



MEN'S 4 CORNER PICK AND GO GROUND BALLS DRILL

DRILL SPECS:

Drill Theme: Ground Balls
Field Location: Attack Zone
Time Needed: 10 Min

Drill Style: Skills
Field Position: Offense, Midfield
Skill Level: Basic

OBJECTIVE:

To focus players on ground balls and allow them to drill picking up the ground ball and going to the goal for a shot.

DRILL DESCRIPTION:

The coach will have a bucket of balls at the top of the attack zone. There will be 4 lines of players around the attack zone. One by one the coach will roll a ball to a line, and that player will get the groundball, scoop, and go to goal for a shot. After the shot the player will sprint across the field to the other line.

SKILLS PRACTICED:

- Ground Balls
- Shooting
- Conditioning

VARIATIONS:

Add a coach or defender in the middle of the field with along stick that will play soft defense on each line as they drive to goal for a shot. Add a goalie as well to build into real live game situations.

DRILL DIAGRAM:

