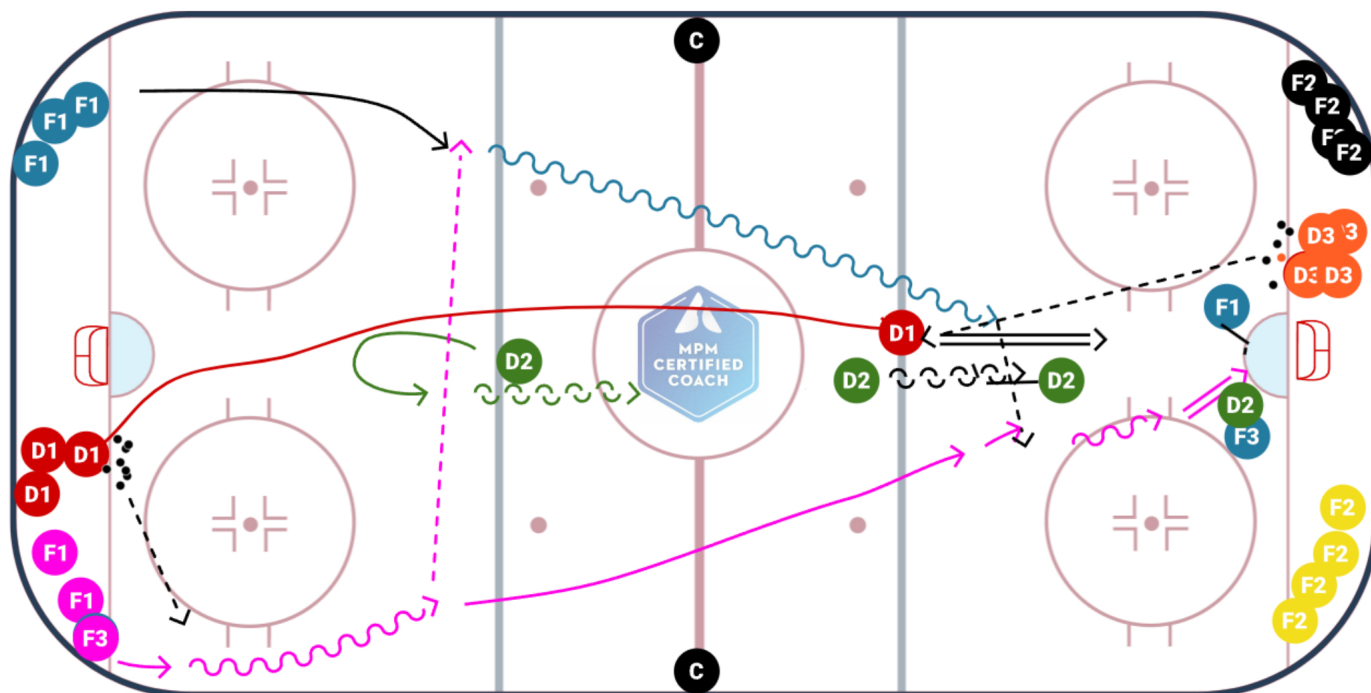


2 ON 1 BOXOUT DETROIT REDWINGS DRILL CAREY DURANT

Time:

Station:



In the 2 on 1 Boxout drill , it is called that because the goalie must yell Boxout when the shot comes from the point plus the D defending must recognize which forward to Boxout. On the whistle two forwards jump out and closest takes a pass from the D Purple. As you can see I started a D on the close blueline to initiate the drill. Both Blue and Purple go down on the Green D. The Red D follows all the way to the far blue and stops there. The 3 players finishes the 2 on 1 then coach blows whistle for D on the goal line , Orange to pass a puck to the Red D for a shot from the point. This is where the Green D boxes out and the goalie yells Boxout!. Then the drill starts going back the other way on Coaches whistle with new players. Orange is the d following Yellow and the black are attacking the Red D