



MEN'S GROUND BALL WITH CHASER 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

OBJECTIVE:

This ground ball drill provides high repetitions, reinforces scooping under pressure, accelerating through the ball to avoid being checked by a chaser, and quickly passing to a teammate.

DRILL DESCRIPTION:

The player scooping the ball must remember to accelerate through the scoop to avoid being checked, bringing the stick to the face and cradling after the scoop, just like in a game.

DRILL EXECUTION:

- Player 1 is 5 yards ahead of Player 2. Coach is even with Player 2.
- Coach rolls ball out to Player 1 who runs to scoop the ball, Player 2 chases Player 1.
- Player 1 must scoop, turn correctly, and make an accurate pass to the Coach.
- Player 2 tries to poke or better yet, lift the bottom hand of Player 1 to disrupt his scoop.

SKILLS PRACTICED:

- Scooping under pressure, protecting the ball, turning in the correct direction.

VARIATIONS:

- Close the distance between the players so that Player 2 is more likely to get a check on Player 1.
 - Switch to the other side so players must scoop left-handed.
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DRILL DIAGRAM:

