**WOMEN’S HOGAN LACROSSE**

**“BUTT TO BUTT DRILL”**

**DRILL SPECS:**

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<th>Drill Theme</th>
<th>Field Location</th>
<th>Time Needed</th>
<th>Drill Style</th>
<th>Field Position</th>
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<td>Ground Balls</td>
<td>Midfield</td>
<td>10 Min</td>
<td>Warm Up, Skills</td>
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**OBJECTIVE:**

This drill helps players understand body awareness, how to lower your levels, and work for a groundball. But most importantly after scooping the ball, run away from pressure.

**DRILL DESCRIPTION:**

Thanks to Matt Hogan of Hogan Lax for this great drill – the “Butt to Butt Drill”

This drill is a 2 person drill that has both players standing back to back with a ball between them on the ground. On the whistle the players turn and attempt to gain possession of the ground ball. Pick the ball up and get away from pressure.

**SKILLS PRACTICED:**

- Ground Balls
- Stick Checking

**VARIATIONS:**

Add a third player as an outlet pass, and after the ball is picked up by one of the two players fighting for the ball, then the third player will break out and receive the pass as an outlet.
DRILL DIAGRAM:

Players are Butt to Butt, with the ball between them!