



## MEN'S ALLEY/GROUND BALL DRILL

### AUTHOR INFORMATION:

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### DRILL SPECS:

**Drill Theme:** Ground Balls

**Drill Style:** Skill

**Field Location:** Attack Zone

**Field Position:** Offense, Defense, Midfield

**Time Needed:** 10 Min

**Skill Level:** Basic

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### OBJECTIVE:

To have players work ground balls in game play situations, learn to move under pressure, and gain field awareness.

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### DRILL DESCRIPTION:

Set up three cones on the end line in the alley of the attack zone. The coach rolls the ball out, and the player at each cone must go after the ground ball, gain possession and throw it back to the coach. They must stay in the alley (side-line to restraining line), and if they don't they lost the ground ball. You can mix it up and have 2 on 1 and 3 on 2 ground balls. The concept is to get them to stay in the close confines of the Alley. If you have 2 on 1 or 3 on 2 they must pass it to each man on their team before they get it back to the coach. You can also put the ball on the side line and have them go after it and see what they do when the ball is 6 inches from the line. Emphasize groundball fundamentals and pushing from behind (why it is illegal).

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### SKILLS PRACTICED:

- Cradling
  - Ground balls
  - Ball Movement
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### VARIATIONS:

Change the length of the field, number of players on each team, location on the field, or hands allowed to pick up the ball.

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FOR MORE DRILLS, VISIT [USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE](http://USLACROSSE.ORG/COACHES/DRILLS-ARCHIVE)

## DRILL DIAGRAM:

### Alley/Ground Ball Drill

