



MEN'S FACE OFF SCRAMBLE DRILL

DRILL SPECS:

Drill Theme: Face Off

Field Location: Mid Field

Time Needed: 10 Min

Drill Style: Skill

Field Position: Midfield

Skill Level: Basic

OBJECTIVE:

This drill attempts to simulate a game situation face off employing wingmen.

DRILL DESCRIPTION:

6 players set up in a standard face off alignment. The 2 face off specialists assume face off stances. The coach drops or rolls the ball close to the 2 specialists forcing them to contest for the loose ball. The wingmen must attempt to shield their opponent as well as contest for the ball.

SKILLS PRACTICED:

- Face-offs
- Ground balls

VARIATIONS:

After possession is gained, have players attempt a fast break play. Play the drill out until a goal is scored or a shot is saved by the goalie.

DRILL DIAGRAM:

