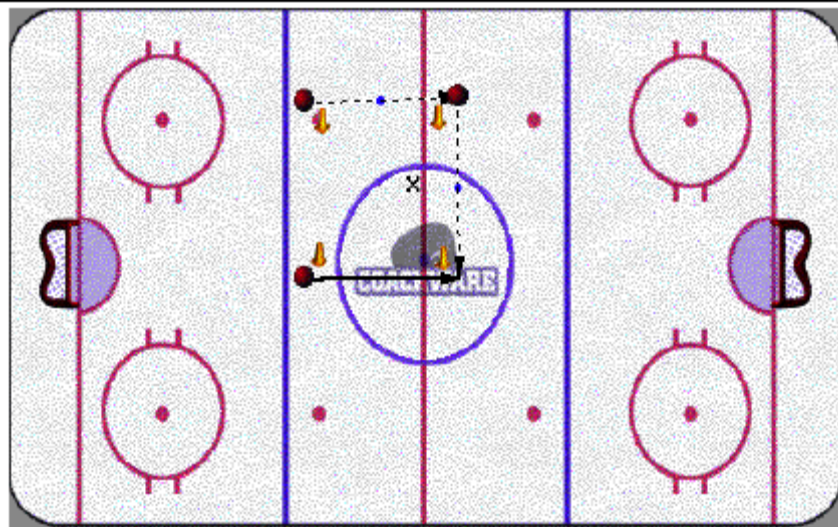


Thinking Inside the Box



Description

Set up 4 pylons in a box shape. 3 players stand where the pylons are placed, a fourth defends from inside the box. Players on pylons must pass puck to teammates and move to an open pylon, outside the box, to set up for a return pass. Cannot pass across the box.

Key Teaching Points

Can only pass outside the Box
Defensive player inside the box blocks the passing lanes

Key Execution Points

Quick feet
Active thinking
Accurate, deceptive passes
Think without the puck