



## MEN'S GROUND BALLS TO A SHOT DRILL

### AUTHOR INFORMATION:

**Author Name:** Ted Garber

**Author School:**

---

### DRILL SPECS:

**Drill Theme:** Ground Balls

**Drill Style:** Game, Warm-Up

**Field Location:** Attack Zone

**Field Position:** Offense, Midfield

**Time Needed:** 5 Min

**Skill Level:** Basic

---

### OBJECTIVE:

To work on developing offensive recognition skills.

---

### DRILL DESCRIPTION:

Player X1 starts with the ball and rolls it to X4 for a groundball scoop. X4 scoops the groundball and immediately passes it back to X1. After X4 passes he cuts back door to receive a pass back from X1. X4 then catches and shoots the ball.

---

### SKILLS PRACTICED:

- Ground balls
- Denying cuts and passes
- Finding open player
- Passing and Catching

---

### VARIATIONS:

Add a defender randomly from either line. Have the players cross in front of the goal and flip or fake flip the ball instead of making the second pass once the defender is incorporated into the drill.



**DRILL DIAGRAM:**

