



King of the X

Appropriate Age Group: 10-18

Skill(s) Practiced: Facing Off, Scooping, Wing Play

Drill Duration: 5-7 minutes

Resources: Balls, Multiple cones

Description: Players will be set up in a single box or multiple boxes as shown. **O** and **D** in the center will take a face-off, with one of the outside players calling "go." On the "go" call, the interior players will face-off to gain possession.

Progression(s): Allow the wings to crash and help gain possession. Add or subtract players to change the level of difficulty. Alternate players taking the face-off for each team.

Drill Diagram:

