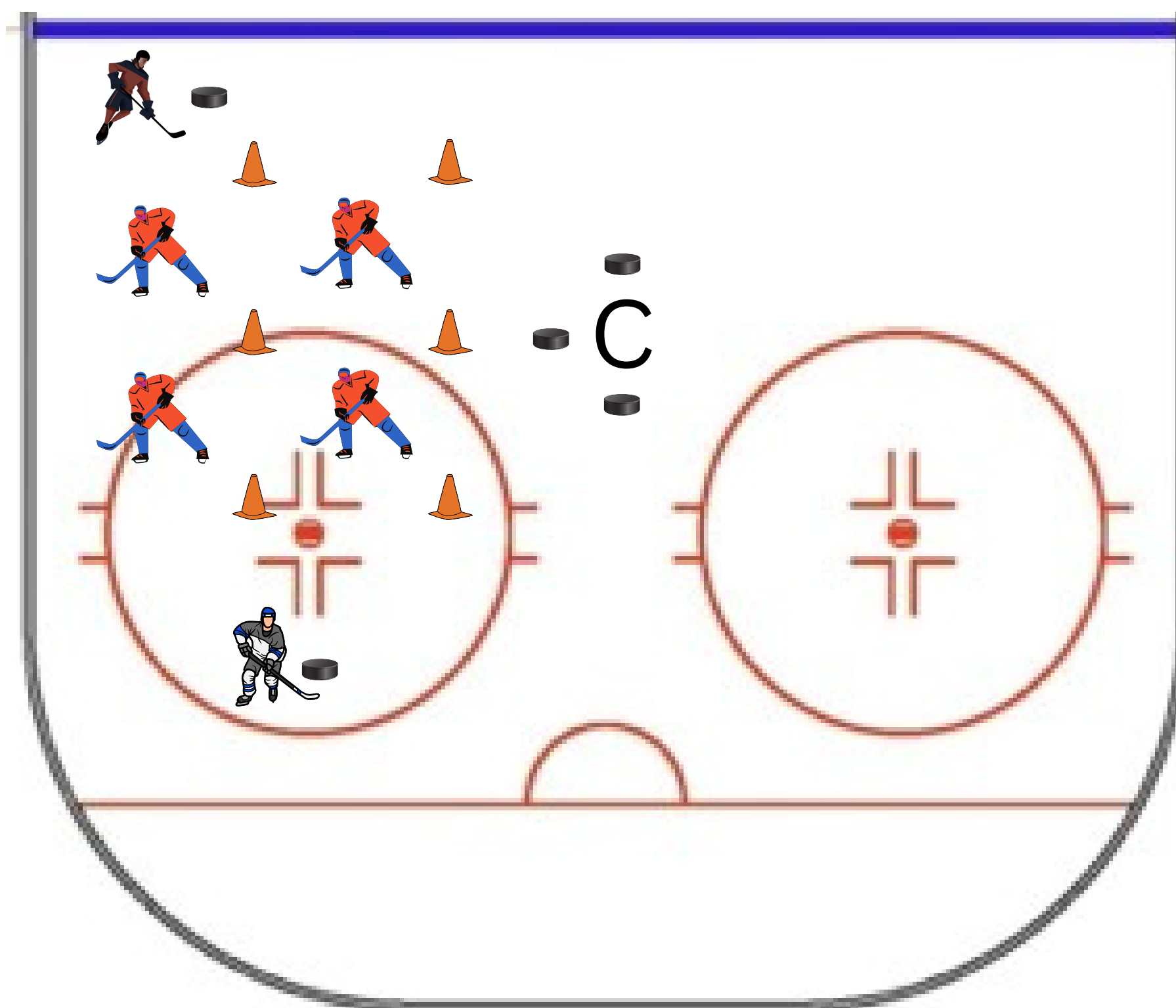


“Box of Death”



What you need:

- 6-9 Cones (depending on where on the ice you want to run this)
- 2 pucks (plus extras when one goes awry)
- Min number of players: 5-6 (to cover each box and 1-2 puck carriers)

Process:

- Designate one “defender” per box
- 2 “attackers” have a puck on opposite ends starting outside of the box
- Coach stands out of the way with a few extra pucks
- When the whistle blows, both attackers enter the box area, attempting to keep possession of the puck. They may go anywhere within the four small box areas (even the same one as the other attacker)
- Defenders defend ONLY their box and cannot go outside of it. If a defender gains possession, THEY become the attacker and the attacker who lost possession then becomes the defender of the box.
- Attackers must stay within the boxed area, unless the puck leaves the boxed area entirely, at which point they may leave the area, get a new puck from the coach, and re-enter.
- Play for 30s-40s, rest 30s, then reset and go again

Variations:

- Can be done in all different portions of the ice (in a corner, along the boards, neutral zone or open ice)
- Can add boxes and additional attackers
- I’ve also added a roaming goalie defender to throw some chaos in the mix who can go to any box

Offensive Skills

- reacting to a change of possession
- edgework
- puckhandling
- puck protection
- body control
- body fakes and escapes
- short area skating
- finding and creating space

Defensive Skills

- reacting to a change of possession
- body positioning, box out and angling
- change of direction/pivoting
- short area explosion