MEN’S 2 ON 1 GROUND BALL DRILL

DRILL SPECS:

<table>
<thead>
<tr>
<th>Drill Theme:</th>
<th>Ground Balls</th>
<th>Drill Style:</th>
<th>Drill</th>
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</thead>
<tbody>
<tr>
<td>Field Location:</td>
<td>Anywhere</td>
<td>Field Position:</td>
<td>All</td>
</tr>
<tr>
<td>Time Needed:</td>
<td>5-10 Min</td>
<td>Skill Level:</td>
<td>Basic, Can be progressed</td>
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OBJECTIVE:
The objective of this drill is to improve communication on ground balls and using extra players to your advantage.

DRILL DESCRIPTION:
All players can participate in this drill simultaneously, but there should be no more than 10-12 in a group at one time.

DRILL EXECUTION:
• Along the near sideline, set three lines of players – the two on the outside are the offense, and the one in the middle is on defense.
• The first players in each line should step out with their eyes looking forward. A coach will then roll a ball out in front of them and then they will fight to pick up the ball.
• If an offensive player wins the ball, he must pass it to his teammate before passing it to a coach. If a defensive player wins the ball, he must immediately pass it to a coach.

SKILLS PRACTICED:
• Man/Ball communication
• Scooping under pressure
• Moving the ball after picking it up

VARIATIONS:
• This drill can – and should – be practiced using both hands. To increase the competitiveness, challenge offensive players to do 10 push-ups each time a defender wins the groundball.
• To increase the difficulty of the drill, add an extra offensive and defensive player and station them by the goal – if the offense wins the initial groundball, they will attack the goal and play out a 3-on-2 live situation; if the defense wins the initial groundball, they must clear it to the midfield line.

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