



MEN'S TARGET PRACTICE 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 winning face offs and directing the ball into locations around the field so your wing players, or faceoff player, can gain the ground ball.

DRILL DESCRIPTION:

Set up a faceoff at the center x in the midfield.
Have your face off players one at a time put down a ball and wait for the coach to call the face off.
Before you call the faceoff a coach will walk around the midfield area and drop a cone, then blow the whistle.
The face off player must win the draw, and force the ball to the cone that was dropped by the coach.
The next player will step up and the cone will be moved, and whistle blown.

SKILLS PRACTICED:

- Face-offs
 - Communication
-

VARIATIONS:

To vary the drill you can have the face off players use a variety of moves to win the draw. You may also have the players faceoff against another player and have a cone with a different color for each player to force the ball towards.

DRILL DIAGRAM:

