MEN’S 3 MAN GROUND BALL DRILL

AUTHOR INFORMATION:
Author Name: Ted Garber
Author School:

DRILL SPECS:
Drill Theme: Ground Balls
Field Location: Half Field
Time Needed: 5 Min

Drill Style: Game
Field Position: Offense, Defense, Midfield
Skill Level: Basic

OBJECTIVE:
To work on scooping up ground balls, stepping into passing lanes and then finding the open player.

DRILL DESCRIPTION:
Player X1 starts with the ball and rolls it to X4 for a ground ball scoop. X4 scoops the ground ball and immediately passes it back to X5. X5 must now move the ball to X1 for a shot on goal.

SKILLS PRACTICED:
• Ground Balls
• Stepping into Passing Lanes
• Clearing space offensively
• Passing and Catching

VARIATIONS:
Add a defender randomly to make X4 find the open man anywhere on the field. Have the defender chase the ball.
FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE