MEN’S GROUND BALL – BOX OUT DRILL

DRILL SPECS:

<table>
<thead>
<tr>
<th>Drill Theme:</th>
<th>Ground Balls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field Location:</td>
<td>Anywhere</td>
</tr>
<tr>
<td>Time Needed:</td>
<td>5-10 Min</td>
</tr>
<tr>
<td>Skill Level:</td>
<td>Basic, Can be progressed</td>
</tr>
<tr>
<td>Drill Style:</td>
<td>Drill</td>
</tr>
<tr>
<td>Field Position:</td>
<td>All</td>
</tr>
</tbody>
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OBJECTIVE:
The objective of this drill is for players to learn to get their center of gravity (their hips) low to protect a ground ball from a defender. They will also be practicing scooping and immediately passing to a teammate.

DRILL DESCRIPTION:
The player protecting the ball must keep his hips low and knees flexed to maintain leverage against the defender. This is a great drill to get players used to responding to defensive pressure, and a good drill to use as a pre-game warm up. It also gets them active and in the correct state of mind for game play.

DRILL EXECUTION:

• Player 1 puts the ball down.
• Player 2 stands behind him.
• Coach blows the 1st whistle. Player 2 moves around trying to get by Player 1 and get to the ball, but he should not actually scoop it. Player 1 must keep his hips low and knees bent to box Player 2 out and keep him away from the ball.
• After 5-10 seconds Coach blows the 2nd whistle. Player 2 relaxes. Player 1 scoops the ball, brings the stick up to his face, turns in the correct arc, and runs far enough away so he can throw it to Player 2.
• The players switch positions and the drill is repeated.

SKILLS PRACTICED:

• Keeping the hips low and knees bent to avoid being pushed off of a ball.
• Scooping, protecting the ball, turning in the correct arc.
• Running through the ball so that they can pass to their teammate.
• Learning to look for a teammate and pass the ball immediately after a ground ball.
VARIATIONS:

• Have Player 2 do the drill without his stick. He must focus on quick footwork to get around Player 1

DRILL DIAGRAM: