

Title : Face-off Sequence

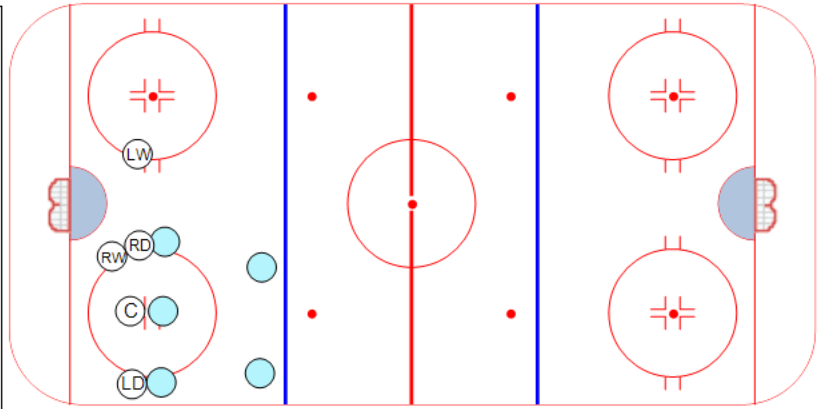
Category #1 :

Category #2 :

Description

Run this drill to work on any type of face-off

1. Run a set face-off play with no defenders
2. Run a set face-off play with defenders' sticks turned upside down
3. Run a set face-off play with defenders' sticks turned the right way. 5 on 5 controlled scrimmage.



Key points :