MEN’S GROUND BALL – OUT AND BACK DRILL

DRILL SPECS:

**Drill Theme:** Ground Balls  
**Field Location:** Anywhere  
**Time Needed:** 5-10 Min  

**Drill Style:** Drill  
**Field Position:** All  
**Skill Level:** Basic, Can be progressed

OBJECTIVE:

This drill is meant to be done in pairs, providing a high number of repetitions, and reinforces scooping and quick passing to teammates.

DRILL DESCRIPTION:

- Coaches must stress to the players that they go slowly enough so that their technique is perfect. This drill is meant to reinforce the fundamentals, not just "kill time".
- Bring stick to face and cradle after the scoop, just like in a game.
- To avoid confusion, we suggest that they do all 3 ground balls right handed for a turn, and then left-handed for the next turn. Alternating each time.

DRILL EXECUTION:

- Players pair off and stand on the sideline. Player 1 gently rolls the ball out towards the opposite sideline.
- Player 2 runs and scoops it, turns in the correct arc, makes an accurate pass to Player 1, and runs back to tap the sideline/ground near Player 1’s foot with his stick.
- This is repeated until Player 2 has scooped it 3 times, then the players switch positions.

SKILLS PRACTICED:

- Scooping
- Protecting the ball
- Quick passing off of a ground ball
- Turning in the proper direction (away from pressure)
- Conditioning

VARIATIONS:

- Pick up the pace so there is more conditioning.

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DRILL DIAGRAM: