

Lacrosse Faceoff Drills – Anthony Kelly Pt. 2

<https://www.youtube.com/watch?v=vDjVwtdzRgY>

GameBreaker Lacrosse camp director and MLL All Star, Anthony Kelly shows off his Faceoff warm up drills.

Coach Kelly shows the next evolution of his warm up. If you haven't seen part one check it out (link to AK FO 1).

I am a huge fan of the first drill here. My philosophy when it comes to faceoffs are that there are two parts. Part 1 is the move. You win the move through superior technique, speed, reaction and strength. Part 2 is the groundball. This is often an overlooked part of facing off. In the first drill not only are you working on reaction, but you also make it game like, by accelerating through a GB and scooping it with your back hand, which reinforces excellent groundball technique. Here are some coaching points:

- As we discussed in the Faceoff Part 1, stance is essential to getting the ensuing groundball. By having a good stance, players can quickly accelerate through the GB.

The second drill builds on the first drill. Now we have our stick in the drill and we should be working on the technique of the pinch and pop. Here are some things to consider when doing this faceoff drill:

- When you are doing a pinch and pop, make sure to keep your back hand down until you have rotated your stick 90 degrees up field. This is important, because if you bring that back hand up prematurely, your opponent can get under your stick and jam or block the move. By rotating 90 degrees you would have boxed his stick out with your shaft and hands.
- As you pop the ball forward, stay low like coach Kelly does and explode out your initial position.
- Like the previous drill, stay low and get that back hand down to get the ground ball.