WOMEN’S GRUB DRILL

DRILL SPECS:

Drill Theme: Even Strength
Field Location: Attack Zone
Time Needed: 10 Min

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

OBJECTIVE:

Players will practice gaining possession ("Grubbing") of the ball out of the air or on the ground by fighting hard for it. This drill will bring out the competitiveness and aggressiveness in your players.

DRILL DESCRIPTION:

Split the team into groups of 5. Bring two groups of 5 players out and designate one group on offense (A) and the other group on defense (B). The coach stands with a bunch of balls below the goal line extended off to the side of the goal cage. All other players are on the sideline waiting for their group to go in. The coach will toss a high ball in to the group and both teams fight for possession. Ideally, the ball is taken cleanly out of the air by a player catching it and wrapping her stick right to her ear to protect the ball. If an attack player gains possession, she quickly releases a shot before the defenders can swarm and double team her. If a defender gains possession, she needs to get the ball out quickly—either passing to a teammate or running it out before the attackers swarm her. If the ball is shot and it misses the cage, everyone has to "grub" after the ball and run it out behind the cage to gain possession. The coach then quickly rolls a ground ball back in to the group. The coach alternates 3 high tossed balls and 3 ground balls and then the groups switch. Attack becomes defense and defense becomes attack.

SKILLS PRACTICED:

• Fighting for possession
• Shooting quickly
• Making good decisions under pressure
• Clearing the ball quickly

VARIATIONS:

Make it even more competitive by keeping track of what team won the greatest number of possessions. Have the losing team sprint the difference.

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

[Diagram showing a lacrosse field with players and marks indicating drill setup.]

For more drills, visit uslacrosse.org/coaches/drills-archive.