



MEN'S CANADIAN 2V2 GROUND BALL DRILL

DRILL SPECS:

Drill Theme: Ground Balls
Field Location: Attack Zone
Time Needed: 15 Min

Drill Style: Game
Field Position: Offense, Defense
Skill Level: Intermediate

OBJECTIVE:

To focus players on ground balls in game like situations. The drill forces players to communicate, gain possession under pressure, and then go to goal.

DRILL DESCRIPTION:

The coach will be at the top of the attack zone with a bucket of balls.
(2) Lines of players in white will be behind the cage with (2) lines of dark players.
The coach will roll out a ball and the first players in each line will go after the ground ball.
Players use man/ball communications to gain possession of the ball and then the team with the ball is on offense and the team without goes on defense. The drill ends with a shot, save, or clear.

SKILLS PRACTICED:

- Ground Balls
 - Communication
 - Ball Movement
 - Conditioning
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VARIATIONS:

Have the goalie clear all saves or goals back to the defensive team and work on re-breaking up the field after a player shoots.

Also, have the coach add players by yelling "plus 1" at random times to increase the 2 v 2, into a 3 v 3.

DRILL DIAGRAM:

