MEN’S BOX OUT 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:

The objective of this drill is to reinforce fundamental scooping and team groundball techniques.

DRILL DESCRIPTION:

All players can participate in this drill simultaneously.

DRILL EXECUTION:

• Assign each team player a partner, spacing the pairs out along the midfield line, and place one ball about 2 yards in front of each group.
• One player in each pair will be the scooper and one player will be the defender.
• On a coach’s whistle, the defender will try to get around the scooper and the scooper will shuffle his feet so that he can use his back and body to box the defender out and prevent him from getting to the ball.
• On a second whistle, the scooper should pick up the ball and run up-field.
• After several repetitions, players should switch roles.

SKILLS PRACTICED:

• “Boxing out”
• Scooping under pressure
• Running away from pressure

VARIATIONS:

• This drill can – and should – be practiced using both hands.
• To increase the difficulty of the drill, increase the time between whistles (15 seconds, 30 seconds, etc.).
• To add an additional component, add a third player to each group – after the scooper picks up the ball, he must pass it to the third player (scooper then goes to pass catcher, pass catcher goes to defender, and defender goes to scooper).