MEN’S 2V1 GROUND BALLS DRILL

DRILL SPECS:

- **Drill Theme:** Ground Balls
- **Field Location:** Midfield
- **Time Needed:** 10 Min
- **Drill Style:** Game
- **Field Position:** Offense, Defense, Midfield
- **Skill Level:** Basic

OBJECTIVE:

To develop skill and teamwork on ground balls.

DRILL DESCRIPTION:

Three lines of players stand five yards apart. Roll out a ball between the middle player and either of the end lines. The players in the first two lines are teammates, and the players in the third line are their opponents. The players in the teammates’ line work together against a single opponent to win a ground ball. The player closest to the ball goes to scoop the ground ball, and the other player goes between the ball and the opponent’s body to body check him from the front or side and above the knees. Make sure teammates communicate clearly and correctly.

SKILLS PRACTICED:

- Ground Balls
- Communication
- Number Advantages/Disadvantages
- Passing Under Pressure

VARIATIONS:

You can the angle of where the ground ball is coming from, behind, in front, or off to the side. Also you can allow this to go to goal.

FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE
DRILL DIAGRAM: