



## MEN'S 2 ON 1 GROUND BALL DRILL

### DRILL SPECS:

**Drill Theme:** Ground Balls  
**Field Location:** Anywhere  
**Time Needed:** 5-10 Min

**Drill Style:** Drill  
**Field Position:** All  
**Skill Level:** Basic, Can be progressed

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### OBJECTIVE:

The objective of this drill is to improve communication on ground balls and using extra players to your advantage.

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### DRILL DESCRIPTION:

All players can participate in this drill simultaneously, but there should be no more than 10-12 in a group at one time.

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### DRILL EXECUTION:

- Along the near sideline, set three lines of players – the two on the outside are the offense, and the one in the middle is on defense.
- The first players in each line should step out with their eyes looking forward. A coach will then roll a ball out in front of them and then they will fight to pick up the ball.
- If an offensive player wins the ball, he must pass it to his teammate before passing it to a coach. If a defensive player wins the ball, he must immediately pass it to a coach.

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### SKILLS PRACTICED:

- Man/Ball communication
- Scooping under pressure
- Moving the ball after picking it up

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### VARIATIONS:

- This drill can – and should – be practiced using both hands. To increase the competitiveness, challenge offensive players to do 10 push-ups each time a defender wins the groundball.
- To increase the difficulty of the drill, add an extra offensive and defensive player and station them by the goal – if the offense wins the initial groundball, they will attack the goal and play out a 3-on-2 live situation; if the defense wins the initial groundball, they must clear it to the midfield line.

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**[USLACROSSE.ORG/COACHES/DRILLSARCHIVE](http://USLACROSSE.ORG/COACHES/DRILLSARCHIVE)**

**DRILL DIAGRAM:**

