



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:

