MEN’S COVER SERIES GROUND BALLS DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

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

OBJECTIVE:

To teach player the skill of groundball pick ups on both sides. The drill allows for pressure and disguised conditioning.

DRILL DESCRIPTION:

Groups of 5 (6 max). Players 1 & 2 are 5 yards from line with ball between them and sticks crossed over ball. Player 3 runs thru ball, rolls out passes to 1. 2 goes to end of line. Repeat. Do right then left.

SKILLS PRACTICED:

- Scooping GB
- Circle wide make quick pass
- Be a need bender, get low, explore turn

VARIATIONS:

Cover 1: No pressure, working on form, they need to circle wide
Cover 2: Pressure from behind - 3 scoops ball with 4 trailing poke back hand, put pressure so 3 has to move to make good pass to 1. 2 moves to end of line. Repeat until everyone had gone using both hands
Cover 3: Pressure (double) from behind - 3 scoops ball with 4 and 5 chasing double pressure. 3 must get open to pass to 1. Follow same rotation as in Cover 1 & Cover 2). Repeat until everyone has gone using both hands.
Cover 4: Pressure with shut off - 3 scoops ball with 4 giving pressure. 2 tries to shut off 1 (deny pass). 1 must move off ball to get pass

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Cover 5: Pressure double (with shut off) - Same as above but 4 and 5 double 3 while 2 tries to shut off

**Additional Notes** In 10 min/15 min you have worked GB under pressure, worked on doubling the ball, worked on shutting off a player and worked on getting open. There is not much time to play grab but in line = disguised conditioning. Give the players a set rotation. Outlet should put ball down to set up next run. Everyone needs to move to get back in place.

DRILL DIAGRAM: