WOMEN’S PICK AND PEEL GROUND BALLS DRILL

DRILL SPECS:

- **Drill Theme:** Ground Balls
- **Field Location:** Midfield
- **Time Needed:** 10 Min
- **Drill Style:** Game
- **Field Position:** Offense, Defense
- **Skill Level:** Intermediate

OBJECTIVE:

To focus players on ground balls in game like situations. The drill forces players to pick up ground balls and then go to a open area to make and outlet pass as soon as they can. A trailing defender adds pressure and forces decision making skills.

DRILL DESCRIPTION:

On a line you will have a line of players in groups of (3). The second person in line will pick up a ball and roll the ball out about 7 yards ahead of the first person in line. The first person in line will run out and get the groundball as player number 2 in line chases behind them adding pressure. The player picking up the groundball will pick it up and peel out left or right to an open area and look back for help. Player number 3 that was in line, will break out to the side that the first player picked up the ball and rolled/peeled out to, allowing for an outlet pass. The player in the middle (player 2) plays a pressure defense on the ball to force a quick peel and outlet pass.

Then the next group steps up and does the same drill.

SKILLS PRACTICED:

- Ground Balls
- Communication
- Ball Movement
- Conditioning

VARIATIONS:

Have the player catching the outlet go to goal and take a shot. You may also add a 4th player that plays defense on the outlet pass and works for blocks and interceptions.

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DRILL DIAGRAM:

Pick and Peel Drill

Pick and Peel

Outlet Pass

D

X

Chase and Defend

X

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