MEN’S HOGAN LACROSSE “BUTT TO BUTT DRILL”

DRILL SPECS:

- **Drill Theme**: Ground Balls
- **Drill Style**: Skills, Warm-Up
- **Field Location**: Midfield
- **Field Position**: Offense, Defense
- **Time Needed**: 10 Min
- **Skill Level**: Basic

OBJECTIVE:

This drill helps players understand body awareness, how to lower your levels, and fight for a groundball. But most importantly after scooping the ball, run away from pressure.

DRILL DESCRIPTION:

Thanks to Matt Hogan of Hogan Lax for this great drill – the “Butt to Butt Drill”

This drill is a 2 man drill that has both players standing back to back with a ball between them on the ground. On the first whistle the players try and back up and get themselves over the ball and in position to play the ball. Then the coach will blow the second whistle and the players may then kick the ball out and pick the ball up and get away from pressure. In the video you will see how the ball is between players on the ground and how a player can benefit from using their feet and creativity to get the ball in a location that will allow them a successful ground ball pick up. Please go to the following link to see the video on Hogan Lax, https://www.hoganlax.com/butt-to-butt.

SKILLS PRACTICED:

- Ground Balls
- Stick Checking

VARIATIONS:

Add a third player as an outlet pass, and after the ball is picked up by one of the two players fighting for the ball, then the third player will break out and receive the pass as an outlet.
DRILL DIAGRAM:

Players are Butt to Butt, with the ball between them!