

PITCH & PUTT

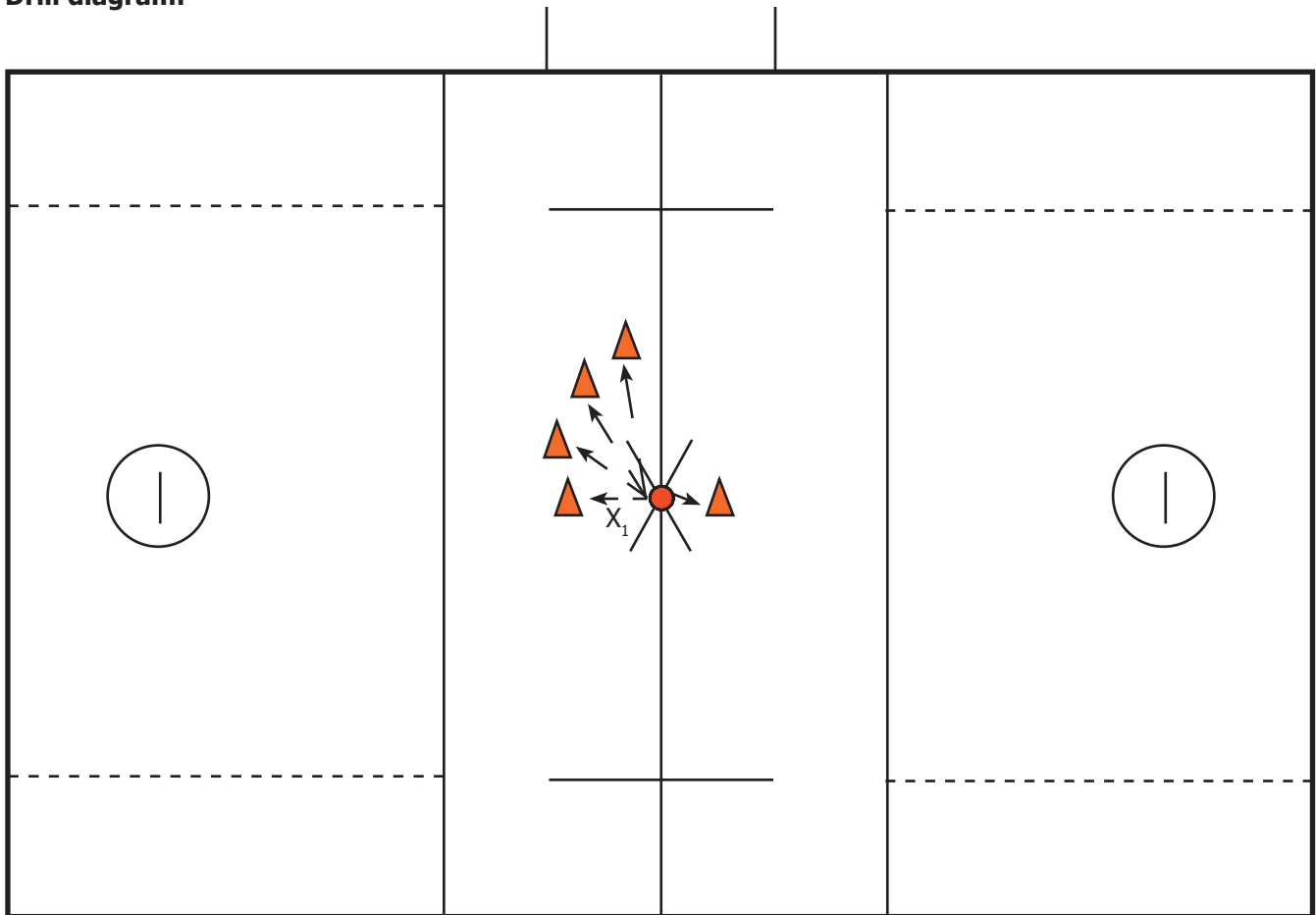
OBJECTIVE _____ To practice controlling the ball after the draw of a face-off.

SPACE/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.

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

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

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