



## MEN'S SURVIVOR GROUND BALL DRILL

### AUTHOR INFORMATION:

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### DRILL SPECS:

**Drill Theme:** Ground Balls

**Drill Style:** Skill, Conditioning

**Field Location:** Full Field

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

**Time Needed:** 15 Min

**Skill Level:** Intermediate

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### OBJECTIVE:

To work on getting out on a ground ball, allowing the goalie to make an outlet pass, and work on conditioning.

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### DRILL DESCRIPTION:

Start by setting up 3 lines of players at the restraining line. The coach will throw a ball out and the 3 players will fight for a groundball. The winner of the groundball will throw a pass to the goalie and then the goalie will make an outlet pass to the coach at the top of the restraining line. The remaining two players will fight for another ground ball. Winner will throw the ball to the goalie for another outlet pass. The last person will run through one final groundball and pass to the goalie. The goalie will make one final outlet pass and then a new group will start.

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### SKILLS PRACTICED:

- Conditioning
  - Groundballs
  - Outlet Passing
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### VARIATIONS:

You can add additional lines to the group making the length of the drill longer, increasing the amount of conditioning the losing player has to do.

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**DRILL DIAGRAM:**

