



MEN'S MEAT LOAF DRILL: GB'S AND PASSES

DRILL SPECS:

Drill Theme: Ball Movement

Field Location: Full Field

Time Needed: 15 Min

Drill Style: Warm Up, Skills

Field Position: Offense, Defense, Midfield

Skill Level: Basic

OBJECTIVE:

Improve passing and catching on the run, while involving your entire team. The drill looks to utilize both hands, switching hands, and the proper form in over the shoulder catching.

DRILL DESCRIPTION:

Meatloaf is a multi ball passing drill similar to the star drill. 2-3 balls should be used with advanced players and the drill should be run going in both directions to work both hands. Cross handed catching (over the shoulder) should be used in this drill, as well as quick hand switches and fast passes. Meatloaf should be done as a ground ball drill first then passes.

SKILLS PRACTICED:

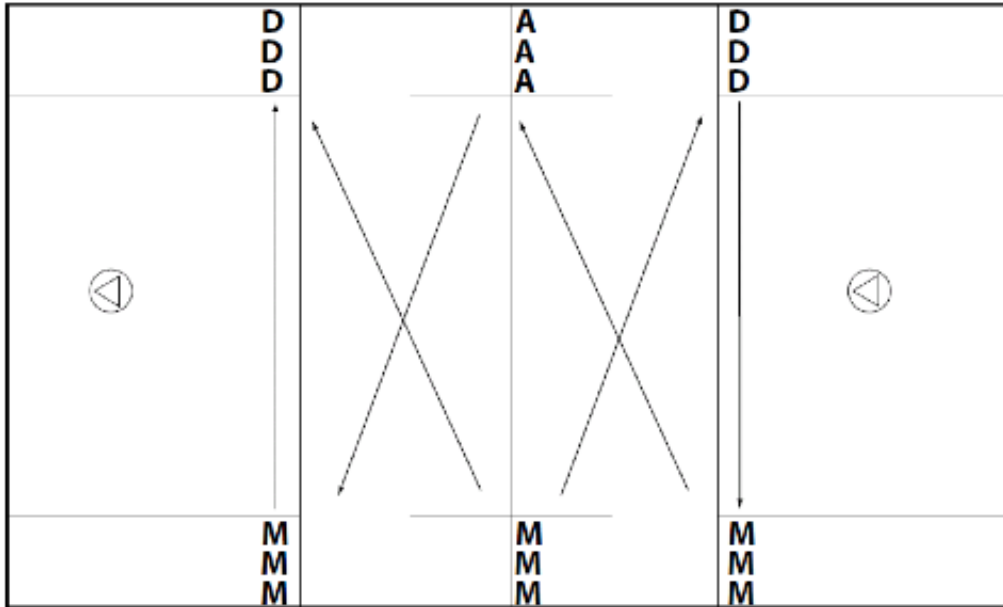
- Ball Movement (Catching and Throwing)
 - Strong and Weak Hand Play
 - Ground Balls
 - Conditioning
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VARIATIONS:

Use multiple balls in the drill to allow for constant involvement. To vary the difficulty, change the length of passes on the field and bring the lines closer together to speed up the flow of the drill.



DRILL DIAGRAM:



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