MEN’S GROUND BALL WITH OUTLET PASS DRILL

AUTHOR INFORMATION:

Author Name: Ted Garber
Author School:

DRILL SPECS:

Drill Theme: Ground Balls
Field Location: Attack Zone
Time Needed: 15 Min

Drill Style: Warm-Up, Skill
Field Position: Offense, Defense, Midfield
Skill Level: Intermediate

OBJECTIVE:

To work on developing offensive recognition skills.

DRILL DESCRIPTION:

Player X1 starts with the ball and rolls it to X4 for a groundball scoop. X1 then steps out to shadow defend X4. As X4 scoops the groundball, X2 steps out after X1 and "mirrors" the side that X4 steps to after scooping. X4 passes back to X2.

SKILLS PRACTICED:

• Ground Balls
• Stepping into Passing Lanes
• Passing and Catching

VARIATIONS:

Have the outlet pass step out to the opposite side of the defender.

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