MEN’S ST. JOE DRILL

AUTHOR INFORMATION:

Author Name: Dave Slafosky
Author School: Mount Saint Joseph High School

DRILL SPECS:

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

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

OBJECTIVE:

To work ground balls in the midfield and capitalizing on the man up situation.

DRILL DESCRIPTION:

Start with 3 pairs of attack and defense in the attacking zone. Have 2 lines of midfielders in the center of the field. The coach will toss a 50:50 ground ball for the midfielders. Whichever player gains possession goes to goal to create a 4v3. If a shot is not taken within 5-8 seconds from possession of the ground ball, a recovering defender will be added to create a 4v4 situation.

SKILLS PRACTICED:

• Ground Balls
• Communication – where to force the attacker with the ball
• Clearing space offensively
• Defensive Positioning
• Denying cuts and passes defensively

VARIATIONS:

You can automatically add in the recovering defender instead of waiting to see if the attackers cannot capitalize on their man advantage. Also you can have the 50:50 ball be in the air or on the ground.
FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE