

Lacrosse Faceoff Essentials

<https://www.youtube.com/watch?v=T7poThH5jxk>

Chris Eck MLL All Star, takes us through some of his favorite faceoff drills.

This video does an excellent job discussing, ways to work on your skills on your own time. Becoming an elite player takes time and commitment outside of practice.

These drills are excellent for practicing on your own outside of practice.