



## Face Off to Shot

**Appropriate Age Group:** 10-18

**Skill(s) Practiced:** 1v1 Offense, 1v1 Defense, Facing Off

**Drill Duration:** 5-7 minutes

**Resources:** Balls, Cones, Goal

**Description:** One offense (**O**) and one defense (**D**) player will start with a faceoff. On the whistle, they will face off and the winner will attack the goal, while the loser tries to defend the goal.

**Progression(s):** Adjust the spacing for the skill level of the players. Add supporting offense and or defense players. Require passes if additional players are added.

**Drill Diagram:**

