



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
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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 add trailing players to develop the drill into a slow break or 6 v 6 drill.

DRILL DIAGRAM:

