MEN’S OFF THE GROUND DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Ball Movement
Field Location: Half Field
Time Needed: 10 Min
Drill Style: Skills, Game
Field Position: Offense
Skill Level: Intermediate

OBJECTIVE:
The objective of the Off the Ground Drill is to get the ball off the ground on a wing and move the ball and work on game situation passing, alley dodges, and roll backs for a shot.

DRILL DESCRIPTION:
Coach rolls ball down the alley for wing to scoop. Wing immediately drives up the alley and moves the ball to a top middle who alley dodges a “dummy” defensive player or coach. That dodger will roll away from “pressure” and passes to a following top mid who will immediately re-dodge the weak side “dummy” defense or coach for a shot. After 5 minutes go on the reverse side.

SKILLS PRACTICED:
- GB’s
- Passing
- Dodging
- Roll back/cross body pass
- Re-dodging
- Shooting

VARIATIONS:
Add defenders to the situation or transition your “dummy” defense to stronger defense and force players into game situations. You may also require specific shots, dodges, and placements on the finish.

FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE
DRILL DIAGRAM:

Off The Ground Drill

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