



MEN'S 3 GROUND BALL FACE OFF PRACTICE DRILL

DRILL SPECS:

Drill Theme: Face Offs

Field Location: Mid Field Zone

Time Needed: 10 Min

Drill Style: Skills

Field Position: Midfield

Skill Level: Basic

OBJECTIVE:

Practice face-offs with both faceoff guys and wing payers, as well as having players run in and work for ground balls.

DRILL DESCRIPTION:

Set up a face off with wing players and face off players. On the whistle allow both face off players to face off, and roll out balls to both groups of players running in on the wings. This allows for multiple groups to get reps with limited coaches and space.

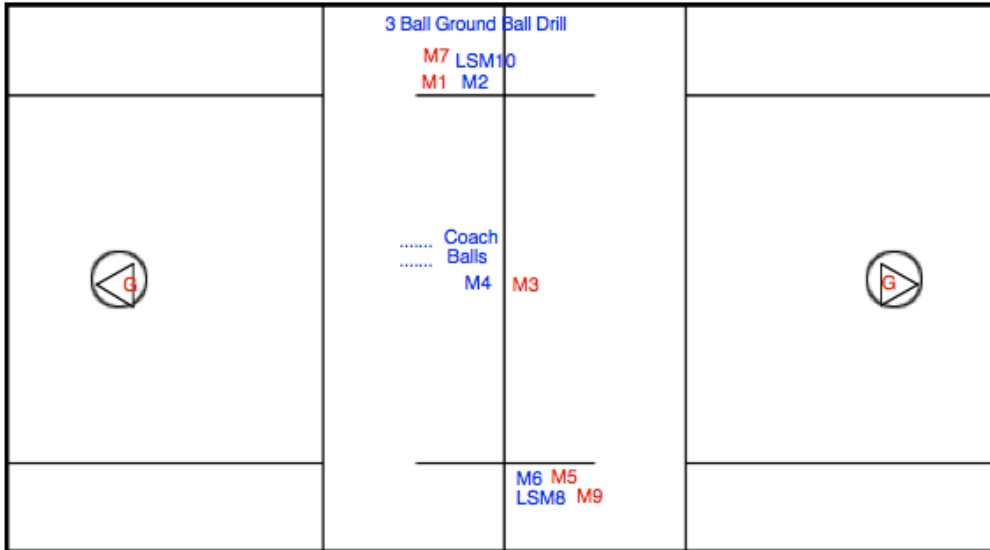
SKILLS PRACTICED:

- Ground Balls
- Stick Handling

VARIATIONS:

To vary the drill you may add attack and defensive players on both sides and have the face off players attack a goal if and when they win the face off.

DRILL DIAGRAM:





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.

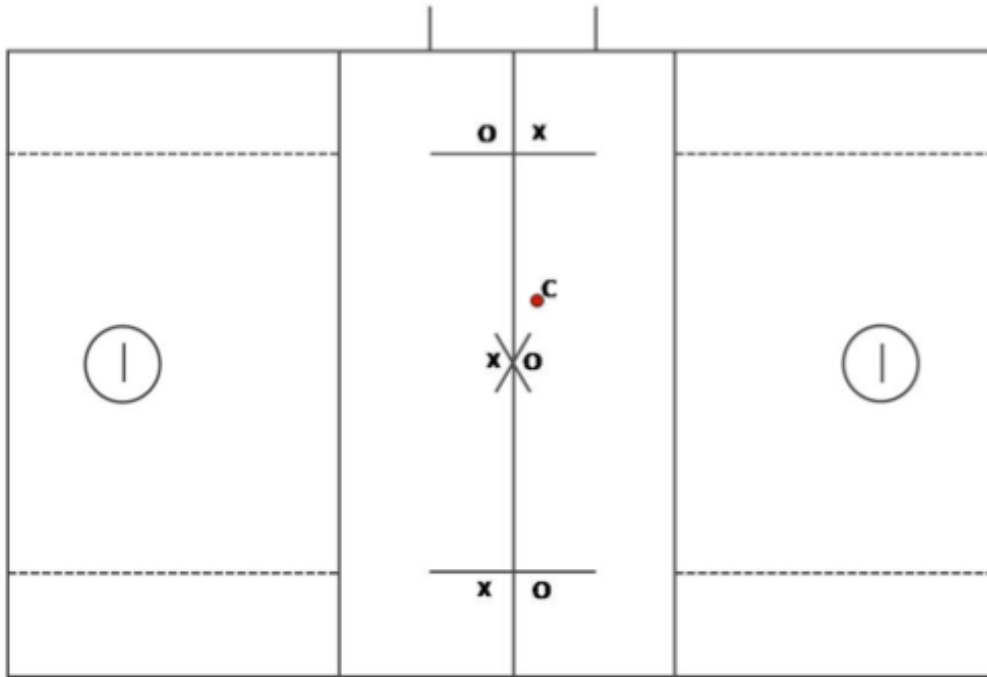
SKILLS PRACTICED:

- 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:





MEN'S PINCH AND POP TO A FAST BREAK DRILL

DRILL SPECS:

Drill Theme: Face Offs
Field Location: Half Field
Time Needed: 10 Min

Drill Style: Skills
Field Position: Midfield, Offense
Skill Level: Intermediate

OBJECTIVE:

Practice a pinch and pop face off move that will have your face off players advance the ball ahead and into the zone on a fast break.

DRILL DESCRIPTION:

Set up a face off at the midfield faceoff x. The face off players will go against a coach or soft defensive player that will lose the face off.

