WOMEN’S GROUND BALL
SHOOTING FRENZY DRILL

DRILL SPECS:

- **Drill Theme:** Shooting
- **Field Location:** Attack Zone
- **Time Needed:** 10 Min
- **Drill Style:** Game, Skills, Conditioning
- **Field Position:** Offense, Midfield
- **Skill Level:** Basic

OBJECTIVE:

To work on a ground ball pick-up, pivots, and faking before shooting.

DRILL DESCRIPTION:

Have 4 feeders behind the 30-yard restraining line, each feeder needs 5 balls. Another player needs to be at the top of the 8-meter arc outside of the 12-meter fan. The feeder will roll a ground ball and the player will pick it up, run to the restraining line, pivot and go to goal with a fake and shot. Each player will have 2 feeders with 5 balls each, going 10 times. 2 players can go at the same time, just be sure that if there is a goalie in net, they are ready and set for the next shot. Next, you can build to adding a defender and making the ground ball a 1v1.

SKILLS PRACTICED:

- Ground Balls
- Pivots
- Shooting
- 50:50 Possession

VARIATIONS:

Also you can add a second attacker starting behind the crease that can either provide a give and go pass or take the shot on goal. You can also add a defender on this player if you want to build the drill even farther.