



Face Off to Shot

Appropriate Age Group: 10-18

Skill(s) Practiced: 1v1 Offense, 1v1 Defense, Facing Off

Drill Duration: 5-7 minutes

Resources: Balls, Cones, Goal

Description: One offense (**O**) and one defense (**D**) player will start with a faceoff. On the whistle, they will face off and the winner will attack the goal, while the loser tries to defend the goal.

Progression(s): Adjust the spacing for the skill level of the players. Add supporting offense and or defense players. Require passes if additional players are added.

Drill Diagram:

