



SPIN TO WIN GAME

DRILL SPECS:

Drill Theme: Scooping/Positioning

Field Location: Anywhere

Time Needed: 5-10 Min

Drill Style: Game

Field Position: All

Skill Level: Basic to Advanced

OBJECTIVE:

This objective of this variation on the Hogan Butt to Butt game is to help players to be able to react to ground ball situations while moving and in tight situations against opponents.

DRILL DESCRIPTION:

- Two players are positioned "butt to butt" in any location on the field
- On the first whistle, the players will circle around the ball with their eyes up and without touching their opponent.
- On a second whistle, players must locate and scoop the ball.
- Set up multiple stations to allow maximum participation.

DRILL PROGRESSIONS:

Increase the distance between the two players

Increase the time they must spend circling

Alternate top hands on the stick

Introduce time constraints to progress the game and to control the pace of the activity. Keep score and/or play to a desired number of repetitions to promote competition.



DRILL DIAGRAM:

