

Lacrosse Faceoff Drills – Anthony Kelly Pt. 1

<https://www.youtube.com/watch?v=6-5kGQ79fls>

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

Coach Kelly shows off a few drills he uses to work on building his hand speed and muscle memory to develop faster hands and reaction time for faceoff players.

A few important coaching points for these drills:

- When facing off, your stance is very important. Notice how coach Kelly is low, but not kneeling. Many youth players have the tendency to kneel. Kneeling limits a players mobility and does not let him react as quickly if the ball pops out down the line.
- As the NCAA continues to look at the rules for faceoffs, I would recommend practicing both grips.
- On the first drill, if you do not have a teammate or someone to blow a whistle for you, we have an MP3 of various timed cadences. You can download it and put it right on your ipod, so you can practice it on your own time.