WOMEN’S GROUND BALLS WITH CONDITIONING DRILL

AUTHOR INFORMATION:

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Author School:

DRILL SPECS:

Drill Theme: Ground Balls  Drill Style: Conditioning, Skill
Field Location: Midfield  Field Position: Offense, Midfield, Defense
Time Needed: 5 Min  Skill Level: Basic

OBJECTIVE:

Use physical fitness to work on ground ball pickups.

DRILL DESCRIPTION:

Start by placing 5 balls on the 10 yard line and 5 balls on the 15 yard line. Players start on the end line. On the whistle the players run out and pick up the ball on the 10 yard line, return the ball to the starting line, and run to pick up the ball on the 15 yard line. Players go until all balls have been picked up.

SKILLS PRACTICED:

• Ground Balls
• Conditioning
• Pivots

VARIATIONS:

You extend the length of the sprints and decrease the number of balls. You can have them do it with a partner so they can get a rest in between sprints.
DRILL DIAGRAM:

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