



**Coaches' Education Program
Level 1 Online Course Reference Section
Drill and Game Supplement**

Face-off Drill

Objective: To improve player's ability to create goals from the face-off and to improve defenders skills at defending the face-off.

Suggested space needed/equipment: Half of the field. Balls.

Players needed: Six players are needed for this drill.

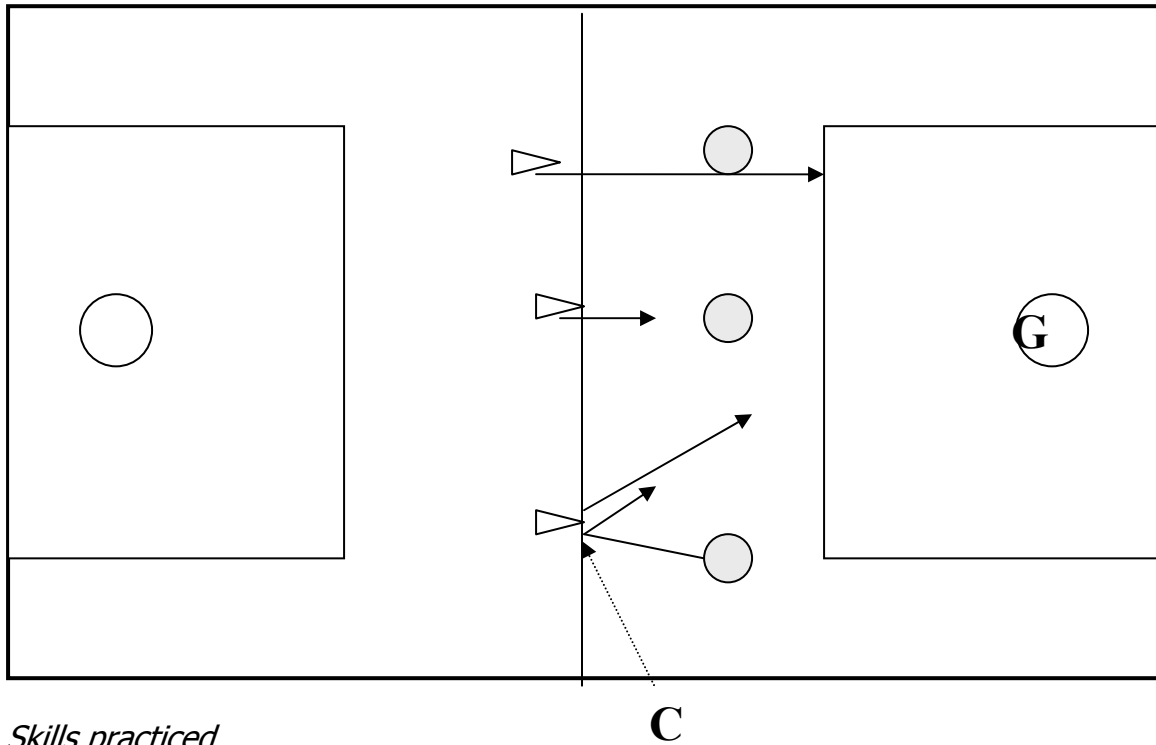
Description of Drill-Execution

The coach throws to an offensive player that breaks for the cage. The defender covering the player who receives the ball must first touch the line before entering the drill.

Drill key aspects:

1. offenders must move quickly to the cage
2. defenders must recover quickly and get back
3. offenders should try to get a good shot off

Drill diagram



Skills practiced

1. catching and breaking for the cage
2. recovering as a defender
3. shooting

Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following...)

1. vary who the ball gets thrown to
2. to add a long toss for the goalie, have him toss to an offensive player while the defensive players have their backs to him
3. for a more advanced look, after the initial throw in, the offense must make one pass before the drill starts. (You may need to adjust the spacing of the offense and defense. Although the defender will engage the offensive player on the initial toss, he does so in a posture that forces the player to initiate, but allows him to make the second pass.) The defense does not begin until the second pass is made

Goalie involvement: Full, goalies should be involved in this drill