

Pitch & Putt

Objective: To practice controlling the ball after the draw of a face-off.

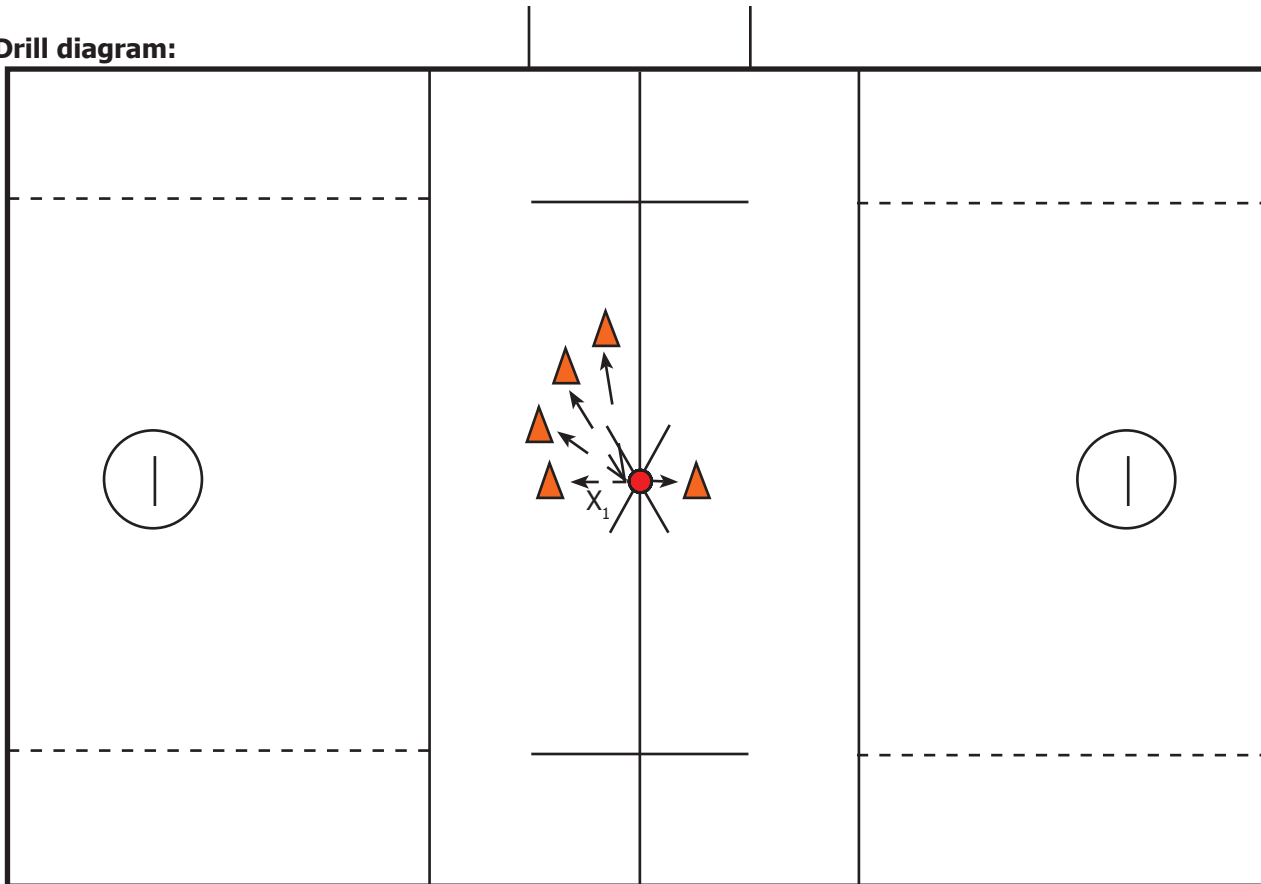
Suggested space needed/equipment:

- Flat cones
- Balls

Players needed: As many players as are willing can participate in this drill at one time, but it is ideal to have an even number.

Description of Drill-Execution: Set several flat cones around the face-off X at spots that are likely to allow your team to pick up the ensuing groundball. Start a face-off guy on the X with a ball. On a coach's whistle, he should make one of the basic face-off moves and try to push the ball to sit on one of the cones.

Drill diagram:



Skills practiced:

- Basic face-off positioning and moves
- Ball placement after the draw

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

To increase the challenge, add a second player to the face-off. This second player can provide token pressure, or the two can go for a live face-off. Another dynamic of the drill would be to challenge the face-off guy to pull the ball out of the face-off and the run out and scoop it before it hits the cones (this gets them in the habit of going to get the ball after a draw).

Goalie involvement: None

Related drills:

Face-off Warm-ups
Smarties & Dummies