



MEN'S THREE PRESSURE GROUND BALL DRILLS

DRILL SPECS:

Drill Theme: Ground Balls

Field Location: Full Field

Time Needed: 20 Min

Drill Style: Skills, Game

Field Position: Offense, Defense

Skill Level: Intermediate

OBJECTIVE:

To focus players on ground balls and allow them to use the whole field and special situations to better their lacrosse IQ's and ground ball play.

DRILL DESCRIPTION:

- **Crease Crunch:** Coach rolls ball in for 2v2 GB with quick shot for winner
 - **FO Wing GB:** GB from wing, fight for ball, pass back to coach
 - **Advantage GB:** Coach rolls ball to one side or other creating advantage, winner shoots and loser must cut off shooter and play defense. This is fun for long sticks.
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SKILLS PRACTICED:

- Ground Balls
 - Communication
 - Shooting
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VARIATIONS:

Have players who win the ground balls shoot on goal and have the players who lose the ground ball, break out for a clear if the goalie makes the save.

DRILL DIAGRAM:

