

Lacrosse Faceoff Essentials

https://www.youtube.com/watch?v=bUYq2A_pDX4

Chris Eck MLL All Star, takes us through his essential tips for faceoffs.

This video does an excellent job discussing, stance, footwork and his hand positioning.

Stance: Notice how Eck does not kneel on the faceoff. This is a great habit to develop as a younger player. It allows for more mobility out of the move.

Footwork: As he mentions, with your move you should drive into you opponent. This “buys real estate” for you and cuts your opponent’s field in half.

Stick: Many players develop a tell, something that can expose your intentions before the move. By having the same stance grip and pre-whistle routine, your opponent will not know what to expect.