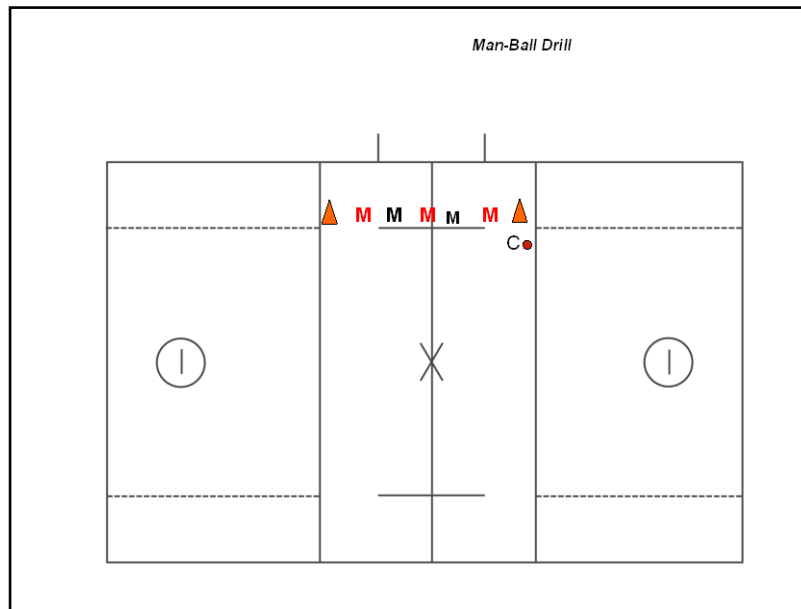


Man/Ball Drill

Drill Specs **Drill Theme:** Ground Balls **Drill Style:** Skills, Games **Field Location:** Midfield
Field Position: Offense, Defense **Time Needed:** 15 Min **Skill Level:** Basic

Objective To teach players the basics of team ground balls and communications when the ball is on the ground and then picked up.

Description of Drill Set up 3 defensive lines on the sideline and facing midfield. Have 2 additional lines of offensive players in between the defensive lines, facing the same directions. The coach will have the ball and will roll it out into the midfield area. On the whistle the players will run after the ball and try to gain control. When the players get within 3 yards of the ball, players should work on taking either man (and checking the opposing player away from the ball) or take ball (and go after pick up the ground ball). After one team gains control of the ball, the players must complete 1 pass before getting the ball back to the coach.



Skills Practiced

- Ground Balls
- Communication
- Ball Movement

Continued on next page

Man/Ball Drill, Continued

Variations

Have players start on their stomachs, or facing away from where the ball will be thrown. This will require all players to turn and find the ball as they run to pick it up, making for an even playing field.

Also, add and subtract lines to make your players go 2 v 1, 2 v 2, 3 v 2, ect.
