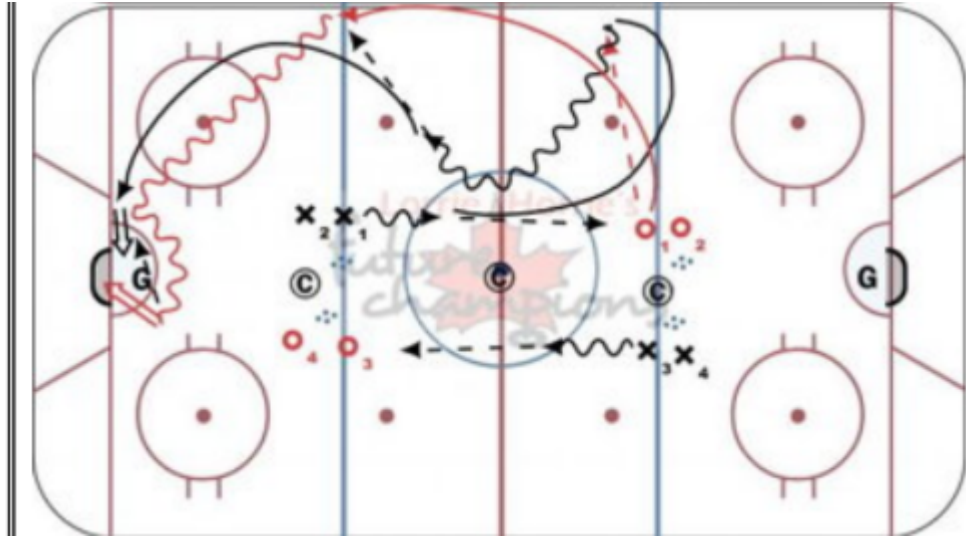
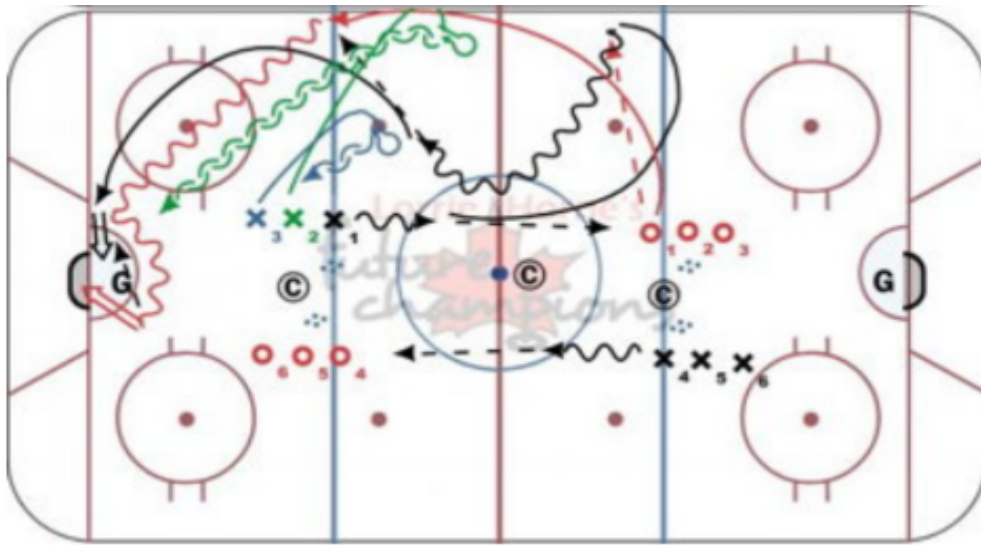


Ando's Passing Box





Description

Drill Set Up & Mechanics:

- Coach must position themselves center ice run the drill, control traffic and make certain the athletes know which "corners of the box" will go next (diagonal corners - IE: X1&X3 will start the drill / O1&O3 will start the next repetition).
- Drill must always start on the whistle to avoid collisions.

Layout of Drill:

- Lines must be right at the edge of the center circle to allow for enough space in the outside lanes. The drill requires the wide outside lanes so the ring carrier can create separation from the outlet pass by jumping middle.
- Remind the athletes to pay attention if they are second and third in line! They will be up next!
- This is a confusing drill for most young athletes the first few repetitions. It is very advantageous if you can place a coach at the front of each line in the box formation to assist the athletes in reading the drill.
- You need to be patient the first few times through this drill since it a lot going on! Focus on details, timing, stick to stick passes and execution of the basics.

1V0:

- X1 skates two or three steps and makes a stick to stick pass to O1.
- X1 skates hard past the blue line and swings halfway down to the extended line swinging inside outside to immediately receive the give go pass from O1.
- X1 passes to X2 across the second blue line.
- X2 moves their feet inside a few steps and provides a return give & go pass
- X1 drives the dot, posts the goaltender, and low walks for a shot.

2V0:

- X1 skates two or three steps and makes a stick to stick pass to O1.
- X1 skates hard past the blue line and swings halfway down to the extended line swinging inside outside to immediately receive the give go pass from O1 and jumps to the edge of the center lane.
- O1 swings wide to receive the return pass from X1 over the blue line, drives the dot, posts the goaltender, and low walks for a shot or a pass back cross crease to X1.
- X1 trails O1 and stops at the edge of the crease close to the goal line to become the pass option.

2v1:

- X2 jumps up near the red line, pivots outside into challenge O1 (the outlet).
- X2 plays a tight man on all the way to the net.

2v2:

- X3 joins the drill jumping up immediately to put pressure on the ring carrier.
- Both X2 and X3 maintain their man on man pressure to the net.

Tags: • Passing, • Timing, • Communication, • Stick to stick passes, • Man on man tight defensive pressure to, control the blue lines and all passes