Set up your 3 attack players in the zone ready for a fast break.

On the whistle the face off player will perform a pinch and pop face off move and go around the coach or soft defense. The face off player will then gain the ground ball and go down on a fast break.

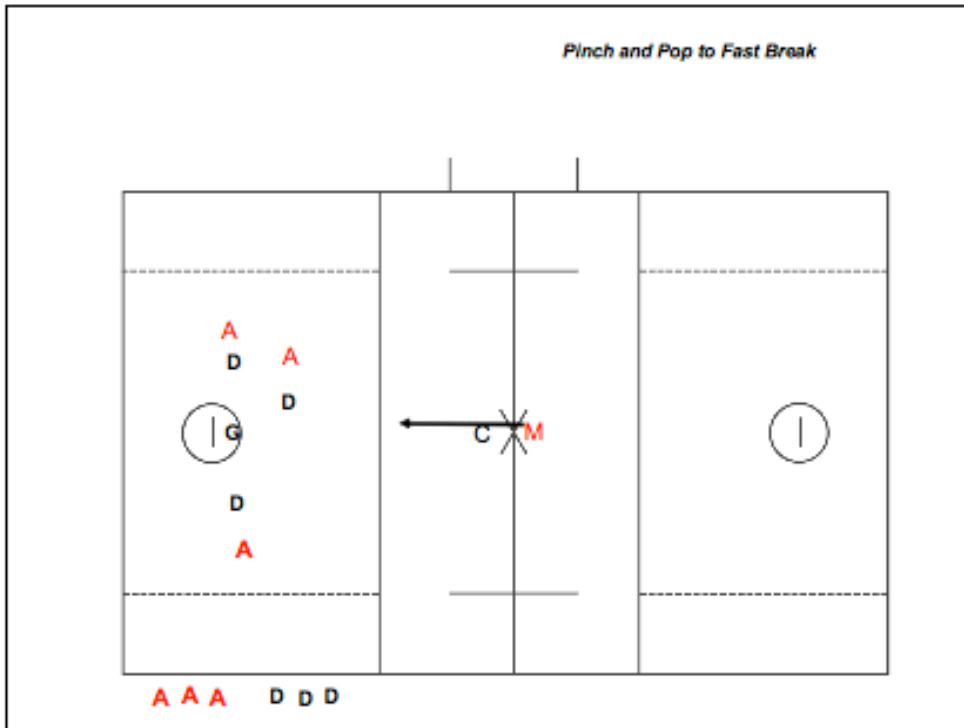
SKILLS PRACTICED:

- Face-offs
- Ground Ball
- Stick Handling
- Fast Breaks

VARIATIONS:

To vary the drill you can have the face off players use a variety of moves to win the draw. You may also add trailing players to develop the drill into a slow break or 6 v 6 drill.

DRILL DIAGRAM:





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.

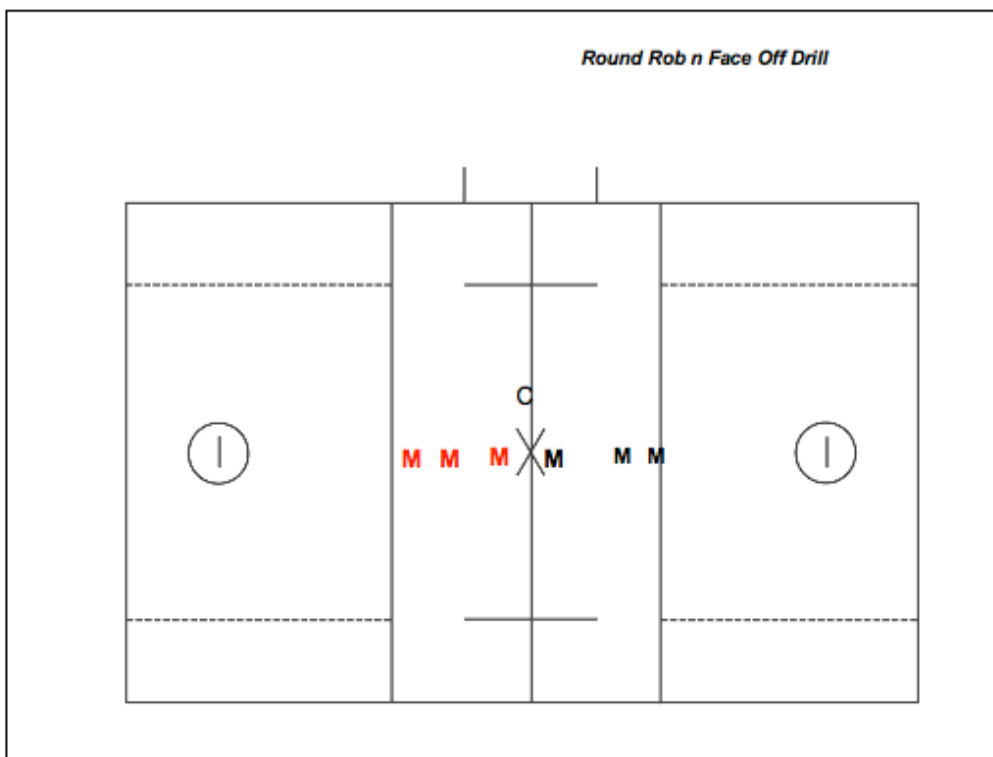
SKILLS PRACTICED:

- Face-offs
 - Ground Ball
 - Stick Handling
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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:





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
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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:

