MEN’S GROUND BALL WITH CHASER DRILL

DRILL SPECS:

<table>
<thead>
<tr>
<th>Drill Theme:</th>
<th>Ground Balls</th>
<th>Drill Style:</th>
<th>Drill</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field Location:</td>
<td>Anywhere</td>
<td>Field Position:</td>
<td>All</td>
</tr>
<tr>
<td>Time Needed:</td>
<td>5-10 Min</td>
<td>Skill Level:</td>
<td>Basic, Can be progressed</td>
</tr>
</tbody>
</table>

OBJECTIVE:
This ground ball drill provides high repetitions, reinforces scooping under pressure, accelerating through the ball to avoid being checked by a chaser, and quickly passing to a teammate.

DRILL DESCRIPTION:
The player scooping the ball must remember to accelerate through the scoop to avoid being checked, bringing the stick to the face and cradling after the scoop, just like in a game.

DRILL EXECUTION:
• Player 1 is 5 yards ahead of Player 2. Coach is even with Player 2.
• Coach rolls ball out to Player 1 who runs to scoop the ball, Player 2 chases Player 1.
• Player 1 must scoop, turn correctly, and make an accurate pass to the Coach.
• Player 2 tries to poke or better yet, lift the bottom hand of Player 1 to disrupt his scoop.

SKILLS PRACTICED:
• Scooping under pressure, protecting the ball, turning in the correct direction.

VARIATIONS:
• Close the distance between the players so that Player 2 is more likely to get a check on Player 1.
• Switch to the other side so players must scoop left-handed.
DRILL DIAGRAM: