



Face-Off Drills:

1. Correct Stances/Warmup: Player gets in his face-off stance and another checks to see that he is low to the ground and stable, make sure he isn't going to get knocked over easy and that he isn't unbalanced. While making sure he is meeting faceoff rules pertaining to the neutral zone.
2. Ball Hop Progression: Player does the typical ball hop as fast as possible for 30-45secs. Next he goes over the ball going down the line so going horizontally over the ball instead of vertical for 30-45secs. Then the player goes diagonally over the ball for the same amount of time. This is to allow the player quicker hand movement with several faceoff moves, including the clamp, 'lazer,' and a cage.
3. 3-Yard Ball Pop Out- Set a cone in front and behind the player approximately 3 yards out where the player will place the ball to and follow through with a ground ball. This teaches muscle memory for the player so when he wins it to himself behind or in front that he is in range to get his own win and to keep it out of the opponent's wings range without putting it to close to the restraining lines.
4. 1v1 Fight to the Ground Ball: Set up a 10x10 yard box and have players faceoff in the middle and win the ball to themselves within the box as to simulate a game situation that forces the player to keep it close enough to themselves without allowing wing intervention.

- ◆ **Players should practice drills 2 and 3 as much as often outside of practice and always keep in mind their form and stance**
- ◆ **All drills must be done in AT LEAST helmets and gloves**

Workouts:

1. As to strengthen the forearms, which play a big role in strength and speed on the face-offs, each player should take a 3-5lbs weight and do simple forearm workouts. Taking one weight in a hand, the player should do a 'motorcycle revving' motion and a forearm flexing motion. Players should do 3-5 sets of 10-20 reps of each workout.
2. Also doing any sort of upper body and lower body workout involving explosion and speed would be beneficial.