

Smarties & Dummies

Objective: To become proficient at the basic face-off moves.

Suggested space needed/equipment:

- Balls

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

Description of Drill-Execution: Partner each player with another, and spread the pairs out across the midfield line with one ball per group. One side of players will be the "smarties," and the other side will be the "dummies." A coach will call out one of the basic face-off moves (clamp, rake, push, etc.) and blow his whistle. The smarties will practice the move, and the dummies will apply token pressure. The smarties practice several repetitions with each move, and then the two groups of players switch roles.

Skills practiced:

- Basic face-off positioning and footwork
- Basic face-off moves (clamp, hop, etc.)

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

To increase the difficulty and competitiveness, allow both players to go live. Challenge the dummies to counter the smarties' move. Make it a tournament, so that the winner has to beat all of his teammates to earn the crown.

Goalie involvement: None

Related drills:

Face-off Warm-ups
Pitch & Putt