MEN’S 1V1 GROUND BALLS WITH OUTLET DRILL

DRILL SPECS:

Drill Theme: Ground Balls  Drill Style: Skills, Game
Field Location: Midfield  Field Position: Offense, Defense, Midfield
Time Needed: 5 Min  Skill Level: Basic

OBJECTIVE:

To develop scooping up ground balls and passing skills under pressure.

DRILL DESCRIPTION:

Three lines of players stand 5 yards apart. One line is the outlet “help” line, and the other two lines compete for possession of the loose ball. Coach stands in between the two lines and roll out a ground ball. The player that scoops the ball passes to the outlet, while the opponent plays defense. Each player goes to the end of his line. Instruct players to scoop through the ball and run away from pressure. They should protect their stick after scooping the ball by keeping their body between the defender and the stick.

SKILLS PRACTICED:

• Ground Balls
• Stick Protection
• 1 v 1 defense and attack
• Passing Under Pressure

VARIATIONS:

You can switch the angle from where the ground balls are coming from, behind, in front, or off to the side.
DRILL DIAGRAM: