WOMEN’S GROUND BALLS AT FULL SPEED DRILL

DRILL SPECS:

<table>
<thead>
<tr>
<th>Drill Theme:</th>
<th>Ground Balls, Conditioning</th>
<th>Drill Style:</th>
<th>Game</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field Location:</td>
<td>Midfield</td>
<td>Field Position:</td>
<td>Offense, Defense, Midfield</td>
</tr>
<tr>
<td>Time Needed:</td>
<td>5 Min</td>
<td>Skill Level:</td>
<td>Basic</td>
</tr>
</tbody>
</table>

OBJECTIVE:

Working on ground ball pickups, both to and away from a player, at full speed.

DRILL DESCRIPTION:

For this drill you will need about 3 players per line, and the drill will last for 10 continuous runs. 2 players can go at same time from opposite ends of the 50 yards. The first player in line runs after ball which is rolled away from her by second player in line. The player picks up the ball, and throws to the opposite line receiver. The pass after the ground ball pick up should be a long pass and quick after gaining possession. Players continue to sprint towards another ground ball that is rolled to her by the receiver. She carries the ball and passes to the next person in line. The drill continues with in a shuttle formation.

SKILLS PRACTICED:

- Ground ball pickups, to and away from players
- Maintaining speed through ground ball pick ups
- Long Pass accuracy at full speed

VARIATIONS:

Create a second line. The players in this line must chase down the player who is picking up the ground ball. Have the chaser start 4m behind the player who is picking up the ground ball.
DRILL DIAGRAM:

FOR MORE DRILLS, VISIT USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE