MEN’S ROUND ROBIN FACEOFF DRILL

DRILL SPECS:

Drill Theme: Face Offs
Field Location: Midfield Zone
Time Needed: 10 Min

Drill Style: Skills
Field Position: Midfield
Skill Level: Basic

OBJECTIVE:
Practice face-offs with 2-3 faceoff guys. Have the players go against each other time after time to allow them to work different moves and play out to the win.

DRILL DESCRIPTION:
Set up a face off at the midfield faceoff x. Have players cycle in to push and battle with one another until someone wins each faceoff. This will aid in ground ball work.

SKILLS PRACTICED:
• Face-offs
• Ground Ball
• Stick Handling

VARIATIONS:
To vary the drill you may add cones or draw circles with paint of where you want the face off players to pull the ball out to on the field. This will get the face off players working on getting the ball out to their wing players.

FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE
DRILL DIAGRAM:

Round Rob n Face Off Drill

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