MEN’S SINGLE LINE GROUND BALL DRILL

AUTHOR INFORMATION:
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Author School:

DRILL SPECS:
Drill Theme: Ground Balls
Field Location: Half Field
Time Needed: 5 Min

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

OBJECTIVE:
To develop offensive recognition skills.

DRILL DESCRIPTION:
Player X1 starts with the ball and rolls it to self for a ground ball scoop. X2 chases X1 once scoop is made. X1 curls right or left and passes back to X3, who mirrors X1. X3 then rolls out a groundball for X2 to pick up. X2 passes back to x3 and the drill recycles with the next players in line, with X3 starting his own groundball.

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. Add more pressure from the defender as players technique improves.
DRILL DIAGRAM:

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