

Face-off Warm-ups

Objective: To improve body positioning and increase hand speed for face-off players.

Suggested space needed/equipment:

- Balls

Players needed: As many players as you wish can participate in this drill simultaneously.

Description of Drill-Execution: Spread the players out along a line and place one ball in front of each of them. Each player should get several repetitions in succession of each of the following activities:

- 1) Approach the ball – on a coach's whistle, each player walks up to the ball and assumes proper "face-off position." He holds this pose for a two seconds, and then steps back on a second whistle.
- 2) Power base – each player starts in proper "face-off position." On a coach's whistle, he clamps his stick down and takes a power jab step with his right foot towards the ball. He holds this pose for two seconds and then resets.
- 3) Quick hands – each player starts in proper "face-off position." On a coach's whistle, he repeatedly jumps his stick back and forth over the ball, lightly touching the ground on each side of it as many times as he can within a given time period.

Skills practiced:

- Proper face-off position
- Proper face-off footwork
- Hand quickness on face-offs

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

To increase the difficulty and physical challenge of each component, extend the time that players hold a pose or jump the ball.

Goalie involvement: None

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