MEN’S PATTON DRILL

AUTHOR INFORMATION:

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DRILL SPECS:

Drill Theme: Ground Balls
Field Location: Half Field
Time Needed: 10 Min

Drill Style: Game, Skill
Field Position: Offense, Defense, Midfield
Skill Level: Intermediate

OBJECTIVE:

To work on attacking the goal in unsettled situations created by a ground ball.

DRILL DESCRIPTION:

This drill starts by splitting players into 2 teams and can be run using 2, 4, 6, 8, or 10 players on the field. The coach throws a ball onto the field as a contested ground ball. Whichever “color” pinnie player gains possession, gets an additional teammate creating an immediate advantage. Drill is continued until one team either scores or clears the box.

SKILLS PRACTICED:

• Ground Balls
• Riding and Clearing
• Unsettled Offense and Defense

VARIATIONS:

Drill can be run as a progression starting with 4 players in the hole and gradually increasing the numbers as players learn the concepts. Can allow winner to always attack on offense or force defensive players to clear.
DRILL DIAGRAM:

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