

Lacrosse Faceoff Drills – Anthony Kelly Pt. 3

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

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 1 check it out (link to AK FO 1). Part 2 can be found here (Link to pt. 2).

As we talked about in part 2 (link), ground balls are as important for faceoff players as winning the initial move. The box out drill is a great drill to work on staying low and working to box out your opponent.

The second drill is excellent to work on your counter moves. Here are a few coaching points:

- Touching the ball with your hand is illegal.
- Stay low and drive your stick up field as coach mentions rotate your stick about 45 degrees.
- While coach demo's the drill with one knee down. I recommend you keep your feet under you, it makes for a quicker explosion toward the ground ball.