



## MEN'S ROUND ROBIN FACEOFF DRILL

### DRILL SPECS:

**Drill Theme:** Face Offs  
**Field Location:** Midfield Zone  
**Time Needed:** 10 Min

**Drill Style:** Skills  
**Field Position:** Midfield  
**Skill Level:** Basic

---

### OBJECTIVE:

Practice face-offs with 2-3 faceoff guys. Have the players go against each other time after time to allow them to work different moves and play out to the win.

---

### DRILL DESCRIPTION:

Set up a face off at the midfield faceoff x. Have players cycle in to push and battle with one another until someone wins each faceoff. This will aid in ground ball work.

---

### SKILLS PRACTICED:

- Face-offs
  - Ground Ball
  - Stick Handling
- 

### VARIATIONS:

To vary the drill you may add cones or draw circles with paint of where you want the face off players to pull the ball out to on the field. This will get the face off players working on getting the ball out to their wing players.

---

**DRILL DIAGRAM:**

